

### A Word of Thanks



McLeod County MEADA wants to thank the United Way of McLeod County for their recent support. The coalition of MEADA is grateful for the United Way's generosity and financial support, during their recent grant cycle this year. The money will be used towards new programming in McLeod County, focused on drug prevention. Please support your local McLeod County United Way and all that they do for our community.

## CHEMICAL HEALTH TREND CORNER:

### Teen Develops 'Wet Lung' After Vaping for just 3 Weeks

By Susan Scutti, CNN

Updated 9:05 AM ET, Thu May 17, 2018



**(CNN)** An 18-year-old woman working as a hostess in a rural Pennsylvania restaurant decided to try e-cigarettes, perhaps another of the innumerable bistro workers hoping to calm frayed nerves with a smoke -- or in this case, a vape.

This hostess, though, paid an unusual price for her e-cig use, according to a [case study](#) published Thursday in the medical journal Pediatrics. As usual for a patient report, the authors did not disclose the young woman's name to protect her privacy.

E-cigarettes heat liquid and turn it into vapor, which a user inhales and then exhales in a large puffy cloud. The liquid is known as e-juice, and it contains flavorings, propylene glycol, glycerin and often nicotine -- though many users are unaware of this final addictive ingredient.

The hostess had been vaping for only about three weeks last year when she developed symptoms bad enough to send her to the emergency room of the University of Pittsburgh Medical Center.

There, doctors recorded her issues: cough, difficulty breathing that was worsening by the minute, and sudden stabbing pains in the chest with every inhalation and exhalation. Not yet feverish, she showed no upper respiratory symptoms such as a runny nose or nasal congestion. In the past, she said, the only lung problems she had were from mild asthma, which rarely required the use of an inhaler.

When her coughing became more frequent, the ER doctors admitted her to the pediatric intensive-care unit and started her on antibiotics. But her condition rapidly worsened.

Soon, the young woman experienced what is commonly known as respiratory failure, said Dr. Daniel Weiner, one of the patient's doctors, a co-author of the new report and a medical director at Children's Hospital of Pittsburgh at UPMC.

"She was unable to get enough oxygen into her blood from her lungs and required a mechanical ventilator (respirator) to breathe for her until her lungs recovered," Weiner said.

Not only did the hostess require a breathing machine, she needed tubes inserted on both sides of her chest to drain fluid from her lungs.

[Read the full story here](#)

E-Liquid (right) with labeling that resembles kid-friendly candy (left).

The Food and Drug Administration and Federal Trade Commission on Tuesday sent [warning letters](#) to 13 manufacturers, distributors and retailers of e-cigarette liquids. In a phone briefing for reporters, FDA Commissioner Scott Gottlieb said the companies are endangering kids by marketing the products to resemble juice boxes, cookies or candy.

"You look at the lollipop for example. I don't see how my 4- or 5-year-old doesn't just look at that and see a lollipop. It's a lollipop," he said.

E-liquids are used in electronic cigarettes, and they often use nicotine which can cause illness — even death — if ingested by a small child. Products targeted have names like Smurf Sauce and V'Nilla Cookies & Milk.

## Federal Government Sends Warning To Vaping Companies

John Daley, May 2, 2018



Two U.S. government agencies are warning companies that sell vaping products that their packaging resembles candy and may be in violation of safety and marketing guidelines because of its possible appeal to teens and children.

*Food and Drug Administration*

# PARENT THE POWER OF PARENTS YOUR CHILD

## Parenting & Prevention Newsletter



Email us at: [mcleodmeada@yahoo.com](mailto:mcleodmeada@yahoo.com)

<http://mcleodmeada.org/>

"These are being deliberately designed in ways that they can be just mistakenly confused by a child," Gottlieb said in the briefing.

The agencies cited recent national data of [thousands of nicotine exposures](#) in kids younger than 6, who accidentally ingested the vaping liquid. The letters and violations vary somewhat by company but, overall, the letters say the products' appeal to minors violates parts of the Federal Food, Drug and Cosmetic Act, which gives the FDA authority over marketing and distributing tobacco products.

"Today's announcement should send a clear signal that companies selling these products have a responsibility to insure they aren't putting children in harm's way or enticing youth use," Gottlieb said. He warned more actions would be coming.

Jameson Rodgers is vice president of business development for California-based NEwhere Inc., one of the companies that received a letter. He says his company's products are only for adults who want to switch to vaping from traditional cigarettes, which he says are less healthful. The FDA targeted the company's One Mad Hit Juice Box e-liquid. Rodgers says the company voluntarily removed it from distribution last year.

"We definitely didn't intend to position it as a product that would appeal to anybody who wasn't of legal smoking age," he says, though he admits it might have sent a "questionable" message.

Ray Story, CEO of an industry trade group based in Georgia called the [Tobacco Vapor Electronic Cigarette Association](#), says he welcomes the federal agency crackdown on what he calls "fly by night" companies targeting minors.

"Really would you buy a product, a vape with the name Dancing Monkey or Cotton Candy? At the end of the day we're trying to create products that have the ability to compete against Big Tobacco," he says. According to its website, TVECA is a nonprofit dedicated to "create a sensible and responsible electronic cigarette market" by providing education, communication and research to media, lawmakers and consumers.

Tuesday's warning letters are part of a larger push by the federal government to crack down on youth access to tobacco products, including vaping. Last week the FDA sent a [warning letter](#) to [40 retail stores](#) for selling the e-cigarette brand Juul to minors. They also [asked the company](#) for research on its appeal to children and teenagers. Health officials say Juul is highly addictive, and it's so new there's scant research about its health effects.

The companies targeted Tuesday have 15 days to respond — to either defend their practices or explain how they'll change their labeling, or risk federal action such as fines or prosecution.

[Source](#)



## Five Greatest Challenges Facing Parents of Teens Today

By Parenting Places, Behavior and Discipline



John Cowan gets some practical advice on bringing up kids in today's complicated world from psychologist Dr Michael Carr-Gregg. Dr Michael Carr-Gregg really is that rare combination of a top academic, a compassionate therapist and a superb communicator. It is always good hearing someone who knows what they're talking about, even if they are scary and, when he speaks on the challenges facing parents, he is scary. What he says is all backed up with solid research and it should make us all think. Best of all, he doesn't leave us scrambling in the dark – he has wise, practical advice on each of the challenges he mentions.

Michael Carr-Gregg wants parents to pick up the pace. He is very clear on the things he wants parents to get better at. **"Become the world expert on your kids – know their temperament, and the real secret is looking for changes. One in four teens will have a depressive illness by age 18. Getting on to it, getting it diagnosed**

**early and promptly treated will deal with it. A lot of their acting out behavior is not just kids being willfully bad – sometimes they have major psychological problems, and getting on to those problems – that's a parent's responsibility."**

The greatest predictor of future behavior is past behavior.

He also wants parents to get some spine into their parenting, especially as so many parents want to be their child's friend rather than being a parent. "It's insanity. I don't know any 15 year olds who want a 45-year-old friend. That's bizarre. You get role confusion. The bottom line is your job as a parent is not to make them happy. If you haven't upset your kids at least two or three times a week, you're just not trying! You need to understand that your self-esteem shouldn't be wrapped up in making them happy all the time. Parents need a developmental perspective. One of the things we know about young people is that their brains aren't through growing yet. It comes as a huge surprise to some people to find out that girls' brains are fully developed at about 23, and boys – on a good day with the wind behind them – don't get there until about their late 20s. Part of being a parent is being in authority over this developing brain – setting limits and boundaries, and sometimes they are not going to like that. There are some things you cannot compromise on like alcohol, online safety and sleep. And it makes a huge difference. I say to parents, 'Number one – you are the adult, and number two – you don't always have to

win.' There is a real skill in selective deafness, in not responding to everything."

### 1. Alcohol

It is clear that the younger a teenager starts drinking, the more likely they are to have problems. 47 percent of teens who first drink alcohol before the age of 14 go on to become alcohol dependent whereas only 9 percent develop problems if they wait until they are 21 before they drink. "Delay the onset of drinking – that's the big thing. But 50 percent of our kids have had alcohol by age 10, and 40 percent of underage drinkers get their alcohol from parents.

### 2. Sleep

The next challenge Michael Carr-Gregg identified was sleep. "When I was growing up, that wasn't even up for discussion with my parents – I had a bedtime. **The kids growing up today are the most sleep-deprived in history. It's impacting on their irritability and their capacity to learn – it's a major problem.** They are supposed to be getting 9.25 hours of sleep a night from the ages of 10 to 19, but research suggests a quarter of them are getting 6.5 hours. The average is 7.5 hours on a school night. They are building up these massive sleep debts, and it's impacting their health and their psychology. We know that it's Stage Five sleep, REM sleep, that really helps you consolidate what you've learned. The single most important study skill for a kid at school is getting a good night's sleep."

It **also impacts their safety.** A teenager with two hours less sleep than he needs is functioning at the same level as someone with a 0.05 blood alcohol level – like someone who has had two beers. "It actually has massive legal and moral implications. It could be that sleep deprivation is costing the country an amount similar to asthma or work accidents." And Michael's prescription, "Teenagers need a bedtime, because they don't feel sleepy when they should. Melatonin secretion makes adults feel sleepy at about 10pm, but with under 20 year olds, that doesn't kick in until about 1am. They need to be pushed – to bed at the same time and up at the same time."

### 3. The Net

Kids' immersion in the net is huge. "My teenage clients reckon that 60 to 90 percent of their socializing is digital. They see their credibility with their friends being completely linked to being current."

Kids seem very confident on the net but in actual fact they have woefully immature skills for handling it. "What looks like a friend is actually a predator," says Carr-Gregg. "What looks like a bank is actually a fraud. What looks like a game is actually a marketing trap. They think they are in a private world, but if you want privacy, don't go online."

A teenager with two hours less sleep than he needs is functioning at the same level as someone with a 0.05 blood alcohol level – like someone who has had two beers.

The technology and the illusion of privacy means they can be victims of mischief, but 'Digital Dutch Courage' makes them also very capable of making mischief as well. **Parents know far less than they should about their child's online life.** "Children are early settlers of Cyberia. We wave them goodbye as they go off there. Parents have an obligation to limit screen time, but many of them are feeling quite powerless in the face of social networking sites like Facebook and the internet generally. **Parents need to find their 'digital spine', to set limits and boundaries.** It's actually much easier than you think. There are simple programs you can download for free, and put on your kids' computer which will not only tell you what websites your kids have been visiting but can also limit their access to specific websites, and you can set time limits. I think those limits can all be negotiated and compromised on with a kid, but you assert your parental authority."

As regards the internet and homework, Carr-Gregg is very clear. "75 percent of kids believe having the internet on while they did homework didn't affect them at all, but when they surveyed the actual study being done, non-users did 88 percent more!" Carr-Gregg advises parents not to allow internet-connected computers in bedrooms. "Negotiate content. Use a filter. Monitor and supervise. Know your kid's password. And talk to them about what they do on the net. It's a huge part of their world."

[Read more here](#)

## Take It To The Box



### What is Take It To The Box?

The Take It To The Box program promotes the safe use, safe storage; in particular the safe disposal of unneeded medication. The McLeod County community and MEADA are serious about preventing medication misuse, abuse and environmentally safe disposal of unneeded medication. Safe medication disposal helps reduce such risks.

### How should I get my medicine ready to drop off in The Box?

Medicine should be left in their original container with the label. If the medicine is a prescription, use a marker to cross off your name. Leave all other information on the container.

### What kinds of medicine can go into The Box?

Any prescription and over-the-counter medicine can be placed in The Box.

### What about syringes, needles or "sharps"?

**NO!** These items can NOT go in The Box. Talk to your pharmacist about syringe



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disposal options and products that are available.

For further suggestions for syringe disposal contact:

McLeod County Solid Waste  
At 320-484-4300

### **Household chemicals like glues, paints and other inhalants can be used to get high. Can these chemicals go in The Box?**

No, You are encouraged to store these kinds of chemicals in a safe, out-of-reach location.

### **Can "inhalers" be put in The Box?**

Yes. Inhalers used with various medicines can be dropped in The Box for disposal.

### **What do I do with medicine that has expired?**

Expired medicines are accepted in The Box.

### **I know someone who has a large amount of unneeded medication but is unable to bring it in for disposal. Can I drop off someone else's medication?**

Yes. If needed, friends or family members may bring medication to The Box for someone else. Please call if you have a question about this.

### **What happens to the medicine dropped into The Box?**

The Box will be emptied as needed. Contents are stored in a secured locations. Periodically, law enforcement and a chemist from a qualified disposal company will sort the medication. Medicines will then be taken to a licensed site to be incinerated.

### **Who pays for the medication disposal?**

Take It To The Box is a very cost effective program. Funding has come from: local law enforcement agencies, McLeod County Solid Waste, a Drug Free Communities grant and a grant from the United Way. There is NO charge to individuals when medications are dropped off at Take It To The Box locations.

### **Drop-Off Locations:**

#### **McLeod County Sheriff's Office**

801 East 10th St.  
Glencoe

#### **Hutchinson Police Dept.**

10 Franklin St. South  
Hutchinson

#### **Winsted Police Dept.**

201 1st St. North  
Winsted

Take It To The Box (TITTB) Committee Members have received a lot of questions regarding sharps and needle disposal. These items are NOT allowed in the drop boxes. The link below has a variety of suggested ways to dispose of needles and sharps.

[Sharps fact sheet](#)