

Fact Sheet Project

(Paper, 5-minute Twitter Brief, Online Tweet)

Twitter Brief Date: October 10, 2013

Name: Julie Christensen

Topic: HEROIN

CATEGORY			POINTS	SCORE
Used template	Clarity of Thought	Coherence in organization	5	
Grammar	Punctuation	Spelling		
6 pages				
<ul style="list-style-type: none"> • Introduction (1/2 page) [1 point] • Background/Problem Statement section – 3 sites (1.5 pages) (include Healthy People 2020) [7 points] • Research section – 2 sites (1 page) [4 points] • Statistics section – 2 sites (1 page) [4 points] • Consumer Information section - 2 sites (1 page) [4 points] • Solutions to the Problem – 2 sites (1 page) [4 points] • Conclusions (1/2 page) [1 point] 			25	
TOTAL POINTS FOR FACT SHEET			30	
E-mail electronic copy to Professor Jung by 5 PM the day before			3	
Post one factual tweet on PCH201wellness by 5 PM the day before			2	
Submit hard copy with grid on date due for Twitter brief			2	
5-minute Twitter Brief			3	
PROJECT COMPLETION POINTS			10	
SUBTOTAL PAPER + PROJECT COMPONENTS				
LATE/INCOMPLETE			(-20%)	
Missing Grading Grid			(-3)	
FINAL TOTAL POINTS			40	

Heroin

Introduction

My fact sheet is about alcohol and other drugs. I chose to write about this because I believe drugs can never have a good outcome. Both are the cause of many deaths each year. People kill themselves doing it and kill other innocent people. Drugs are addictive and will ruin a person's life if they become consumed by them. All around the world people slowly kill themselves with addiction and hurt the people that love them either emotionally or physically. It is important to realize that addiction is a disease and is extremely difficult to break.

Once a person is an addict they will always be an addict, they can't ever get rid of that part of them and will struggle with their cravings every day. There are too many drugs in the world to include all of them in this paper so I decided to just write about heroin. I chose heroin as the drug I wanted to write about because it is a serious problem in the town I grew up in. Every year kid's overdose from it and other kids are sent off to rehab, it's out of control. Heroin is a serious thing to be because my best friend was using it in high school and I was too stupid to try to get her help. At a young age it can be hard to understand the seriousness of something such as heroin.

For me when I found out my friend was using I just got mad, I stopped talking to her, I went to her house and searched her room and get rid of anything I could find. I didn't realize at the time that it even though I loved her and she loved me and we were like sisters that nothing I could say or do would stop her addiction. I should have told her parents but I promised her I wouldn't because she promised she would stop. I know she wanted to stop but couldn't on her own. A few months later somebody else told her parents and they sent her to rehab. She was back at school and graduated with me, I was happy for her but I was still mad.

People without addictions don't understand what it's like and never will. After high school we started talking again and it was like we didn't spend two terrible years apart. I regret every day that I had abandoned her like that and didn't try to help and I know she regrets the same. She has always been and will always be my rock, as I will be hers, but the fear of that addiction coming back lies deep in both of our hearts. She is not the only one of my close friends that is a heroin addict and it's very scary for me.

Even if they have been clean for a while there's still a chance they'll go back into it. It's the saddest thing to see the people you love struggle and not be able to help them. People don't think that trying something once will get them addicted but it can and for most people it will. Trying a drug once can ruin your life. I have gotten into so many arguments with people trying to make them realize that doing drugs socially is the same as being an addict because eventually it gets to the point where you only hang out with those people to get high.

I don't know what it's like to be high on heroin but I know what it's like to try and talk to a person on heroin, I know what it's like to find drugs in your best friend's room, I know what it's like to be used by somebody that's an addict. I have two best friends that are addicts. I know what it's like to be lied to, to be fooled, to want so badly to believe that person you love. Worse of all I know what it's like to not hear from them for months on end and know exactly why they won't talk to me. Addicts affect everybody around them, they kill themselves physically, they kill me emotionally.

I watched my best friend have the worst emotional breakdown I've even seen after one day her boyfriend unexpectedly died from a drug over dose. Worse I watched my childhood friend struggle to help keep her father and younger brother in high spirits after her mother very unexpectedly died from a drug overdose when she went to visit family in a different state. I know

what drugs do what an addict but I know more about what they do to their loved ones. I must say it's hard to not get mad but getting mad won't help somebody who's already mad at themselves. So that's why I chose to write about alcohol and heroin, because I'm personally affected by it and because it is a very serious problem in Connecticut.

Section 1: Background and Problem Statement

- **Web site #1 Name: Healthy People 2020**
- **Web address:** <http://healthypeople.gov/2020/topicsobjectives2020/nationalsnapshot.aspx?topicId=40>
- **Background Information:** Healthy People 2020 measures alcohol and illicit drug use in adolescents and pregnant women. They use a thirty day period to measure how drug abusers desire for drugs increase or decrease. Educating people on the effects of drugs to their bodies and to a pregnant woman's child as well as defining the consequences seems to help. Healthy People commonly sees a declined desire for drugs after thirty days with the users. To minimize illicit drug use Healthy People 2020 is trying to use a preventative measure that is used in many fields of public health. Like other fields of public health Healthy People 2020 is trying to go out and educate adolescents and pregnant woman about drug use side effects and damaging qualities before they try using them. Most of Healthy People objectives are to try and get students to disapprove of drugs and never do them. Healthy People describes heroin as a public health issue because it is a long lasting addiction that can ruin lives or children before they even know what they've gotten into.
- **Web site #2 Name: Foundation for a Drug-Free World**
- **Web address:** <http://www.drugfreeworld.org/drugfacts/heroin.html>
- **Background Information:** The Foundation for a Drug-Free World explains why heroin is public health issue. Heroin is commonly injected so users are at the risk of getting Aids or other infections upon injecting. Heroin has terrible long term effects on the body such

as contraction for disease, collapsed veins which leads to infections in blood vessels and heart valves. Also it has been found that long term heroin users often have arthritis, bad teeth, a weak immune system, muscular weakness, loss of memory and coma. Long term users often become depressed when they realize that their entire lives revolved around drugs. They lose their jobs, loved ones and anything that even once meant more than them than drugs do. A drug-free world also illustrated the idea of only trying the highly addictive drug once and thinking that they will not get addicted. It is feared that people are starting to think that doing heroin is a way to be cool. People think that the druggie look is now fashionable look or something to achieve.

- **Web site #3 Name: Drug Policy Alliance**
- **Web address: <http://www.drugpolicy.org/drug-facts/heroin-facts>**
- **Background Information:** The Drug Policy Alliance Web site gives information on the high risk that heroin users have to a lethal overdose. Heroin is often 'cut' with other drugs that users don't know about so when they use the 'normal' amount to get high there may be too much of another drug mixed with the heroin that could cause a lethal overdose. Heroin addicts also suffer from immediate withdrawal when the drug wears off leaving them feeling dependent on the drug and pulling them through a cycle of constant using.

Section 2: Research

Web site #1 Name: Drug Free World

- **Web address: <http://www.drugfreeworld.org/drugfacts/heroin.html>**
- **Summary of the research:** Heroin was first made to be used as a treatment for tuberculosis and a way to stop morphine addiction. It was first made in 1898 and quickly became a bigger problem than morphine addiction. Heroin was thought to be a less

addictive drug that would solve the problem but it was soon found that heroin was much more addictive. As a way to treat heroin addiction a German scientist created a drug called methadone which then was discovered as more addictive than heroin.

- **Web site #2 Name: National Institute on Drug Abuse**
- **Web address: <http://www.drugabuse.gov/publications/research-reports/heroin-abuse-addiction/what-heroin>**
- **Summary of the research:** Heroin is extracted from the seed of certain varieties of poppy plants. It can be a white to brownish powder or a black sticky substance, which is commonly called black tar heroin. Heroin can be 'cut' with other drugs or household substances. It can be 'cut' with anything that resembles it in color and texture. Heroin is often cut many times leaving the actual amount of pure heroin be very minimal for many users. Users often have no idea the real strength of the heroin that they are using, it can often be very weak, cut with other lethal amounts of other drugs or pure heroin, all of which could be different from what they're used to. The substance difference in the different batches of heroin lead to high over dose risk.

Section 3: Statistics

- **Web site #1 Name: Street Drugs**
- **Web address: <http://streetdrugs.org/html%20files/Heroin.html>**
- **Summary of the statistics:** "The street drugs Web site says that since 1898 when heroin first began to be widely used it has been responsible for 100,000 deaths each year worldwide. Not only that but there is a \$65-billion global market for heroin, opium and morphine also helps fund terrorist and insurgent operations, including up to \$600 million annually for the Taliban. Heroin is mostly produced in southeast and southwest Asia, Mexico and now in Colombia and smuggled into the United States. Of all the illicit heroin trafficking police only catch about twenty percent of the trade. Heroin is

commonly found on the streets and is used by adolescents as young as twelve years of age. The typical heroin user today consumes more heroin than a typical user did just a decade ago, which is not surprising given the higher purity currently available at the street level. Traditionally the purity of heroin in a "bag" has ranged from one to ten percent. More recently, heroin purity has ranged from one to ninety-eight percent, with a national average of thirty-five percent." These statistics show that the problem and usage of heroin has gotten worse and continues to worsen.

- **Web site #2 Name: In the Know Zone**
- **Web address: <http://www.intheknowzone.com/substance-abuse-topics/heroin/statistics.html>**
- **Summary of the statistics:** In the United States there is over two million people who have used heroin and over two hundred thousand that use it habitually. Of all those people over four thousand died each year and about eighty four thousand go to the hospital because of it. Sometimes heroin is just the icing on the cake when people die from it, eighty percent died because of a direct combination of heroin with other drugs and ten percent died from heroin alone. Paramedics find eighty percent of heroin users alone which is surprising because about eighty percent of addicts use with another addict. The addicts that overdose from using heroin are often in the age group of twenty five to forty nine years of age. These statistics prove that heroin affects a wide variety of ages and is not getting better because there are no statistics about heroin use getting better.

Section 4: Consumer Information

- **Web site #1 Name: Do Something**
- **Web address: <http://www.dosomething.org/tipsandtools/11-facts-about-heroin>**

- **Summary of the information:** This Web site provides readers with eleven interesting facts about heroin. It explains the addictive property of heroin, where it comes from and how it is used. The Web site explains that there is not one single kind of person that uses heroin because anyone could be a heroin addict. Heroin users could develop a tolerance for it with regular use which results in further addiction. The Web site tells the reader about health risks, long term, short term and withdrawal symptoms of heroin.
- **Web site #2 Name: Get The Facts**
- **Web address:** <http://www.drugwarfacts.org/cms/?q=node/1283#sthash.09YW0fCn.dpbs>
- **Summary of the information:** "Heroin has been, at least until very recently, the principal drug problem for Switzerland, as for most Western European nations. In the mid-1990s Switzerland had a heroin addiction prevalence that may have been the highest in Europe. Switzerland's heroin problem has been declining steadily over the last decade. The estimates of the size of the group are crude but show a reduction from about 29, 000 in 1994 to 23,000 in 2002, the most recent year for which an estimate is available. The aging of the population in treatment is a reassuring indicator that initiation rates have been low since the mid-1990s; whereas in 1994 the median age of those in treatment was 26.5 years that had risen to 30.5 by 2006. The health of the heroin dependent population has been improving."

Conclusions

During my research of this paper I was not once surprised by what I found. Heroin is a steadily growing problem across the world. It is to me one of the most serious and most rapidly growing drug in the eastern states. The only way to stop heroin use is to educate adolescents about the risks of doing heroin and how serious it is. The fact that heroin is highly addictive does not help the issue and only makes it worse.

Five-minute Twitter Brief

