

November 2023

# The Bottom Line on Risky Drug Use

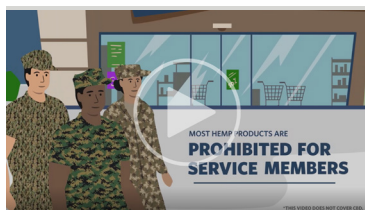


## New from Too Much to Lose

Check out the latest Too Much to Lose resources to use as part of your substance use prevention and education efforts.

### Resources for you and your colleagues:

- **Highlight the new Too Much to Lose video about hemp products.** Utilize Too Much to Lose's new [hemp video](#) to complement your existing efforts around risky drug use. Professionals like you can educate Service members on what to watch out for when it comes to avoiding hemp products. Help them eye it before they buy it!
- **Take advantage of Too Much to Lose resources to prepare for upcoming observances and events.** December is National Impaired Driving Prevention Month, and the new year is soon upon us. Educate Service members on the risks of driving while impaired and how to safely use their medications.



### Resources and messaging to share with Service members:

- **Steer clear of impaired driving and say no to peer pressure.** Did you know that a DUI can be applied for substances other than alcohol? Protect yourself and others by avoiding risky drug use and keeping the roads safe. If you're invited to an uncomfortable setting with your buddies around substances, remind yourself of [the ways to say no](#).
- **Do you know the full scoop on mixing marijuana and alcohol?** It's time to educate yourself on the [risks of using marijuana and alcohol together](#). Not only is marijuana strictly prohibited for Service members but using it while drinking can double the risk of drunk driving and self-harm. It's important to know the consequences of using and mixing substances to protect yourself and others.
- **Put your knowledge about risky drug use to the test.** Curious about what qualifies as risky drug use? The interactive [Too Much to Lose Test Your Knowledge Quiz](#) will teach you the facts you need to know about prescription drug misuse and illicit and prohibited drug use. Identify your knowledge gaps and fill them with resources from the Too Much to Lose Campaign.
- **Stay up to date on trending topics related to risky drug use.** Check out the [Too Much to Lose Trending Topics webpage](#) to find the latest information about avoiding counterfeit pills, what to know about xylazine, the risks of eating poppy seeds when it comes to drug testing and more.



## ONE LAST THING

Did you know that prescription opioids can cause side effects, including sleepiness, confusion or dizziness, that can impair driving? National Impaired Driving Prevention Month is a great time for Service members to revisit [how to use prescription opioids safely](#). They can dispose of extra prescription opioids at local [military treatment facilities](#) or [public disposal collection sites](#). Remind Service members of [what they can do](#) to stay safe before misuse happens and drive safely.

All topics and resources highlighted in the e-Newsletter can be found at [www.toomuchtolose.org](http://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 taking over-the-counter meds doesn't help lower back pain, Service members should try self-medicating with their leftover prescription drugs from a different injury before seeking treatment 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/>



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