



American Drug Testing

Drug-Free Workplace Programs

Volume 1

Issue 4

(843) 747-4111

DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORKPLACE.

Key Drug Abuse Warning Signs (continued):

- Odor of alcohol, marijuana, smoke or chemicals
- Changes in speech pattern, slurred speech
- More frequent injuries, bruises, cuts
- Burns on hands, clothing
- Red eyes and frequent use of eye drops
- Deep, nagging, persistent cough
- Stumbles, confused, disoriented
- Brown, stained fingers
- Erratic eating habits
- Withdraws from peers
- Accidents or "near misses"
- Excessive licking of lips

The Drug-Free Workplace Advisor

is a resource of American Drug Testing, the Lowcountry's premier drug-free workplace administrator, and testing company. Let us help you maintain a drug-free workplace. Contact us at (843)747-4111.



Robert B. Dodenhoff
President

Home drug test kits mostly unreliable

By Kay Lazar

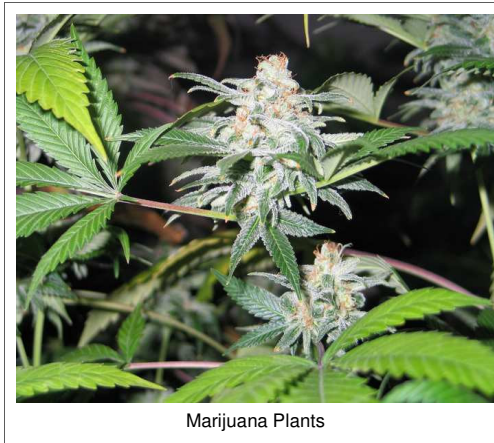
Home testing kits commonly sold on the Web are not the best route for anxious parents trying to find out if a child has a drug problem, says a Children's Hospital pediatrician who recently studied several popular kits.

"Drug testing is too complicated to do at home," said Dr. Sharon Levy, who directs the adolescent substance abuse program at Children's.

"Parents may end up misinterpreting a drug test and make problems worse for the child," she said.

Concerned about the large amount of products on the Internet that have not been regulated or scientifically reviewed, Levy decided to study eight popular home drug testing kits that re-

quire parents to collect a sample of their child's urine, hair or saliva.



Marijuana Plants

The study appears in the April issue of Pediatrics.

Levy said the material that comes with the kits is often confusing and that the tests can produce false negative or positive readings.

For instance, she said a teen may use cocaine on a Friday night, but if a parent doesn't test until Monday, the

urine test may not show anything because the drug is usually flushed out in 24 to 48 hours.

"The parents could miss the fact that the child actually does have a problem," she said.

Or parents could get a false positive result, she said, indicating a child is taking amphetamines when he or she is actually drinking a lot of caffeinated drinks or taking cold medications.

Levy suggests concerned parents seek advice from medical experts to handle such sensitive issues. Source: Boston Herald



What is alcoholism?

Alcoholism, also known as alcohol dependence, is a disease that includes the following four symptoms:

- **Craving**--A strong need, or urge, to drink.

- **Loss of control**--Not being able to stop drinking once drinking has begun.

- **Physical dependence**--Withdrawal symptoms, such as nausea, sweating, shakiness,

and anxiety after stopping drinking.

- **Tolerance**--The need to drink greater amounts of alcohol to get "high."

Is alcoholism a disease?

Yes. The craving that an alcoholic feels for alcohol can be as strong as the need for food or water. An alcoholic will continue to drink despite seri-



Part I

ous family, health, or legal problems. Like many other diseases, alcoholism is chronic, meaning that it lasts a person's lifetime; it usually follows a predictable course; and it has symptoms. The risk for developing alcoholism is influenced both by a person's genes and by his or her lifestyle. Source: NIAA