

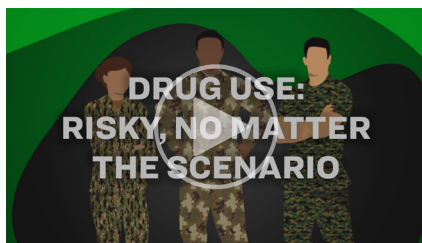
March 2022

The Bottom Line on Risky Drug Use



New from Too Much to Lose

Check out the latest campaign resources to use as part of your substance use prevention and education efforts. Share these ready-to-use messages with Service members to help them understand or avoid risky drug use:



- **Avoiding risky drug use applies to Service members beyond your normal duty day or when you're in uniform.** Check out this new [video](#) to see why staying away from risky drug use can protect the things you care about most – even if you're deployed, on leave or off duty.
- **The answer to managing pain isn't always using prescription drugs.** Learn about the different [non-drug pain management options](#) that could help your pain as a Service member. Talk to your health care provider about what might be available and right for you, as well as what steps you can take to access these services.
- **Stay informed on the latest info by checking out the Too Much to Lose Trending Topics!** Learn about nitazenes, a new synthetic form of opioids that are more dangerous and powerful than fentanyl, and how cannabis (AKA marijuana) may not help people sleep after all. Check this page to stay up-to-date so you don't put you or your career at risk.

Support Drug Take Back Day

April 30 is National Prescription Drug Take Back Day. The observance is sponsored by the Drug Enforcement Agency (DEA) to spread awareness about the dangers of prescription drug misuse and provide a safe, convenient and responsible way to dispose of prescription drugs. In support of this day, ensure Service members understand the [risks of prescription drug misuse](#). Remind them that they can visit their military treatment facility pharmacy to [dispose of unused prescription drugs](#) during normal operating hours or visit a [public disposal collection site](#) in their area at any time.

All topics and resources highlighted in the e-Newsletter can be found at www.toomuchtolose.org.

Did You Know?

Test your knowledge. Click an answer below to find out if you know the truth about risky drug use.

**TOO MUCH
TO LOSE**



Service members can use prescription drugs (like stimulants) to help them stay awake without a prescription from their health care provider.

- A. True
- B. False

[Click here for the answer](#)

Encourage Service members to take the [Too Much to Lose quiz](#) to test their knowledge on this question and more!



Check out new Trending Topics
[https://www.toomuchtolose.org/
trending-topics/](https://www.toomuchtolose.org/trending-topics/)



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GET THE TRUTH ON RISKY DRUG USE

Order free print and promotional materials to support your local risky drug use prevention efforts.

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