

September 2022

The Bottom Line on Risky Drug Use



New from Too Much to Lose

Check out the latest Too Much to Lose 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 better understand or avoid risky drug use:

Resources for you and your colleagues:

- **Order free bulk materials.** Risky drug use related print and promotional materials are available now. Find products like infographics and posters as well as Too Much to Lose pens and notepads. [Place your order](#) today!

Resources for you and your colleagues:

- **What should you know about vaping CBD and nicotine?** As a Service member, it's important to know what you're putting into your body so you can keep your health and career safe. Whether it's nicotine or CBD, [get the facts about vaping](#) before you put yourself at risk.
- **Know the facts about Delta-8 THC.** If you've heard about Delta-8 THC products, like candies or vape oils, you might be wondering: what's the deal with these products and will they make you pop positive on a drug test? [Get the truth about Delta-8 THC](#) to avoid this prohibited substance and stay safe.
- **Have you checked out the Too Much to Lose Trending Topics section yet?** Stay up-to-date on the latest info, like learning about CBD cigarettes and why it's important to avoid tobacco products (especially those with prohibited substances). Protect your health and career as a Service member.



ONE LAST THING

Did you know that chronic pain affects between 31-44 percent of active duty Service members and is a leading cause of reduced readiness and performance? For National Pain Awareness Month this September, educate Service members on [how to safely manage pain](#) to get ahead of and avoid chronic pain. Remind them that there are [non-drug pain management options](#) that might be right for them and that talking to their health care provider is key.

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.

If a Service member pops positive on a drug test for an opioid that was given to them by their medical provider and used in the specified time frame, there can be disciplinary action.

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/>



www.toomuchtolose.org

GET THE TRUTH ON RISKY DRUG USE

[Order free print and promotional materials](#) to support your local risky drug use prevention efforts.

[Contact Us](#) | [Subscribe](#) | [Unsubscribe](#)



U.S. Department of Defense