

In The Know...

We would like to welcome you to this, the first edition of a newsletter produced by the NHS Drug and Alcohol Service.

The intention of the newsletter is to share information with you the service users. This information will include service updates, safety messages and useful

health information.

Initially, the newsletter is in a basic format with some basic items which we hope will be of interest to you. However the hope is that over time, with your influence this quarterly newsletter will change and will have items which you want in your

newsletter. Feedback and input into your newsletter will be greatly received.

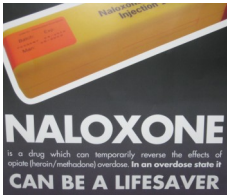
Please get in touch via email:

intheknow@nhs.net

Lynda Wilson 01387 244555

Justin Murray 01387 244550

Training Opportunity



Over all the years I had a drug addiction I have witnessed far too many friends who have overdosed, had fits and blackouts. I watched people having a hit then holding on to a surface with their legs going all over the place. Then hearing the thud as they have collapsed in a heap with their lips going blue. Seeing this happen and feeling totally helpless is a horrible, sobering feeling. I always wished I had a bit of first aid experience rather than bits of hearsay which I now know as rubbish. I have helped bring friends round but it has been through sheer luck more than anything else, so when I got the chance to go on the Naloxone course I jumped at it. If I had access to this 20 years ago I would not have went to as many drug related funerals.

The course I took was great. They explained everything in a way that I understood. I went through every step over and over until I felt confident with

what I was doing. I was told what to do and in what steps to do them. I was also told what not to do.

The training took you from when you found someone who had overdosed; what to say on the phone, right through to when the ambulance came.

I would urge everyone who takes drugs, who has a friend who takes drugs or a family member – to take the course. Don't leave it too late and end up thinking – I should have done that course.

Andy Murray

Naloxone training is available to all service users, friends and family. Ask at reception or your key worker for details



Recovery Position

Thiamine & Alcohol

Do you regularly drink more than the recommended low risk level of alcohol?

3 - 4 units per day, with at least 2 days alcohol free for a man

2 - 3 units per day, with at least 2 days alcohol free for a woman.

If you answered yes to this question then it may be in your interest to speak with your key worker about THIAMINE.

Thiamine is vitamin B1.

It helps to convert glucose into energy and has a role in the development of red blood cells and the maintenance of muscle tissue.

MILD Thiamine deficiency can cause:

- Depression
- Irritability
- Headache
- Lethargy/ fatigue/weakness
- Numbness / tingling / cramps in hands, arms, legs and feet

SERIOUS Thiamine deficiency can cause WERNICKE – KORSAKOFF SYNDROME (WKS)

A lack of thiamine can cause brain damage and a type of dementia. Difficulties with

- Cognition (not being able to clearly interpret and understand information)

- Concentration
- Memory
- Learning new information

It is treatable if caught early although the death rate from WKS can be relatively high. (about 10% to 20%).

PLEASE SPEAK WITH YOUR KEYWORKER ABOUT THIAMINE

Thiamine tablets should be taken as directed. (50mgs 4 times a day).

There is no benefit in taking more than one tablet at a time, as our body can't absorb more this.

Cook your Own Summer Pasta Salad

Feeds 4:

Cost £2.63/65p a portion

Preparation time – 5 mins

Cooking time 15 mins

1 Packet pasta
2 chicken stock cubes
1 apple
1 orange
4 slices cold ham
Mayonnaise. Or Salad cream
Cook past in 2 pints of water and add the 2 stock cubes
Chop up apple, orange, and ham into small pieces
When pasta cooked – around 10 minutes, drain and cool.
Mix in the fruit, ham and mayo or salad cream
Serve with crusty bread
Options – add a stick of celery (chopped) add a handful of sultanas
Vegetarian option – use vegetable stock cube and leave out ham.

Send us a recipe!

Questions for the Doctor ?

Please send your questions to intheknow@nhs.net

Q: Why have I been constipated since I started using Methadone?

A: Constipation is a well known side effect of all drugs which contain opiates, such as heroin and morphine. The synthetic (ie man-made) opiates such as Methadone and Subutex which we use as substitution treatments have the same tendency to cause constipation. This can often be managed by dietary means – high water intake, fruit or dietary fibre. If severe, most cases respond to a laxative like Senna or Lactulose.

Q: Does Methadone get into my bones?

A: No. This is a long established myth. Methadone is long acting, and is stored in the body's fatty tissues, not in bone. Due to it's longer half life and storage in body fat methadone withdrawal tends to be more prolonged than that from short acting opiates such as heroin. This longer withdrawal period may be one reason why the myth that 'methadone gets in your bones' has been so persistent.

Dr John Waterhouse, Consultant Psychiatrist

Great News about the new Primary Care Centre on Lochfield Road

We are very pleased to report that work will begin on the new Health Centre on Lochfield Road in Dumfries on 3rd October 2011. The building is planned to be completed by October 2012. We know how unhappy many people have been with the dark and dreary atmosphere in Cameron House and especially the unwelcoming nature of the entrance and reception area. We are really looking forward to providing our service from bright, comfortable and modern premises. There will be more rooms available for appointments with staff therefore reducing our current problems with limited space. Updates on progress will appear in future newsletters and in the local press.



Needle Exchange Information

Dumfries

Murrays, 35 Galloway St
Mon-Fri 9am-1pm & 2pm-5pm

Sat 9am -12 noon

01387 266248

Alliance Boots

47 Buccleuch St
Mon-Fri 9am-5.45pm

Sat-9am-1pm

01387 252875

Castle Douglas

Boots
97 King Street
Mon-Sat 10am-5pm

01556502003

Stranraer

Gordons Chemist
26-30 Charlotte St

Mon-Sat 10am-12noon
2pm-5pm

Apex-2 Back Rampart,
High Street

Mon, Tues, Wed,
Fri 3.30pm-5pm

Thursday 3.30 pm-7pm
01776 700973

Newton Stewart

44-46 Victoria St
Mon- Sat 9am-5.30pm
0167 402226

Whithorn

67 St John St.
Mon/Tues/Thurs Fri 9am-

5.30pm Wed 9am-3pm

Sat 9am-12.30pm

01988 500217

Wigtown

Wigtown Pharmacy
20 North Main St.

Mon-Fri 9am-5.30pm

Sat 9am-12.30pm

01988 403474

Gretna

Co-op Pharmacy

50 Annan Rd
Mon-Fri 9am-5.45pm

Sat 9am-1pm

01461 338201

Lockerbie

Co-op pharmacy
21-23 High St

Mon-Fri 9am-6pm

Sat 9am-1pm

01576 202618

Contact us

intheknow@nhs.net

Lynda Wilson 01387
244555

Justin Murray 01387
244550