

The Facts About Mixing Summer and Drugs

First-time drug use and overdoses spike in summer months

By: Alesa Gerald

Summer is a time full of laughs, vacations and extra-long days. Kids are out of school with copious amounts of free time, but what will they do with it? Many will stay in playing video games, some will go to the pool or try a new sport but there are some who will indulge in drug-use for the first time.

Reports from the Substance Abuse and Mental Health Services Administration (SAMHSA) state that over a third of LSD use, around 30 percent of ecstasy and marijuana use and approximately 28 percent of cocaine use begin in the summer. An overwhelming amount of them being teens. Approximately 11,000 teens use alcohol for the first time, 5,000 try a cigarette for the first time, and 4,500 use marijuana for the first time during the months of June and July.

Health Concerns When Mixing Drugs and the Sun

Emergency department visits resulting from acute drug intoxication peak over the summer months. Even though health problems are a risk whenever drugs are involved, during the summer months that risk is heightened. Due to exposure of sun and improper preparation for opioid intake, first-time drug users are at even more of a disadvantage. Recently, first-responders have seen overdoses linked to summer music festivals where drug use is at an all-time high.

In addition to mixing opioids with intense heat, users tend to engage in excessive alcohol use. Either one can be dangerous, but in the summer months the amount of people that mix the two tend to increase as well. Because alcohol is a depressant, mixing it with opioids can give the brain conflicting signals and overwhelm the person. A side effect of such use can be slowed breathing rates and without oxygen, organ systems will begin to shut down.

Before going out this summer, be aware of what substances you are putting in your body and know the symptoms of overdose to help those around you. If you or someone you know is suffering from addiction, visit <https://www.samhsa.gov> or call the Substance Abuse and Mental Health Services Administration Hotline at 1-800-662-4357. *Content Sponsored By:* inspect-ir.com.