



Dear Friend,

Heroin and opioid addiction has claimed the lives of too many young adults in New York State and across the nation. To address the choke hold it has on each individual we must work as a community to create a support system for those that want to stop taking these drugs, and prevent those that might be at risk for using heroin and opioids.

In this brochure there is background information about heroin and information to help families and individuals that are suffering from the consequences of addiction. It is my hope that with prevention methods, effective treatment programs and on-going addiction therapy, we can save lives and bring an end to the rise of heroin and opioid addiction.

Sincerely,

Roxanne Persaud

Senator Roxanne J. Persaud
19th Senate District

Resources:

**New York State Combat Heroin
& Prescription Drug Abuse**
www.combatheroin.ny.gov
1-877-8-HOPENY (877-846-7369)

**New York State Office of Alcoholism and
Substance Abuse Services**
<http://www.oasas.ny.gov/accesshelp/>

National Institute on Drug Abuse
<http://www.drugabuse.gov/>

Narcotics Anonymous
<http://www.na.org/>

Nar-Anon Family Groups
<http://www.nar-anon.org/>
800-477-6291 (toll free)

New York State Department of Health
[http://www.health.ny.gov/diseases/aids/general/
opioid_overdose_prevention/](http://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/)
(Source: www.drugabuse.gov)

or contact me:

DISTRICT OFFICE:
1222 East 96th St.
Brooklyn, NY 11236
(718) 649-7653

ALBANY OFFICE:
504 Legislative Office Bldg.
Albany, NY 12247
(518) 455-2788

persaud@nysenate.gov
persaud.nysenate.gov



HOOKED: HEROIN INFORMATION AND HOW TO COMBAT ADDICTION

IMPORTANT INFORMATION FROM





Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant. Heroin usually appears as a white or brown powder or as a black sticky substance known as “black tar heroin.”

Heroin can be injected, inhaled by snorting or sniffing or smoked. Any of these routes of administration deliver the drug to the brain very rapidly, which contributes to its health risks and to its high risk for addiction.

Addiction is defined as a chronic relapsing disease caused by changes in the brain and characterized by uncontrollable drug-seeking, no matter the consequences.

Long-term effects of opioid addiction on the brain include:

Tolerance – more of the drug is needed to achieve the same intensity of effect.

Dependence – the need to continue use of the drug to avoid withdrawal symptoms.

Heroin is associated with a number of serious health conditions, including death by overdose and infectious diseases, such as HIV and Hepatitis. Chronic users can suffer from liver and kidney disease, collapsed veins, infections in the heart lining and valves, and permanent damage to vital organs.

Warning Signs

Substance abuse disorder is a progressive disease. Young people may start with alcohol, tobacco and other drugs, but their use progresses until it is out of control. A key risk factor is the use of prescription pain killers.

Physical Signs

- Small pupils
- Decreased respiratory rate
- Non-responsive state - drowsiness
- Loss or increase in appetite or unexplained weight loss or gain
- Intense flu-like symptoms such as nausea, vomiting, sweating, shakes of hands, feet or head, large pupils

Behavioral Signs

- Change in attitude /personality
- Avoiding contact with family
- Change in friends or new hangouts
- Change in activities, hobbies or sports
- Drop in grades or work performance
- Isolation and secretive behavior
- Moodiness, irritability, nervousness, giddiness
- Stealing
- Wearing long-sleeved shirts out of season

Advanced Warning Signs

- Missing medications
- Burned or missing spoons or bottle caps
- Syringes
- Small bags with powder residue
- Missing shoelaces/belts

How to Stop the Abuse

First, talk to the person and keep an open line of communication. When a person is addicted to a substance, they will likely want to stop using but cannot and do not know how to stop the drug abuse. Let them know that substance abuse is a medical disorder and there is help available, such as treatment programs and medicated assisted treatment. Three medications have been approved by the FDA for the treatment of opiate dependence – buprenorphine, methadone and naltrexone.

(Source: http://www.whitehouse.gov/sites/default/files/ondcp/recovery/medication_assisted_treatment_9-21-20121.pdf)

ADDITIONAL INFORMATION

A lifesaving law took effect on April 1, 2006, making it legal in New York State for non-medical persons to administer Naloxone to another individual to prevent an opioid/heroin overdose from becoming fatal.

New York State offers Opioid Overdose Prevention Programs which train individuals on how to respond to suspected opioid overdoses, including the administration of Naloxone. Programs are available throughout the state, although not all are open to the public.

For the Opioid Overdose Prevention Program Directory, go to http://www.health.ny.gov/diseases/aids/general/resources/ooop_directory/index.htm