

UPCOMING
DATES TO
REMEMBER!

Sept to Nov -
Resilient Kids at Caring
Place every Tuesday from
3pm - 5pm

Sept to Nov -
Resilient Youth every
Tuesday from 3:30pm -
5pm.

Sept 20th to Oct 18th -
**Community Education
Workshops** at the
Brighthouse library every
Tuesday from 3pm -
4:30pm.

Sept 23rd -
FREE Workshop: **Clearing
the Haze: Cigs, e-cigs and
vapes** at the Brighthouse
Library from 1pm - 3pm.

Sept 22nd -
**The Healing Wilderness
Workshop** at the
Granville Island Hotel
from 12 - 2pm. \$10
registration fee.

Oct 12th -
**RASS AGM and Open
House** at our office from
1pm - 4pm.

September is
**National Recovery
Month!** The silver
ribbon was chosen as
a way of recognizing
that "every cloud has
a silver lining."

RASS NEWSLETTER

VOLUME VI, ISSUE III

SEPTEMBER 2016

Fentanyl overdoses recognized during International Overdose Awareness Day

International Overdose Awareness Day is an annual event held on August 31st that aims to open up conversation regarding drug overdoses, and to remember lives lost through drug-related deaths.

A spike in drug overdose deaths earlier this year has prompted B.C.'s Provincial health officer Dr. Perry Kendall to declare a public health emergency on April 14, 2016.

The declaration, typically reserved for a contagious disease outbreak, is the first in Canada, where a rash of fentanyl overdoses has claimed hundreds of lives.

"Fatal overdoses have steadily increased in B.C. since 2010, when 211 people died, reaching 474 deaths in 2015," said Dr. Perry Kendall. "Fentanyl — an opioid 100 times more powerful than morphine — was associated with a third of the deaths."

Statistics from the Coroners Service show the number of fentanyl-related deaths in B.C. between January 1 and June 30 has jumped to 238, a 250-percent increase over the same time span in 2015.

About 30% of the deaths fell into the age group of 10 to 29. RASS' Youth and Family Program began

seeing more young people accessing counselling services because of fentanyl use late last year.

B.C. was the first province in Canada to implement a province-wide take-home naloxone program. Naloxone is an antidote that can reverse the effects of fentanyl. RASS is also advocating for First Aid programs to include naloxone training.

The take-home kits are available at more than 260 sites across B.C. including two sites in Richmond at the Anne Vogel Clinic on Cook Road and Richmond Acute Home-based Treatment Team on Westminster Highway.

Vape, E-Cig ban



As of September, e-cigarettes will be treated just the same as tobacco, which means they will be banned in workplaces, in parks, or on beaches. It will also mean e-cigarettes and vapes cannot be used in a vehicle when someone under 16 is present. These tighter restrictions are meant to stop the growing use of e-cigs by young people.

The act requires retailers ensure e-cigs are sold only to adults aged 19 years and older and that no retail displays are seen by youth. Also, no retail advertising for e-cigs and vapes can be shown where youth can see it.

Marijuana Legalization

In a recent list of recommendations the Canadian Medical Association (CMA), which represents physicians across Canada, is encouraging the federal government to consider strong restrictions to marijuana use. The recommendations were submitted to the marijuana task force, which will advise the federal government on legalization.

The CMA says Canadians shouldn't be legally allowed to smoke pot until they are 21 and should face restrictions on the quantity and potency of the drug until they are 25. Ideally the legal limit would be 25, as the brain is still developing until about that age. The recommendation states, "Legalization and strict regulation

of marijuana for recreational use seeks to reduce health and social harms, particularly in higher risk groups; however, with the increased access, there could be an inverse effect, with the potential that harms could be intensified."

Since the government is pursuing legalization, CMA says they want to suggest ideas and advice that help protect individuals and public health. For more of the CMA recommendations, email info@richmondaddictions.ca



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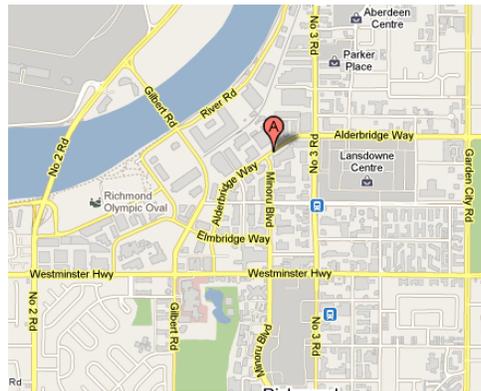
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RASS

Richmond
Addiction
Services
Society

Richmond Addiction Services is a non-profit, charitable society aimed at providing expertise in preventing and treating addictions in our community. RASS provides a wide range of services to residents of all ages in the City of Richmond and has been in the community for over 40 years.

*Excellence in Addiction Prevention—Education,
Engagement, Treatment*



GET INVOLVED!

Donate: Make a financial or in-kind contribution

Join: Become a Member of RASS

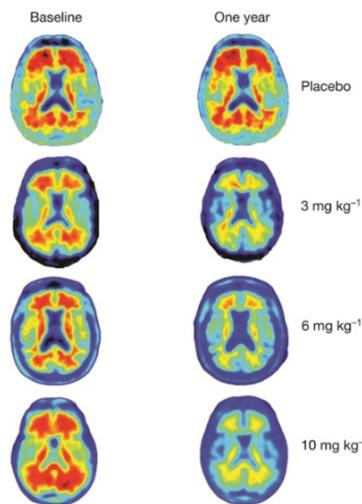
Volunteer: Email info@richmondaddictions.ca



New Experimental Drug for Alzheimer's

Current estimates suggest that between 60,000 and 70,000 British Columbians have dementia. Although there's a great deal of debate about what the actual cause of Alzheimer's disease is, a new form of treatment aims to eliminate amyloid plaques, a toxic protein that builds up in the brain and is believed to prevent brain cells from communicating with each other, often leading to irreversible memory loss and cognitive decline.

This new antibody drug, known as aducanumab, can clear the amyloid plaques in the brain, and can even prevent the production of the abnormal plaques in the first place. Scientists hope that diminishing or preventing levels of the toxic protein will protect



The red marks show amyloid plaques. After a year they are gone in the highest dose group.

against memory loss and other symptoms of Alzheimer's.

In a small trial, patients treated

with this drug stopped deteriorating compared with those taking a placebo, suggesting that their dementia had been halted.

"These findings could be a 'game changer' if the effects on memory decline can be confirmed in more extensive follow-on studies," said David Allsop, a Professor of Neuroscience at the University of Lancaster. The Alzheimer's Society said the "most compelling" evidence from the trial was the fact that more amyloid was cleared when patients took higher doses of the drug.

If shown to be effective in larger trials, the first drug to prevent dementia could be available in just a few years!