

Substance Use Disorders

A *substance use disorder* (SUD) is the misuse, dependence or addiction to alcohol and/or legal or illegal drugs.

Know these dangers

- Mixing alcohol with prescription drugs or street drugs can be dangerous. Of the 100 most prescribed drugs, more than half have at least one ingredient that can cause a bad reaction when used with alcohol.
- It is impossible to know the ingredients of street drugs and how strong they are. Mixing street drugs with alcohol or prescription drugs can be dangerous.
- Mixing prescription drugs can be hazardous to your health. Narcotics like Oxycontin and Vicodin, for example, should not be taken with alcohol, over-the-counter cold and allergy medicines or depressants like Valium or Xanax. Stimulants like Dexedrine and Ritalin should not be used with high blood pressure medications, anti-depressants and some asthma medicines.

For More Information

- Additional information about SUDs and your health is available at the program where you will receive or are receiving treatment.
- Ask for more information about the link between SUDs and pregnancy, STDs, TB, hepatitis, family history, age, other drugs, and other conditions.
- Remember, SUDs are treatable at all ages.

Getting Services

For public services for SUDs and/or mental health disorders, call

The Access Center:

For Genesee County call:

(877) 346-3648 (toll free)

For Lapeer, Sanilac and St. Clair Counties call:

(888) 225-4447 (toll free)

For general information, such as the times and places of local Alcoholics Anonymous and Narcotics Anonymous meetings in your area, call

Customer Service:

For Genesee County call:

(877) 346-3648 (toll free)

Monday-Friday 8 a.m.—5 p.m.

For Lapeer, Sanilac and St. Clair Counties call:

(888) 225-4447 (toll free)

Monday-Friday 8 a.m. - 4:30 p.m.

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Substance Use Disorders (SUDs) and Your Health



Prepaid Inpatient Health Plan



Your link to public services for mental health & substance use disorders in Genesee, Lapeer, Sanilac and St. Clair Counties

www.region10pihp.org

Drinking, Drugs and Your Health

Substance use disorders can damage your body and health.

- **Alcohol** - Addiction, liver, heart, brain damage.
- **Cocaine/crack** - Addiction, permanent lung and nasal damage, personality changes.
- **Ecstasy** - Depression, trouble sleeping, confusion, memory problems, anxiety.
- **Heroin** - Addiction, lung damage, lowered sex drive, menstrual disruption.
- **Inhalants** - Permanent brain, lung and kidney damage, tiredness, weak muscles, blue skin.
- **LSD** - Permanent mental problems, hallucinations, severe depression, flashbacks.
- **Marijuana** - Lung damage, lung cancer, memory problems, possible addiction, weakened immune system.
- **Methamphetamine** - Brain and heart damage, mood changes, hallucinations, paranoia.
- **PCP** - Brain, heart, lung damage, speech and memory problems, paranoia, flashbacks.
- **Steroids** - Heart attack, liver cancer, testicle shrinkage, erectile dysfunction, sterility.
- **Tobacco** - Lung, mouth, throat cancer, heart problems.

Pregnancy, Drinking and Drugs

The best choice for your unborn baby is not to drink alcohol or take drugs. These may cause permanent damage to your child's brain, body and behavior.

- **Alcohol** - Low birth weight, small head size, short body, facial and eye problems, organ damage, addiction, brain damage, learning and reasoning problems, problems with sleeping and temperament.
- **Illegal Drugs** (such as cocaine, crack, heroin) - Low birth weight, small head and brain, addiction and withdrawal at birth, behavior problems, crib death, stillbirth.
- **Prescription Drugs** - Acne drugs can cause birth defects and deformed organs. Tetracycline, an antibiotic, can cause discolored teeth. Tranquilizers such as Valium and Xanax can cause birth defects and addiction.
- **Over-the-Counter Drugs** - Diet pills can cause low birth weight. Pain pills like aspirin or ibuprofen can cause stillbirth, heart and kidney defects. Even vitamins like A and D can cause birth defects.
- **Tobacco** - Stillbirth, low birth weight, small body, crib death.

STDs, TB, Hepatitis, Drinking and Drugs

People who have SUDs are at greater risk of sexually transmitted diseases (STDs), tuberculosis (TB) and hepatitis.

- **STDs** - HIV, the virus that causes AIDS, lives in the semen, vaginal fluid and blood of a person with HIV. Unprotected oral, anal or vaginal sex can expose you to HIV. Unprotected sex may also expose you to infections, such as chlamydia, human papilloma virus (HPV), hepatitis B, herpes, gonorrhea, nongonococcal urethritis (NGU), syphilis and vaginitis.
- **TB** - TB is passed from person to person through the air by coughing, sneezing or even laughing. People whose immune systems are weakened by substance use or HIV are more susceptible to TB.
- **Hepatitis A** - Hep A may involve flu-like symptoms and will go away by itself in 2-4 months. People get it through contact with infected feces, food or water.
- **Hepatitis C** - Hep C is most often contracted by blood contact, especially by sharing needles. Treatment does not always work. Hep C can cause cirrhosis and liver cancer.