

# E-MAIL NEWS LETTER

# NEWS FROM



# APRIL 2009

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## In the News

According to the NM Department of Health, possible contamination of local cocaine supplies with levamisole, (a medication that is used to deworm animals and treat certain conditions in humans) could be causing recent cases of agranulocytosis, a condition that affects the immune system, leaving patients unable to fight off infections.

Eleven cases of agranulocytosis are being investigated in the state of NM, and at least five of the patients used cocaine.

The cases in NM reflect a growing nationwide trend. Between January and April 2008, the U.S. Department of Justice reported that the amount of levamisole found in tested cocaine had risen from nine to nineteen percent.

The Department of Health is urging those with infections to seek medical care as soon as possible.

Source: NM Department of Health;  
<http://www.nmhealth.org/documents/agranulocytosis1-16-09.pdf>

## **Update: New Mexico Student Lifestyles Survey 2008**

Although the results are still being analyzed, we have a couple of preliminary results to share:

- 90% of students reported their closest friends would disapprove if they drove a car while under the influence of alcohol, and
- 67% of students reported serving as a sober, designated driver in the past 12 months.

These results are encouraging given that alcohol-related automobile accidents are the leading cause of death among 15-24 year olds. COSAP has been educating students about the dangers of drinking and driving, and these results demonstrate an atmosphere of strong peer pressure *against* this risky behavior.

## **Events**

***Discover Your Alcohol IQ:*** Was held on a windy Thursday, April 9<sup>th</sup> near the Alumni Clock and duck pond. Over 75 students took part in educational activities and individual assessments despite the blustery conditions.

***Kick Butts Day:*** On March 25<sup>th</sup> students and staffs took quit materials, learned about proposed changes to the campus tobacco policy, and played games such as “Kick the Butt”: kicking a giant “butt” into a receptacle, and “Haz-Match”: guessing and learning about the other uses for chemicals found in cigarettes. Free nicotine gum and patches were distributed to students interested in “kicking the habit.”

## **Peer Pressure Anyone?**

According to a study done by researchers Nicholas A. Christakis, M.D., PhD, of Harvard Medical School and James Fowler, Ph.D., of UC San Diego, social relationships have a strong influence on health-related decisions, such as smoking.

The researchers found that the closer the relationship is between contacts, the greater the influence when one person quit smoking. For example:

- When a husband or wife quit, it decreased the chance of their spouse smoking by 67%.
- When a sibling quit, it reduced the chance of smoking by other siblings by 25%.
- A friend quitting, reduced the chance of smoking by 36% among their friends.

Source:  
[http://www.nlcatp.org/news\\_archive\\_id1.cfm](http://www.nlcatp.org/news_archive_id1.cfm)

# UNM COSAP RESOURCES FOR STUDENTS, STAFF AND FACULTY

## Tobacco Use

The Quit Line: **1-800-Quit Now** (800-784-8669)

[www.stopsmokingcenter.net](http://www.stopsmokingcenter.net)

[www.quitnet.com](http://www.quitnet.com)

<http://quitsmoking.about.com/mpboards.htm>

[www.chewfree.com](http://www.chewfree.com)

<http://www.lungnewmexico.org/QuitSmoking.htm>

Nicotine Anonymous: **265-8113** or **798-4595**

SHAC Health Education: **277-7947**

UNM COSAP: **277-2795**

## Alcohol Use

Calculate Your BAC (Blood Alcohol Level):

<http://depts.washington.edu/mcsurvey/bal/index.php>

E-CHUG (eCheckup-To-Go):

<https://interwork.sdsu.edu/echug2/?id=UNM&hfs=true>

Rethinking Drinking:

<http://rethinkingdrinking.niaaa.nih.gov/>

Alcoholics Anonymous: <http://www.aa.org/>

Mothers Against Drunk Driving (MADD):

<http://www.madd.org/>

UNM Addictions & Substance Abuse Programs (ASAP): **925-2400**

## Other Drug Use

Online Drug Screening: <http://www.drugscreening.org>

Student Health And Counseling (SHAC): **277-4537** (For all Students)

Counseling, Assistance, & Referral Service (CARS): **277-6868** (For Staff and Faculty)

UNM Addictions & Substance Abuse Programs (ASAP): **925-2400** (For all community members)

## Want to Learn More About UNM COSAP?

For more information about our programs and available resources, visit our website:

<http://www.unm.edu/~cosap/>

Look for us on MySpace and Facebook for updates on programs and special events!



**GO LOBOS!**

A Special **THANK YOU** to student employee, **Jennifer O'Hearn-Pimentel**, for creating this e-newsletter.