

Upcoming Speakers

8/9 - **Dr. Ed O'Neill, Neonatologist** - Director of Baptist Health NICU, Topic: Neonatal Exposure to Opiates & Its Impact

8/16 - **Mr. Billy Harper, CEO & President - Harper Industries**, Topic: Work Ready - Are You Sure?

8/23 - **Ms. Nancy Hale, CEO - Operation Unite**, Topic: Catching, Hopping and Moving Toward Drug Prevention

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The Rotary Club of Paducah



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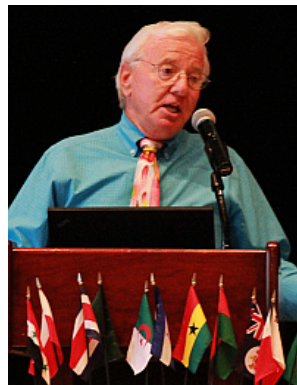
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Opioid Addiction in Our Community

August 2, 2017



-Speaker: Dr. Pat Withrow, Cardiologist, and Director of Clinical Outreach for Baptist Health Paducah.

-Topic: Opioid Addiction: How it occurs and the steps being taken to combat the problem.

-Top Ten Takeaways for Rotarians:

- "There is no good cure (for opioid addiction)", Dr. Withrow began, "most addicts are likely to relapse." To tackle the problem, Withrow says information is the first step for victims and the community.

-Dr. Withrow shared a video produced by Kentucky Educational Television "Inside Opioid Addiction". The episode featured a young man from Paducah who confessed to having seven overdoses by age 15. The young man's compelling story, plus interviews with Dr. Withrow, Paducah Police Officers, and others is available on YouTube at www.youtube.com/watch?v=SMJJ2L6RfX4

-Opioid drugs primarily affect the brain's frontal lobe...the last part of the brain to mature and primarily controls judgement. Those effects, Withrow said, are the main contributors to the problems young people face with addiction.

-Dr. Withrow defined five stages that addicts must face: Addiction, Dependence, Tolerance, Withdrawal, and Cravings. The five steps create a complicated barrier for recovery as each has its own set of mental and physical challenges.

-In 2016, approximately 65,000 drug overdose deaths occurred in the US. In that same year, 37,757 deaths were caused by automobile accidents and 36,252 by gun deaths such as suicide and homicide. Among the overdose victims, 17,536 were opioid-related, 12,989 were related to heroin, and 9,580 to Fentanyl. A recent USA Today story quoted the US Surgeon General as saying 1 in 7 people living in the US will face substance addiction in their lifetime.

-Some of the Risk Factors for addiction cited by Dr. Withrow include: Genetics; Personality Type; Age of 1st Use; Availability; Personal Trauma; and Coping with the Stress of Trauma.

-Alternately, some of the Preventive Factors of addiction include: Family Support; Positive Role Modeling; Encouragement; and Spirituality.

Scott Taylor
Shawn Turner

Birthdays

Patrick Withrow
August 04
Cathy Crecelius
August 04
Brian J. Laczko
August 07
Wayne M. Shelton
August 09
Steven A. Powless
August 11
Lance Allison
August 14
Kevin Peck
August 15
Bill Glenn Holsapple
August 15
James Patrick Mobley
August 16
Terrance Adams
August 17
Frank Shelton
August 23
Lisa Long
August 24
Matthew N. Cherry
August 27
Carolyn T. Roberts
August 31
Jane N. Martin
September 02

-In recent years, alcohol and drug violations have made up almost half of all juvenile law violations reported during school years. Marijuana and hashish possession or use was the most common drug violation reported.

-9th and 10th Grade students were guilty of almost a third of the drug violations reported during that same time period.

-When asked about the liability of drug manufacturers in developing and promoting opioid medications, Dr. Withrow referred to a book entitled Dreamland by Sam Quinones. The book examines the popularity of “new” painkiller medications such as OxyContin in the 1990’s, which many claim was the beginning of the “opiate epidemic.”

Announcements

August 2, 2017

-President Melanie thanked everyone who attended the ribbon cutting of the Pat & Jim Brockenborough Rotary Health Park August 1st. The day was a celebration of the end of Phase One of the project, which includes the Rotary Playground, and the beginning of Phase Two. Thanks to a \$500,000 donation from Mrs. Pat Brockenborough, on behalf of her and her late husband Jim, Phase Two will begin soon with plans for a splash park and rest rooms.

Guests

August 2, 2017

Kaleb Kester – guest of Wendy Kester
Dr. Brad Housman, Thelma Hunter, Will Black, Rep. Gerald Watkins, Senator Danny Carroll, Billy Harper and Terrye Peeler – guests of Dr. Pat Withrow
Cynthia Turner and Kaitlyn Krolikowski – guests of Mike Muscarella
Theresa Eckstein – guest of Laurie Latham
Dr. Bill Murphy– guest of Rayla Bridges
Troy Courtney – guest of Sandra Wilson
Daniel Roe – guest of Basil Drossos