

THE IPRN NEWS

IOWARECOVERY.ORG

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A great big thank you to all for making our 25th Anniversary event a huge success!

The IPRN News

*Celebrates ***1 year****

The IPRN News is proud to announce that it is one year old this month! The newsletter was first put out in November 2005 and sent just to the committee members and IPRN participants.

Over the past year the list has grown and The IPRN News goes out to almost all 50 states, most of the PRN programs, a large number of colleges and many state boards throughout the US. We have continued to add pharmacists throughout the state of Iowa and hope to continue to increase our readership.

The IPRN News has been a great tool to keep our participants connected. It shows up as a reminder for people to send in their reports, to email each other and to stay connected. It is that reminder that we have to give it away to keep it.

Included in this newsletter is a list of some of the feedback we have received this past year. It is not a complete list as we would not have room for all of the email we have had. It is a sampling, so if your state is not listed, please don't worry. We appreciate all the work you are doing across the US!

We are so grateful for all of those who have shared reports, articles and information with us. We are especially grateful for the reports sent in from students at both of our colleges and for all the work that is being done there. And we continue to be proud of what IPRN is doing in Iowa.

We are also proud to announce that our newsletter archives link has been posted at Charlie's website USAPRN.ORG. Please feel free to copy, pass along and share. We are so pleased to join Charlie in making recovery information available.

So please help us celebrate and drop us a note.

And thank you! Keep sharing! Keep trudging! We appreciate all of you.

We are committed to excellence!

Some Newsletter Feedback

Since November 2005, IPRN has distributed, through email, a monthly newsletter. The newsletter has had a positive effect on client participation and on making information available.

Iowa's program has been and continues to be a model for other states and other professions.

IPRN has maintained a 24-hour, toll-free hotline. Calls made to the hotline included individuals needing help and concerned others.

The toll free number is: (877) 890-IPRN

Alabama: Would you please include me on your list for future mailings. Student issues on this topic are handled through my office.

Florida: Thanks for the email. Happy anniversary to you from all the recovering pharmacists in Florida.

Iowa: Great newsletter!

Illinois: Thank you for including me on your IPRN newsletter email list.

Kentucky: I want to say again how great this newsletter is. You do a marvelous job with it. I pass it on to lots of folks here in KY.

Louisiana: I would like to get the Newsletter. Thanks for offering to send it.

Maryland: Please continue to send the newsletter to the MD Board of Pharmacy

Maryland: Your IPRN newsletter is GREAT!!!. I hope that you will put me on your e-mail list so that I will get future issues.

Massachusetts: Could you sign me up

Minnesota: Jim Alexander suggested I contact you to sign up for the newsletter.

Nebraska: Great job!!

North Carolina: Thanks for copying us on your newsletter. I took the liberty of sharing selections from it with a large group of Walgreen's interns this morning. (We do as much speaking to students as the Pharmacy schools will allow). You are doing a great job with this.

Ohio: Fantastic!!!

Oregon: Yes, I would like to receive your newsletter.

Tennessee: Please add me to your mailing list. I'm on the Tennessee PRN committee and have found the publication quite interesting and informative.

Maine: Thanks for the newsletter :).

University of Utah: Thanks for sharing your newsletter. We appreciate your efforts in "spreading the word" about addiction recovery.

Thank you to all who have written!

Internet Drug Abuse

A survey or questionnaire over the internet does not constitute a relationship with a doctor.

It is always illegal to obtain a prescription when there is not a doctor – patient relationship.

IPRN

Providing direction as a confidential resource

Providing support through caring volunteers

Providing education about impairment

We've seen the constant advertising of prescription drugs on our computers and on our TV's. We have become accustomed to people receiving medications in the mail, many times mailing them from our stores. We are aware of the increase in mail-order prescriptions. But did you know how readily available controlled substances are over the internet? There are literally hundreds of sites offering controlled prescriptions drugs for sale. And did you know that it is illegal to buy prescription drugs from these online sites when there is no doctor - patient relationship?

Drugs for sale on the internet include opioids, pain pills, sleeping pills, stimulants, diet pills, depressants and steroids. You name it. These lists are accompanied with prices boldly displayed. Sometimes someone is asked to fill out a short survey or questionnaire (for a doctor to review), enter a credit card number and have a mailing address or mailbox to have these drugs delivered right to their address in a couple of days.

There are also hundreds of horror stories of people who have over-dosed and died from controlled substances obtained from the internet. These are controlled substances for a reason.

At our PRNHELP group on Yahoo.com, a story about the internet procurement of controlled substances was posted in the files. The story really opened my eyes to the problem.

He stated that, "I have coined the phrase "Net-Pharms" for obvious reasons. The Internet became my crop field of pills and I farmed them daily for pharmaceuticals."

He also talked about how easy it was to place orders over the internet and how he was ordering from multiple places at once. He said "I placed a few "Practice orders" orders as the paid-for instructional web services suggested. There were ones that had me wire money to California, ones that were C.O.D. and others that simply took credit cards. All of the websites claimed it was legal. If you look today they still claim no shame. I would do there silly 'Questionnaire' and have the drugs delivered. It was great!"

This man was eventually arrested, charged and is now in recovery from addiction to prescription drugs.

In Iowa, there are laws to control the unlawful acquisition and possession of controlled substances over the internet. There are also federal laws governing the sale of controlled drugs. It is always illegal to obtain a prescription when there is not a doctor – patient relationship. A survey or questionnaire over the internet does not constitute a relationship with a doctor.

Canadian Drug Imports

Where do you stand on this issue?

Supporters of importing drugs contend that the U.S. is subsidizing the cost of medicine for the rest of the world.

Opponents said importing drugs that do not have FDA approval could be unsafe for consumers.

Please feel free to call IPRN if you need assistance, need information or need help with an intervention.

We can help!

Where do you stand on this issue? As we look at the issue of controlled substances becoming readily available, the fact that prescription drugs are now the number one drugs of abuse and as we put together prescription monitoring programs within our states, does this news impact our efforts? Do we want to distinguish between controlled substances and other medications? Have you spoken with your state representatives about this issue?

AP) WASHINGTON, Sept. 21, 2006 House Republicans tentatively agreed Thursday to prohibit Customs agents from seizing prescription drugs that Americans buy in Canada and bring back into the United States.

The deal would let Americans carry up to a 90-day supply of medication back to the U.S. from Canada without being stopped by Customs agents, House and Senate Republicans said. But it would not let Americans purchase cheaper prescriptions over the Internet or by mail-order, officials said.

While importing drugs into the United States is illegal, the Food and Drug Administration generally has not stopped small amounts of medicine purchased for personal use. But Customs officials began intercepting imported controlled substances two years ago and prescription drugs since last November. Since then, Customs and Border Protection agents have seized more than 34,000 packages of drugs coming into the country.

However, many Customs agents already allow prescription drugs into the U.S. from Canada because they don't rigorously search people and cars for them.

Opponents said importing drugs that do not have FDA approval could be unsafe for consumers. The FDA says it cannot guarantee the safety of imported drugs.

Representatives for the pharmaceutical industry said Canadian Internet pharmacies, for example, have been known to sell fake and potentially unsafe medicines to unknowing American consumers through other countries.

"Americans should look at much safer alternatives that already exist and are proving to be incredibly effective here at home," said Ken Johnson, senior vice president for the Pharmaceutical Research and Manufacturers of America, or PhRMA.

According to the Congressional Budget Office, brand-name drugs cost, on average, 35 to 55 percent less in other industrialized nations than they do in the United States. Supporters of importing drugs contend that the U.S. is subsidizing the cost of medicine for the rest of the world.

Tips for Safe Holiday Parties

“...coffee or a cold shower can only create a wide-awake drunk instead of a sleeping one.”

The Iowa Pharmacy Recovery Network is always in need of caring volunteers throughout the State of Iowa. The profession needs you to make a difference!

“There but for the Grace of God go I”

These tips are offered at The National Council on Alcoholism and Drug Dependence website. Also, remember if you have a colleague, family member or friend who has mental illness, alcoholism or drug dependencies, we can help. And remember these tips will not help for someone who is already dependent!

Do not let someone who has been drinking drive. Arrange for him or her to sleep in your home or to ride with a sober driver.

Provide your guests with an attractive selection of non-alcoholic beverages. Remember that about one-third of all adults in the U.S. abstain from drinking alcohol completely for a variety of reasons. Remember, too, that informed, health-conscious adults whom you know to drink on occasion will prefer non-alcoholic beverages in the following situations:

- **if they are pregnant or trying to conceive**
- **if they are using medicine of any kind**
- **if they have had difficulty keeping their drinking moderate in the past**
- **if they plan to drive after your party**
- **if they wish for some other reason to avoid any of alcohol's many short-and long-term effects.**

Never serve alcohol to anyone under the age of 21, for whom it is an illegal drug. Remember that your responsibility for drinking by underage guests lasts beyond the time they are in your home. Remember, too, that alcohol-related car crashes are the leading cause of death for 15-to 24-year-olds.

Provide your guests with nutritious food. Eating will slow alcohol's effects.

Appoint a bartender to monitor guests' drinking and serve measured, standard drinks rather than doubles or "holiday specials." Guests can better control their drinking when they are drinking amounts with which they are familiar.

Do not serve alcohol to an intoxicated guest. Offer him or her a non-alcoholic drink, but remember that nothing can "sober up" a person immediately. It takes the human body approximately two hours to metabolize each ounce of alcohol; coffee or a cold shower can only create a wide-awake drunk instead of a sleeping one.

Choose fruit juices instead of carbonated mixers. Carbonation speeds alcohol absorption.

Be sure that drinking does not become the primary focus or activity of your party.

Stop serving alcohol at least one hour before the party ends.

Happy Sober and Clean Holidays

It is time to step up your recovery program.

So go! Enjoy the holidays! Stay clean and sober! And we will continue to trudge the road of Happy Destiny together.

If you know anyone who would like to receive this newsletter just email and we will add them to the mailing list. Otherwise, feel free to pass the news along.

Also, if you wish to be removed from the email list, please let me know. Thanks!

With the holidays just around the corner, it is time to make a plan to stay sober and clean through the holidays especially if you are a newcomer. Holidays can be stressful. The demands of work with people taking time off and family wanting more of our time make it more difficult to take care of ourselves. There are also the financial stressors. The holidays are a time for remembering and many of the memories are of times when we were drinking and of holiday parties. So how do we get through the holidays?

It is time to step up your recovery program. Add another meeting, call your sponsor more often, attend the AA or NA functions especially on the holiday, be in contact with other members and talk about your plans. Take care of yourself and “Easy Does It”.

When planning to go to a party that serves alcohol or to associate with those old friends with whom you used, it is always a time to explore your motives. Do I have a legitimate reason to attend? Am I setting myself up for relapse? Can I safely attend without picking up? Remember your subtle foe will always lie to you so check it out with others.

It is also time to implement a “Plan B” when you attend an office party, a family get-together or other social function. What is a “Plan B”? It is a plan to know what you are going to do when you start to feel uncomfortable. It may include a plan to leave and to make sure you have a way to leave. Or it may be a plan to call your sponsor or someone else in the program that you have lined up. The main element is to go over the plan before you go.

So go! Enjoy the holidays! Stay clean and sober! And we will continue to trudge the road of Happy Destiny together.

The Journal of the Iowa Pharmacy Association

Watch for the next issue of The Journal where IPRN will have an article on the celebration of our 25th Anniversary along with some of the history that was shared at our banquet. A special Thank You to the Iowa Pharmacy Association for their care and support for all of these years.

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