

Prevention: What's the #1?

“Smoking” alcohol a dangerous, growing trend

YouTube videos showing college-aged men vaporizing alcohol (i.e., by pouring it over dry ice or using a bike pump to create a mist through air pressure) and then inhaling it have been spreading across the United States. Reports show that the practice is being publicized as a way to reduce the number of calories taken in during a night out. Despite popularity, paramedics are warning of the dangers of “smoking” alcohol. JP Trottier with the Ottawa Paramedic Service called the approach dangerous, because the vapours bypass the liver and go straight to the lungs and brain. He states, “It goes right into your blood system immediately, so there’s a far greater risk of getting alcohol poisoning versus the stomach. It will sit in the stomach for a little bit, your body has a chance to detect it, and make you vomit.”

The spread of video tutorials have convinced some students to consider trying this method of alcohol intake. Quotes from students eager to try “smoking” alcohol include, “I’d want to try it because it’s a new way to get drunk, it might have different effects on you.” “You could introduce it to some parties, and maybe new drinking games ... you could have some sweet new drinking games with alcohol vapour.”

*Source: CBC News, Ottawa
<http://www.cbc.ca/news/canada/ottawa/story/2013/05/30/ottawa-smoking-alcohol-health-danger.html>

U.S. high school students report relaxation, having fun, and feeling good as top reasons for misusing prescription drugs

To help me relax	18%
To have fun	16%
Because being high feels good	14%
To help me forget my troubles	13%
To deal with pressures and stress of school	11%
My friends are using	11%
To help deal with problems at home	8%
To feel better about myself	8%
To look cool	6%
It’s a habit, I can’t stop	4%

(N= 3,884 U.S. high school students reporting lifetime use of prescription drug without a prescription)

*Source: CESAR Fax; May 6, 2013; Vol. 22, Issue 18
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“Prevention is better than cure.” ~Desiderius Erasmus



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and Substance Abuse Services
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