Heroin
What You Need to Know
More People Died from Drug Overdoses than Car Crashes and Gun Deaths in 2015

52,404 people died from drug overdoses (33,091 involved an opioid – including heroin)

37,757 people died in car crashes

36,252 died from gun related deaths (including homicides and suicides)
What is Heroin

- Heroin is an *opioid* drug that is synthesized from a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant.
- Other *opioids* include morphine, codeine, methadone, oxycodone (OxyContin), hydrocodone (Vicodin).
- Heroin is a highly addictive opioid drug.
How Do People Use Heroin

- Heroin is usually a white or brown powder
- Heroin can be used intravenous, smoked, orally and intranasal

**Highest Increase in Users:**
- 18 to 25-year-old white males
- Increase in every demographic, race, gender and income level
How Does Heroin Affect the Brain

- Heroin enters the brain rapidly and changes back into morphine
- Heroin binds to the opioid receptors on cells located in many areas of the brain
- Heroin especially affects the pleasure and pain receptors

Source: NIDA Drug Facts on Heroin
Prescription Opioids and Heroin

- Prescription opioid pain medicines such as OxyContin® have effects similar to heroin
- Nearly 80% of Americans using heroin reported misusing prescription opioids prior to using heroin
- Prescription opioid misuse is a risk factor for starting heroin
- National survey shows that only a small fraction of people who misuse pain relievers switch to heroin
The effects of heroin can be felt very soon after the drug is taken.

**Short-Term Effects**

- Initial surge of pleasurable sensation “rush”
- Dry mouth
- Warm flushing of the skin
- Slowed breathing
- Heavy feeling in the extremities
- Drowsy for hours
- Clouded mental functioning
Long-Term Effects

- Addiction
- Develops collapsed veins
- Infection of heart lining and valves
- Decreased liver function
- Skin Popping → Abscesses, MRSA
- Infectious diseases → TB, HIV, Hepatitis C
Heroin-Related Deaths in Florida increased by 290% from 2013 to 2015
Ninth Circuit Heroin-Related Deaths

<table>
<thead>
<tr>
<th>Year</th>
<th>Ninth Circuit – Orange &amp; Osceola</th>
<th>Orange County</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>19</td>
<td>14</td>
</tr>
<tr>
<td>2012</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>2013</td>
<td>43</td>
<td>32</td>
</tr>
<tr>
<td>2014</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>2015</td>
<td>104</td>
<td>85</td>
</tr>
<tr>
<td>2016</td>
<td>55</td>
<td></td>
</tr>
</tbody>
</table>

Jan-Dec. 8 (not complete year)
Fentanyl-Related Deaths
District Nine Medical Examiner

- Emergence of illicit fentanyl mixed with heroin is causing overdoses and deaths in Florida and Orange County
- Illicit Fentanyl Analogues
  - Acetyl Fentanyl
  - Beta-hydroxy-thio-Fentanyl
  - Butyryl Fentanyl
- Florida Fentanyl-related deaths increased by 211% from 2013 to 2015 (292 to 911)
- As of December 8, 2016, there were 76 people in Orange County that died from an overdose involving fentanyl alone or in combination with another drug
Carfentanil: A Dangerous New Factor in the U.S. Opioid Crisis

Carfentanil is a synthetic opioid approximately 10,000 times more potent than morphine and 100 times more potent than fentanyl. The presence of carfentanil in illicit U.S. drug markets is cause for concern, as the relative strength of this drug could lead to an increase in overdoses and overdose-related deaths, even among opioid-tolerant users. The presence of carfentanil poses a significant threat to first responders and law enforcement personnel who may come in contact with this substance. In any situation where any fentanyl-related substance, such as carfentanil, might be present, law enforcement should carefully follow safety protocols to avoid accidental exposure.

Officer & Public Safety Information

Carfentanil and other fentanyl analogues present a serious risk to public safety, first responder, medical, treatment, and laboratory personnel. These substances can come in several forms, including powder, blotter paper, tablets, patch, and spray. Some forms can be absorbed through the skin or accidentally
Fentanyl Deadly “Super Pill” in Central Florida

- In April 2016, FDLE warned citizens about deadly “Super Pill” sold on our streets
- Counterfeit pills that look like Oxycodone, Percocet and Xanax
- The pills contain lethal amounts of Fentanyl
- Two confirmed deaths related to counterfeit pills in Orange County
Can Someone Overdose on Heroin

- Yes, a person can overdose on heroin
- Overdose occurs when too much of the drug is used or when heroin is laced with illicit Fentanyl, which is potent and deadly
- When someone overdoses on heroin their breathing often slows or stops which can decrease the amount of oxygen that reaches the brain

Source: NIDA Drug Facts on Heroin
How to Treat a Heroin Overdose

- Naloxone can treat opioid overdose if given right away
- Works by blocking opiate receptor sites which reverses or prevents toxic effects of opioids
- Can be given intranasal or into the muscle
- Begins working in 2-5 minutes
- Naloxone typically wears off in 30-90 minutes and the person can overdose again
How to Treat a Heroin Overdose

- Call 911 immediately if you suspect a heroin overdose and administer naloxone if available
- A heroin overdose patient must be seen by the ER or physician
- For more information on Overdose Prevention - ocflheroesagainstheroin.org
Types of Naloxone

Naloxone can now be purchased without a prescription. Contact your local pharmacist for more information.
Treating Heroin Addiction

- Range of treatments include medicines and behavioral therapies effective for treating heroin
  - SAMHSA Medication-Assisted Treatment – www.samhsa.gov/medication-assisted-treatment
  - Central Florida Cares Health System – www.centralfloridadacares.org
  - Central Florida Treatment Providers (public and private) – www.ocflheroesagainstheroin.org
  - 211 – Central Florida United Way Informational Helpline for Substance Abuse Information – www.211.org
Points to Remember

- Heroin is an opioid drug made from morphine, a natural substance taken from seed pod of the Asian opium poppy plant.
- Heroin is a highly addictive opioid drug.
- Heroin can be a white or brown powder; people inject, snort or smoke heroin.
- Heroin enters the brain rapidly and changes back into morphine.
- People who use heroin report feeling euphoria accompanied by effects that include dry mouth, heavy feelings in their hands and feet and slowed breathing.
- Misuse of prescription opioid pain medicine is a risk factor for starting heroin.
- A person can overdose on heroin – Naloxone is a medicine that can treat heroin overdose when given right away.
- Heroin use can lead to addiction.
- A range of treatments, including medicines and behavioral therapies, are effective in helping people stop heroin use.

Source: NIDA Drug Facts on Heroin
Preventing Drug Use

Drug prevention starts early and requires parents, families and caregivers to stay involved in a young person’s life.

Drug Prevention Resources

- National Institute of Drug Abuse for Teens website
- Family Checkup: Positive Parenting Prevents Drug Abuse, National Institute of Health
- Navigating the Teen Years: A Parent’s Handbook for Raising Healthy Teens, American Academy of Pediatrics
- Partnership for Drug Free-Kids

For more information—www.ocflheroesagainstheroin.org
Heroin
What You Need to Know

For more information: ocfIheroesagainstheroin.org
Contact the Orange County Drug Free Office 407-836-7335