



# NEVADA PREVENTION RESOURCE CENTER UPDATE

Providing weekly updates for Professionals, Counselors, Educators, Parents and Activists

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## New Study: Benefits of E-Cigarettes May Outweigh Harm

A new study suggests that e-cigarettes could help reduce tobacco-related deaths and illness. The study was published July 30 in the journal *Addiction*.

“Current evidence suggests that there is a potential for smokers to reduce their health risks if electronic cigarettes are used in place of tobacco cigarettes and are considered a step toward ending all tobacco and nicotine use,” said study researcher

Thomas Eissenberg.

Admittedly, the long-term risks of e-cigarettes remain unknown. To date there is no evidence to suggest that the vapor produced by e-cigarettes is harmful to users or bystanders.

One researcher suggested that e-cigarettes are used most often by smokers and that they help some people to either quit smoking or reduce the amount of cigarettes that they smoke.

The Forum of International Respiratory Societies urges governments to ban or limit e-cigarettes until more is known. The American Medical Association requests restrictions on the sale and marketing of e-cigarettes, a minimum age of purchase; childproof packaging; restrictions on flavors that appeal to young people, and a ban on claims that e-cigarettes help people to quit smoking.

[Read more.](#)

## Do Drug Abuse Prevention Programs Help?

Five states that have recently implemented comprehensive prescription drug abuse prevention programs showed significant decrease in prescription drug abuse. The study findings suggest that implementing such programs as a prescription drug database, and education may be effective in reducing prescription drug abuse.

Results over a two year period showed a decline

of 10.7 percent in prescription drug abuse for the states that had implemented these prevention programs. This is compared to a 4.4 percent decline in other states. Another study showed a 23 percent decrease in drug overdose deaths in the same states. And one state also reflected a 10% decrease in opioid prescriptions as a result of the new programs.

The study also found

a significant decrease in teen prescription drug abuse during the same time period and in the five key states. Teens showed a decrease from 70 percent in 2011 to 57 percent in 2013. Interestingly, patients aged 64 and over showed a 44% abuse rate which was found to be the lowest rate of abuse.

[Find out more.](#)

## In The News

[Efforts of a South Dakota Youth Coalition Resulted in a Lower Drunk Driving Rate](#)

[FDA Recommends Avoiding Powdered Caffeine](#)

[Long term health risks linked to young substance use](#)

[According to New U.N. Study U.S. And Canada are Among Top Marijuana Use Countries](#)

## New Clearinghouse Items

New or updated materials:

TIP 58: Addressing FASD;

TIP 50: Quick Guide for Clinicians;

KAP Keys for Clinicians Based on TIP 53

For access to NPRC Clearinghouse materials [click here.](#)

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## Opportunities and Events

### Statewide Peer Network Development Program for Recovery and Resiliency Grants

SAMHSA, CMHS and CSAT are accepting applications for fiscal year (FY) 2014 Statewide Peer Networks for Recovery and Resiliency grants. The purpose of this grant program is to create statewide networks that represent mental health and addictions recovery communities.

Due by August 7, 2014.  
Information?

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Come be a part of the discussion of ways to raise recovery awareness and reduce the negative stigma associated with living with an addiction. The Anonymous People is a feature documentary film about the over 23 million Americans living in long-term recovery from

alcohol and other drug addiction.

**Where:** Joe Crowley Theater located in the Joe Crowley Student Union at University of Nevada, Reno

**When:** Wednesday, September 10th 2014 at 6:30 pm.



## Upcoming Events

### Forum for Telehealth Innovators

The National Frontier and Rural (NFAR) ATTC is hosting the 2014 Addiction Treatment Technology Summit: Forum for Telehealth Innovators in Chicago, **August 26th and 27th** at the Double Tree Chicago-Magnificent Mile. The goal is to increase knowledge and awareness regarding technology-based substance use disorder interventions to promote the utilization of telehealth technologies in delivering addiction treatment and recovery services.

### FDA Extending Comment Period on Tobacco Regulations

The FDA announced that the comment period on tobacco regulations is being extended from July 9, 2014 to **August 8, 2014**.

Electronic submissions can be done at <http://www.regulations.gov#!/home>

Written comments can be sent to: Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, rm. 1061, Rockville, MD 20852.

### Alzheimer's Disease and Related Dementias Webinar Series

The ACL, CDC, and the NIA are collaborating on a webinar series to increase knowledge about Alzheimer's disease and related dementias. You can register for all the webinars or just one.

Each webinar is from 10:30 a.m.–12:00 p.m. PT.

**August 28, 2014:** Community Collaborations for Assisting People with Alzheimer's and Dementias.

## QR Code



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