

Straight Facts about Substance Use

Drug and alcohol use may cause serious harm to one's health. Don't let it happen to you.

Substance use may cause many health problems.¹

- Liver damage
- Heart problems
- Stroke
- Brain seizures
- Lower sperm counts in men
- Problems sleeping or staying awake
- Depression
- Violence
- Use of drugs with needles may cause you to contract diseases and illnesses such as hepatitis C or HIV/AIDS

What leads to substance abuse?²

Use of street drugs (such as marijuana, methamphetamines or cocaine) or misuse of legal drugs or alcohol may lead to substance abuse. Inhaling fumes from paint, glue, hair spray or gasoline also may lead to substance abuse.

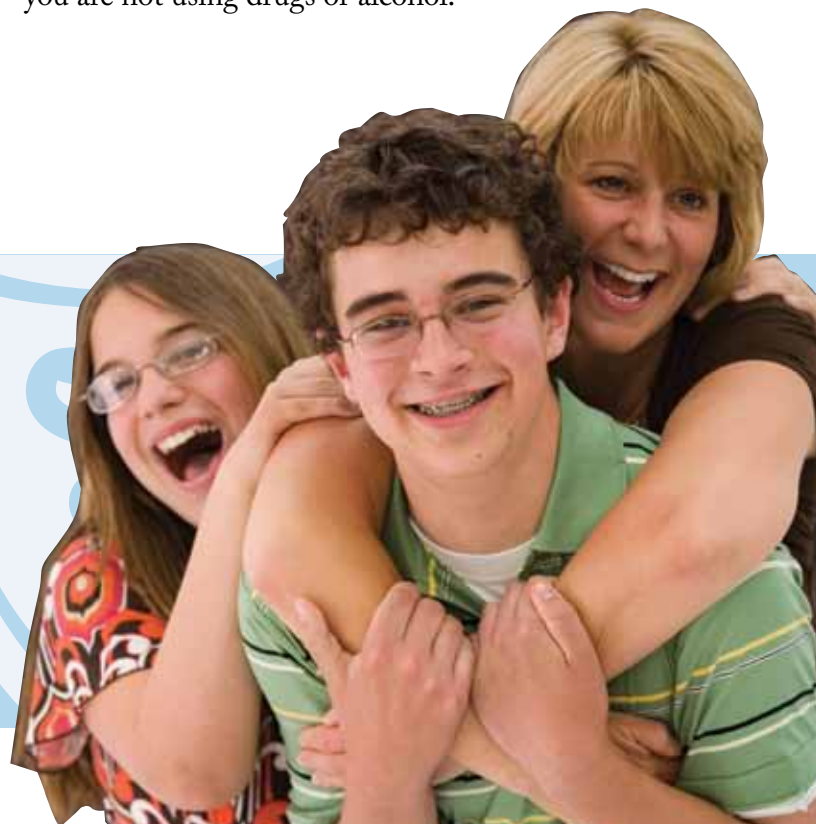
Pregnant women who use and abuse substances put their babies at risk.³

If you are pregnant and you use harmful substances, so does your baby. Harmful substances taken during pregnancy may cause:

- Preterm labor.
- Low birth weight.
- Birth defects.
- Your baby to be born addicted.

What are the warning signs?

If you take drugs often or drink alcohol every day, over time, you may need more and more drugs or alcohol to get high. You may keep using drugs or alcohol even if bad things happen to you, such as losing a job or having family problems. You may feel anxious or sick when you are not using drugs or alcohol.



Substances That Are Often Used and Abused⁴

- **Alcohol** (includes beer, wine and wine coolers as well as hard liquor such as whiskey, rum and vodka)
- **Marijuana** (also called pot, ganga, weed or grass)
- **Cocaine** or **crack** (also called coke, blow or snow)
- **Methamphetamines** (also called speed, meth, chalk, ice, crystal or glass)
- **Heroin** (also called smack, junk or H).
- **Prescription pills** (such as OxyContin, Darvon, Vicodin, Demerol, Xanax, Valium and Ritalin) can be abused, even though they are prescribed by a doctor.
- **Hallucinogens** (such as acid or LSD, ecstasy, club drugs, PCP or angel dust and mushrooms)
- **Inhalants** (such as spray paint, gasoline, hair spray and glue)

We are here to help you.

Your doctor or nurse can help you create a treatment plan that is right for you or someone you love. For more information, call MedCall[®], the 24-hour nurse help line.

To learn more, contact SAMHSA (Substance Abuse and Mental Health Services Administration): **1-800-662-HELP** or **1-800-662-4357**; www.samhsa.gov.

BlueChoice HealthPlan Medicaid

Customer Care Center: **1-866-781-5094**

TTY line: **1-866-773-9634**

MedCall: **1-866-577-9710**

TTY line: **1-800-368-4424**

www.bluechoicescmedicaid.com

Centers for Disease Control and Prevention (CDC): **1-800-232-4636**

www.cdc.gov

TTY lines are only for members with hearing and speech loss.



Medicaid

Sources: ¹National Institutes of Health, National Institute of Drug Abuse, *Addiction and Health*, September 17, 2008 (Accessed August 2009): <http://www.drugabuse.gov/ScienceofAddiction/health.html>

²National Institutes of Health, National Institute of Drug Abuse, *Preventing Drug Abuse among Children and Adolescents*, July 15, 2008 (Accessed August 2009): <http://www.drugabuse.gov/Prevention/Prevopen.html>

³U.S. Department of Health and Human Services, Office on Women's Health, The National Women's Health Information Center, *Healthy Pregnancy – Staying Healthy and Safe*, March 5, 2009 (Accessed August 2009): <http://www.womenshealth.gov/pregnancy/you-are-pregnant/staying-healthy-safe.cfm#h>

⁴National Institutes of Health, National Institute of Drug Abuse, *Commonly Abused Drugs Chart*, August 3, 2009 (Accessed August 2009): <http://www.nida.nih.gov/DrugPages/DrugsofAbuse.html>

This information is being provided for general information purposes only and is not the practice of medicine or a substitute for the independent medical judgment of a treating physician. Only a treating physician can determine what treatment is appropriate for a patient.

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