

ADOLESCENT SUBSTANCE ABUSE - Dr. Delphine Victoria

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"If current trends continue, 250 million children alive today will be killed by tobacco." - W.H.O.

It is a sad reality that the vast majority of people who become addicted to tobacco, alcohol and drugs take their first puff, chew, sip, snort or injection when they are young — often, very young. Worse, in recent decades substance abuse has become more widespread among preteen children. This is notably because youth is a time for experimentation and identity forming. It has become a part of life style also. Like the scourges of old, this epidemic spreads without regard to economic, racial, geographic, educational, religious or family boundaries.

The causes of adolescent substance use are multi-factorial. Tobacco and alcohol represent the 2 most significant drug threats to adolescents. Media does play a key role especially the movies. Though parents, schools and the government are trying to get children and teenagers to say 'no to drugs', yet a handsome amount of teenagers indulge in using tobacco and alcohol.

We talk so much about illegal drugs, yet we allow two substances – tobacco and alcohol to be legal in our country. They not only pose significant danger to the children, also are a threat to the fetus. Most children after getting used to the legal drugs (alcohol & tobacco) get used to the illegal drugs (marijuana). Teenagers are getting more addicted to sweet alcohol.

The so-called war on drugs has been waged for decades, yet teenagers continue to use and abuse a variety of substances, especially tobacco and alcohol. Children who at times don't have access to high

quality drugs will use volatile substances easily found in corner stores such as cough syrups, pain relief ointments, glue, paint, gasoline and cleaning fluids.

Guidance both by Parents and Healthcare Personnel:

- Family Physicians should encourage parents to limit unsupervised media use and especially encourage removal of televisions from children's bedrooms. The physician should also find out what TV shows the children are watching and the usage of Internet at home especially in their bedroom. There is a direct relationship between TV & Internet usage in the bedroom which is associated with greater substance use and sexual activity in teenagers.
- Parents should limit access by children and young adolescents to television venues with excessive substance use depictions (eg: MTV, HBO, fashion TV, Disney XD). Even kids channels have become more vulnerable.
- Parents should limit younger children's exposure to PG-13 movies and avoid R-rated movies and they should co-view movies/ shows with their children & teenagers.
- as a policy the waiting rooms should be free of magazines that promote alcohol & cigarette smoking.
- Parents should encourage their children to take participate in drug prevention programs

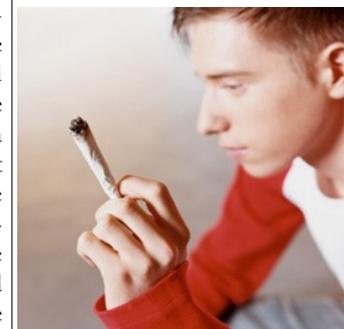
Social Responsibility should be more focused on prevention

Disney movies have already eliminated smoking in its movies. The entertainment industry should have greater sensitivity about the effects of television and movies on children and adolescents and accept that the industry does, indeed, have a public health responsibility. Cigarette smoking in movies should be avoided at all costs and should never be glamorized. There are Television networks that have a large adolescent viewership and they should air public service ads about the dangers of smoking and drinking. The government should campaigns against tobacco & alcohol usage.

GETTING TREATED

The decision to get treatment for a child or adolescent is difficult, and parents are encouraged to seek consultation from a child and adolescent psychiatrist when making decisions about substance abuse treatment. Other psychiatric disorders often co-exist with substance abuse problems and need assessment and treatment.

"If you can save just one child, it's worth it"- Nancy Reagan



"My body is like breakfast, lunch, and dinner. I don't think about it, I just have it."

~ Arnold Schwarzenegger

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“Colon cancer often has no symptoms at all until its later stages...”



- **Myth: Spicy Foods Cause Ulcers**—In the past, spicy foods were thought to increase the risk of developing an ulcer. But this is no longer considered true. The majority of stomach ulcers are caused either by infection with a bacterium called *Helicobacter pylori* (*H. pylori*) or by use of pain medications such as aspirin, ibuprofen, or naproxen, (NSAIDs). Spicy foods may aggravate existing ulcers in some people, but they do not cause ulcers.
- **Myth: Only Alcoholics Get Cirrhosis**—We may associate alcoholism and cirrhosis -- a condition in which healthy cells in the liver become damaged and replaced by scar tissue. It is true that alcoholism is the most common cause of cirrhosis cases in the U.S., but there are other causes, too. And although excessive alcohol consumption almost always leads to some liver damage, it does not always lead to cirrhosis. Other frequent causes of cirrhosis are hepatitis B and C.
- **Myth: No Dairy for Lactose Intolerant**—People with lactose intolerance differ in their ability to tolerate dairy products. While one person may get symptoms from one glass of milk, others may be able to drink up to two. Some people can tolerate yogurt or ice cream, but never straight milk. Aged cheeses, such as Swiss and cheddar, are often better-tolerated dairy choices. It's often a

matter of trial and error to find out which dairy foods -- and how much -- are "safe" for you.

- **Myth: Fiber No Help With Diarrhea**—On the surface, it seems counterintuitive that fiber, which is so well-known for improving constipation, could also aid with the flip side -- diarrhea. But it's true. Eating fiber-rich foods helps regulate the stools so that it's not too hard or too loose. Fiber in the body works by either pulling more water from the colon to loosen stools (for constipation) or by absorbing water into the colon to firm up stools (for diarrhea).
- **Myth: You'd Know If You Had Cancer**—Colon cancer often has no symptoms at all until its later stages, which makes early detection so important. After age 50, routine colorectal screening should include fecal occult blood tests annually, a flexible sigmoidoscopy every five years, and a colonoscopy every 10 years.
- **Myth: IBS Is All About Your Diet**—Although certain foods can trigger irritable bowel syndrome (IBS) symptoms, changes to the diet are generally not enough. Sometimes just the act of eating can cause the abdominal pain, bloating, diarrhea, or constipation that IBS is known for. And stress and anxiety are other key components of IBS, often just as responsible for triggering symptoms.

ALCOHOL AND CALORIES

A new study shows that on any given day, people who drink alcohol get about 16% of their total calories from alcoholic drinks.

Alcohol's calories come mainly from sugar. Federal dietary guidelines recommend no more than 5% to 15% of total calories come from solid fats or added sugars at any calorie intake level. Because alcohol is considered a source of added sugar, the results show the average American's 16% of daily calories from alcohol puts them over the recommended 15% limit.

The calories in one serving of alcohol (not including mixers) range from about 100 to 150 calories.

For example:

One 12-ounce beer is about 150 calories.

One 5-ounce glass of wine is about 120 calories.

1.5 ounces or a shot contains about 100 calories.

ALCOHOL CONTRIBUTES CALORIES:

The report is based on survey data from adults over age 20 who participated in the National Health and Nutrition Examination Survey from 2007 to 2010. Researchers looked at the number of calories drunk by adults in the last 24 hours from beer, wine, liquor, or mixed drinks.

FINDINGS:

- Men get about 150 calories per day from alcohol compared with about 50 calories for women.
- Young men aged 20 to 29 got the most calories from alcohol, about 174 per day, compared with other groups.
- Women over age 60 took in the fewest alcohol calories at an average of 33 calories per day.
- Men drank more beer than other types of alcohol. Beer accounted for 103 of the 150 alcohol calories drunk per day by men.
- Among women, beer, wine and liquor contributed nearly equally to the daily alcohol calories count.
- Researchers found the average calorie count from alcoholic drinks did not differ by race or ethnicity. But women with higher incomes drank more than those with lower incomes.
- Federal dietary guidelines recommend that if you drink, it should be done in moderation -- one drink per day for women and two for men.
- Researchers say the results show that across the total population, most men and women fall within these guidelines. But 19% of men and 12% of women exceed them.



“Alcohol's calories come mainly from sugar.”



OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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REVIEWS?
WANT TO SUBMIT
ARTICLES?
DO YOU HAVE
QUERIES?**

**Do write to us with
feedback, queries,
articles on health be
it humor or
educative & we will
make sure they
become a part of our
Newsletter..**

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CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed & satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East & South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry & our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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