

**Addiction
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Alcohol abuse by GIs soars since '03

By Gregg Zoroya, USA TODAY

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The rate of Army soldiers enrolled in treatment programs for alcohol dependency or abuse has nearly doubled since 2003 — a sign of the growing stress of repeated deployments in Iraq and Afghanistan, according to Army statistics and interviews.

Soldiers diagnosed by Army substance abuse counselors with alcoholism or alcohol abuse, such as binge drinking, increased from 6.1 per 1,000 soldiers in 2003 to an estimated 11.4 as of March 31, according to the data. The latest data cover the first six months of the fiscal year that began in October.

"We're seeing a lot of alcohol consumption," Gen. Peter Chiarelli, the Army's vice chief of staff, told top officers during a briefing on the Army's growing number of suicides.

In a statement to USA TODAY, Adm. Michael Mullen, chairman of the Joint Chiefs of Staff, expressed concern. "I'm sure there are many factors for the rising numbers (of enrollments) ... but I can't believe the stress our people are under after eight years of combat isn't taking a toll," he said.

Likewise, Marines who screen positive for drug or alcohol problems increased 12% from 2005 to 2008, according to Marine Corps statistics. In addition, there were 1,060 drunken-driving cases involving Marines during the first seven months of fiscal 2009, which began in October, compared with 1,430 cases in all of fiscal 2008.

In an interview last week, Marine Corps Sgt. Maj. Carlton Kent said alcohol abuse is an indication of the stress, particularly with the ongoing cycle of combat deployments. "Alcohol can tie into a lot of things, and we're just keeping a close eye on it," Kent said.

Mullen and Chiarelli said the U.S. needs to reduce the overall number of deployed troops as planned to ease the strain.

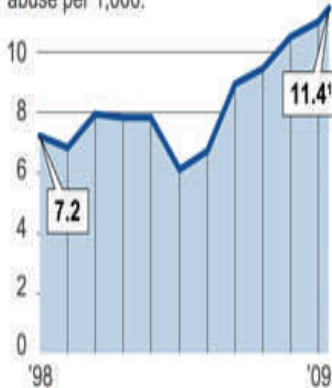
Concerns about alcohol abuse led Chiarelli to issue a memo in May urging commanders to treat and, where necessary under Army rules, punish soldiers who test positive for substance abuse or fail blood-alcohol tests. During a visit to six Army installations this year, Chiarelli said, he found hundreds of cases where soldiers who failed those tests, in some cases more than once, were not treated for the problem or processed for possible discharge, as required by Army regulation.

Enrollments in drug abuse treatment programs have remained largely unchanged in the Army during the war, rising from 3.7 per 1,000 in 2003 to an estimated 4.2 as of May.

Chiarelli said top staff officers might not properly deal with the problem because of a need to "keep their numbers up" for combat deployments.

He said identifying and treating substance and alcohol abuse will help improve the Army's mental health care and curb suicides, which reached a record 142 cases in 2008. There have been 82 confirmed or suspected suicides this year among active-duty, compared with 51 for the same period in 2008.

Rate of active-duty soldiers seeking treatment for alcohol dependence and abuse per 1,000:



1 - Through March 31

Source: U.S. Army

By Julie Snider, USA TODAY

This article was forwarded to ARC by Robert J. Lindsey, M.Ed., CEAP - President and CEO of the National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

House Passes Senate Bill On Tobacco Regulation

By Lyndsey Layton, Washington Post Staff Writer with contributions from William Branigin
Originally printed on Saturday, June 13, 2009

<http://www.washingtonpost.com/wp-dyn/content/article/2009/06/12/AR2009061200311.html>

By a ratio of 3 to 1, the House of Representatives yesterday approved the Senate version of a bill that gives the federal government sweeping new powers to regulate tobacco.

"This is the day when Americans can begin to truly kick the habit, with the full force of our laws marshaled to protect consumers, and especially our young people," said Rep. Henry A. Waxman (D-Calif.), a key sponsor of the House version of the bill.

The House had already passed a nearly identical version of the bill in April, but it needed to ratify the Senate's action and did so by a vote of 307 to 97.

President Obama, himself a smoker who has struggled to quit, congratulated lawmakers. "We've known for years, even decades, about the harmful, addictive and often deadly effects of tobacco products," he said. "Each year, Americans pay nearly \$100 billion in added health-care costs due to smoking. Each day, about 1,000 young people under the age of 18 become regular smokers."

The legislation gives the Food and Drug Administration authority to regulate the advertising, marketing and manufacturing of tobacco products. Tobacco is used by one in five Americans, yet it is one of the least-regulated consumer products. Pet food and cosmetics are more heavily controlled by the government.

For smokers, the law will mean confronting graphic warnings of the risks of their habit every time they pick up a pack, and possible changes to the formulations of cigarettes and cigars. The law is aimed particularly at young people, by banning the use of cherry and other flavorings as well as advertising that uses cartoon characters like Joe the Camel.

The \$89 billion tobacco industry will be required to disclose the ingredients in cigarettes and other tobacco products and will face severe limitations on how they are advertised and promoted.

The legislation stops short of allowing the FDA to prohibit tobacco or to eliminate nicotine, the addictive drug in tobacco.

Congress has been battling for more than a decade over regulating tobacco, coming close several times but faltering in the face of procedural hang-ups or opposition from the tobacco lobby or the White House. Over the years, changing social attitudes toward smoking have helped transform the suggestion of regulating tobacco from controversial to common sense.

Marijuana Damages DNA and May Cause Cancer, New Tests Reveals

Taken from the June 15th Science Daily website: www.sciencedaily.com/releases/2009/06/090615095940.htm



Using a highly sensitive new test, scientists in Europe are reporting "convincing evidence" that marijuana smoke damages the genetic material DNA in ways that could increase the risk of cancer.

Researchers note that toxic substances in tobacco smoke can damage DNA and increase the risk of lung and other cancers. However, there has been uncertainty over whether marijuana smoke has the same effect. Scientists are especially concerned about the toxicity of acetaldehyde, present in both tobacco and marijuana. However, it has been difficult to measure DNA damage from acetaldehyde with conventional tests.

The research was carried out by Rajinder Singh, Jatinderpal Sandhu, Balvinder Kaur, Tina Juren, William P. Steward, Dan Segerback and Peter B. Farmer from the Cancer Biomarkers and Prevention Group, Department of Cancer Studies and Molecular Medicine and Karolinska Institute, Sweden.

Raj Singh said: "Parts of the plant *Cannabis sativa*, also known as marijuana, ganja, and various street names, are commonly smoked as a recreational drug, although its use for such purposes is illegal in many countries.

The scientists describe development and use of a modified mass spectrometry method that showed clear indications that marijuana smoke damages DNA.

"There have been many studies on the toxicity of tobacco smoke. It is known that tobacco smoke contains 4000 chemicals of which 60 are classed as carcinogens. Cannabis in contrast has not been so well studied. It is less combustible than tobacco and is often mixed with tobacco in use. Cannabis smoke contains 400 compounds including 60 cannabinoids. However, because of its lower combustibility it contains 50% more carcinogenic polycyclic aromatic hydrocarbons including naphthalene, benzanthracene, and benzopyrene, than tobacco smoke."

Continued on the bottom of page 3.

New Health Care Plan in Wisconsin for Childless Adults

The State of Wisconsin Division of Health Care Access and Accountability recently announced the creation of a new health care plan that will cover adults with no dependent children. The BadgerCare Plus Core Plan will be a limited plan that covers basic health care services, including primary and preventive care as well as generic drugs. According to the Milwaukee Journal Sentinel article by Diana Montano, the BadgerCare Plus Core Plan is "trying to create a safety net for low-income adults with no dependent children, who are particularly vulnerable to slipping through the health care system. Many do not qualify for state programs, and the federal Medicaid program covers only childless adults who have disabilities or who are elderly."

Childless adults are able to enroll in the BadgerCare Plus Core Plan if they:

- Are a Wisconsin resident;
- Are a U.S. citizen or legal immigrant;
- Are age 19 through 64;
- Do not have children or do not have dependent children, under age 19 living with you;
- Are not pregnant;
- Have family income at or below 200% of the federal poverty level (\$1,805 for a single person and \$2,428.33 for a married couple*);
- Do not have private health insurance coverage when you request Core Plan coverage or in the 12 months before that date;
- Do not currently have access to insurance from an employer;
- Cannot sign up for insurance from an employer during month of application or next three months;
- Did not have access to insurance from an employer in the 12 months before you request Core Plan coverage; and
- Are not getting BadgerCare Plus, Medicaid or Medicare.

BadgerCare Plus Core Plan will cover the following services:

- Chiropractic Services
- Doctor Visits
- Hospital Services
- Emergency Room Visits
- Emergency Ambulance Rides
- Emergency Dental Services
- Some prescription drugs
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Cardiac Rehabilitation
- Durable Medical Equipment
- Disposable Medical Supplies
- Dialysis/ Kidney related services

BadgerCare Plus Core Plan will **NOT** cover the following services:

- Non-emergency dental services
- Hearing services
- Routine vision exams
- Home Health Care
- Hospice
- Inpatient Mental Health and Substance Abuse Treatment**
- Non-emergency transportation
- Nursing Home Care
- Podiatry
- Reproductive Health Services
- Services for children and pregnant women

Enrollment into the BadgerCare Plus Core Plan began on June 15th, but full coverage will not begin until July 15th. The State expects to enroll 40,000 of the 81,000 eligible people. To enroll, please visit www.badgercareplus.org to complete the request online or call 1-800-291-2002. For additional help with filing an application, the following organizations in Waukesha County are able to assist in the process: Community Memorial Outreach Clinic (262-257-3393), Hebron House of Hospitality (262-549-8720), La Casa de Esperanza, Inc. (262-547-0887), and Pregnancy Support Connection, Inc (262-524-4124).

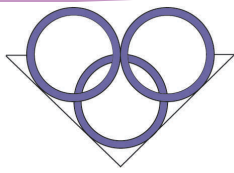
Marijuana Damages DNA and May Cause Cancer cont. from page 2

The authors added: "It is well known that toxic substances in tobacco smoke can damage DNA and increase the risk of lung and other cancers. Scientists were unsure though whether cannabis smoke would have the same effect. Our research has focused on the toxicity of acetaldehyde, which is present in both tobacco and cannabis."

The researchers add that the ability of cannabis smoke to damage DNA has significant human health implications especially as users tend to inhale more deeply than cigarette smokers, which increases respiratory burden. "The smoking of 3-4 cannabis cigarettes a day is associated with the same degree of damage to bronchial mucus membranes as 20 or more tobacco cigarettes a day," the team adds.

"In conclusion, these results provide evidence for the DNA damaging potential of cannabis [marijuana] smoke, implying that the consumption of cannabis cigarettes may be detrimental to human health with the possibility to initiate cancer development," the article states. "The data obtained from this study suggesting the DNA damaging potential of cannabis smoke highlight the need for stringent regulation of the consumption of cannabis cigarettes, thus limiting the development of adverse health effects such as cancer."

Since 1971, the Addiction Resource Council, Inc. has been providing affordable, cost-effective solutions to help address substance abuse and dependence problems.



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ADDICTION RESOURCE COUNCIL, INC.

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Upcoming Council Events

Addiction: Why Can't They Just Stop?



**July 6, 13, 20 and 27 (Monday
Evenings) from 6-8pm at**

**ProHealth Care
D.N. Greenwald Center
Education Room
240 Maple Ave
Mukwonago, WI 53149**

**No registration required. Call
262-524-7921 with questions.**

La Casa de Esperanza's 2009 Children's Summer Meal Program

June 15th - August 31 at

**La Casa de Esperanza
410 Arcadian Ave, Waukesha**

FREE nutritious breakfast and lunch served Monday through Friday to anyone age 18 years and under (21 years and under for persons with disabilities.)

Breakfast: 8:30-9:30 am

Lunch: 12:00 - 1:00 pm

**No registration is required. Call
262-542-3045 with questions.**