



November, 2014

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## FedEx Faces Charges for Delivering RX Drugs for Illegal Internet Pharmacies

A federal grand jury in San Francisco indicted FedEx for drug trafficking in July, 2014. The shipping company is accused of conspiring to deliver prescription drugs for illegal online pharmacies. According to the indictment, the shipping company knew for a decade that illegal online pharmacies used their services. "While some internet pharmacies were managed by well-known pharmacy chains that required valid prescriptions and visits to the patient's personal physician, others failed to require a prescription before filling orders for controlled substances and prescription drugs," a U.S. Sentencing Commission stated. "These internet pharmacies filled orders based solely on the completion of an online questionnaire, without a physical examination, diagnosis, or face-to-face meeting with a physician. Such practices violated federal and state laws governing the distribution of prescription drugs and controlled substances." According to prosecutors, government officials warned FedEx at least six times since 2004 that

illegal internet pharmacies used the company to deliver drugs.

In a statement, a FedEx representative said FedEx is innocent of the charges. "We're proud to say that we have partnered with the FBI, Department of Homeland Security, DEA and other federal, state and local law enforcement teams around the world to stop illegal drug activity and bring criminals to justice." FedEx has promised to cut off illegal operators if the government provides a list. To date, the DEA hasn't.

UPS last year signed a "non-prosecution agreement" with the Justice Department to resolve a similar investigation. In addition to paying fines over \$40 million, UPS agreed to beef up its "compliance policies."



Photo by Scott Olson/Getty Images

### Prevention Plus

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## Youth Substance Use Linked to Long-Term Health Risks

The risk of developing drug or alcohol dependence is greater for individuals who start using these substances as children or adolescents, and they are at greater risk for needing treatment as adults, according to a report by the Substance Abuse and Mental Health Services Administration.

In 2011, 74% of people ages 18-30 who were admitted for

substance abuse treatment reported starting to use substances at age 17 or younger.

10.2 % of those admitted for treatment began using drugs or alcohol at age 11 or younger.

In addition, those who start using substances at a younger age are more likely

to be using more than one substance when they are admitted for treatment.

More than 78% of those admitted for treatment who started to use substances at age 11 or younger also reported abusing two or more substances when they started treatment.

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Burlington County  
Coalition for Healthy  
Communities Meetings:

**December 16:**  
**Burlington County  
Human Services  
Building, Conference  
Room 2 at 11:30 AM.**  
**Lunch will be served.**  
**Please RSVP to Joe  
Conlin at 609-261-0001.**  
**795 Woodlane Road  
Westampton, NJ 08060.**  
**See you there!**

**SAVE THE DATE:**

**2015 BCCHC Meeting:**  
**2:00 PM on January 27,**  
**location to be  
determined.**

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## Risking Well-Being for Short Term Gains: An Alarming Increase in Teen HGH Use

*An excerpt from a report by Dr. Matt Fedoruk, Science Director, U.S. Anti-Doping Agency.*

The use of performance enhancing drugs by our youth is an important public health issue. In 2013, 11% of teens reported using synthetic human growth hormone (hGH) at least once in their lifetime without a doctor's prescription, up from the 5-6% reported for the previous 5 years.

Prescribing or distributing synthetic hGH for "image enhancement" is not only dangerous, it is illegal.

The effects sought by athletes

While these short term consequences appear beneficial, they are not without extreme short-term and long-term health risks, some of which may be irreversible.



These include abnormal growth of major organs, including the brain, increased risk of diabetes, joint and muscle pain, elevated triglycerides and possible impacts on the abnormal tissue growth associated with cancer.

Growth hormone is produced naturally by the body, but the abuse of hGH by athletes as a performance-enhancing drug is increasing.

include increased skeletal muscle mass, decreased weight, enhanced ability of the body to build or repair tissue and altered energy metabolism.

More education is needed for these young athletes to gain awareness of the dangers of hGH, including the negative impact cheating has on personal and professional well-being.

A statement by the U.S. Anti-Doping Agency (USADA):

The mission of the USADA is to protect and preserve the health of athletes, the integrity of clean competition, and the well-being of sport by deterring and detecting doping. The fact that youth are willing to take extreme shortcuts for short-term gains is greatly concerning and undermines the intrinsic value of sport and devalues athletes and healthy competition.

## Energy Drinks Don't Mix Well With Alcohol

A new study finds mixing energy drinks with alcohol increases the user's urge to drink.

Unfortunately, drinkers who combine the two may unwittingly be putting themselves at a



greater risk of accidents, injuries or even alcohol poisoning, because they wind up drinking more than they intended.

The study concludes that drinking alcohol and energy drinks is more dangerous than drinking alcohol alone.