

## RESOURCES

### Government Agencies:

**National Institute on Drug Abuse (NIDA)**  
6001 Executive Boulevard  
Room 5213, MSC-9561  
Bethesda, MD 20892-9561  
Phone: (301) 443-1124  
www.drugabuse.gov

**The White House Initiative on Asian Americans and Pacific Islanders**  
5600 Fishers Lane, Room 10-42  
Rockville, MD 20857  
Phone: (301) 443-2492  
www.aapi.gov

**Substance Abuse and Mental Health Services Administration**  
Office of the Administrator  
5600 Fishers Lane, Room 12-105  
Rockville, MD 20857  
Phone: (301) 443-4795  
www.samhsa.gov

**National Clearinghouse for Alcohol and Drug Information (NCADI)**  
P.O. Box 2345  
Rockville, MD 20852  
Phone: 1 (800) 729-6686  
www.health.org

**National Institute on Alcohol Abuse and Alcoholism**  
6000 Executive Boulevard, Room 400  
Bethesda, MD 20892-7003  
Phone: (301) 443-3860  
www.niaaa.nih.gov

### AAPI National Organizations:

**Asian and Pacific Islander American Health Forum**  
Phone: (415) 954-9988  
E-mail: hforum@apiahf.org  
www.apiahf.org

**Asian and Pacific Islander Wellness Center**  
Phone: (415) 292-3400  
www.apiwelness.org

**Asian Pacific American Institute for Congressional Studies**  
Phone: (202) 296-9200  
E-mail: apaics@apaics.org  
www.apaics.org

**Asian Pacific American Women's Leadership Institute**  
www.apawli.org

**Association of Asian Pacific Community Health Organizations**  
Phone: (510) 272-9536  
E-mail: info@aapcho.org  
www.aapcho.org

**Japanese American Citizens League**  
E-mail: jacl@jacl.org  
www.jacl.org

**Korean American Coalition**  
Phone: (213) 365-5999  
www.kacnational.org

**National Asian Pacific American Families Against Substance Abuse**  
Phone: (213) 625-5795  
www.napafasa.org

**National Asian Pacific American Women's Forum**  
www.napawf.org

**National Asian Women's Health Organization**  
Phone: (415) 989-9747  
www.nawho.org

**National Federation of Filipino American Associations**  
www.naffaa.org

**Organization of Chinese Americans**  
www.ocanatl.org

**Samoan National Nurses Association**  
Phone: (310) 952-1115  
E-mail: health@snaa.org

**Southeast Asia Resource Action Center**  
www.searac.org

### Regional Centers:

**Advocate Initiatives for Grassroots Access**  
Phone: (650) 991-5172  
E-mail: ruhrle@aigainc.org  
www.aigainc.org

**Asian American Drug Abuse Program**  
Phone: (213) 293-6284

**Asian American Recovery Services, Inc.**  
Phone: (415) 541-9404  
E-mail: info-aars@aars-inc.org  
www.aars-inc.org

**Asian Women United of Minnesota**  
(651) 646-2118  
www.awum.org

**Coalition for a Drug-Free Hawaii**  
Phone: (808) 545-3228  
www.drugfreehawaii.org

**Guam Prevention and Training Branch**  
Phone: (671) 647-5342

**Hina Mauka Recovery Center**  
Phone: (808) 236-2600

**Japanese Community Youth Council**  
Phone: (415) 563-8052  
www.jcyc.org

**Pacific Resources for Education and Learning**  
Phone: (808) 441-1300  
E-mail: askprel@prel.org  
www.prel.org

**Union of Pan Asian Communities**  
Phone: (619) 232-6454  
E-mail: mip@innercitynet.org  
www.upacsd.com

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Translations of Japanese, Filipino, and Thai languages by Cross-Cultural Communications Systems, Winchester, MA

Please note: Due to space considerations, translations for specific months represent part of the English-language text provided.

Feel free to make copies of this publication in any quantity.

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Please email comments to:  
information@lists.nida.nih.gov

To order more copies of this free calendar, please call the National Clearinghouse for Alcohol and Drug Information (NCADI) at 1 (800) 729-6686 and ask for publication #AVD153.

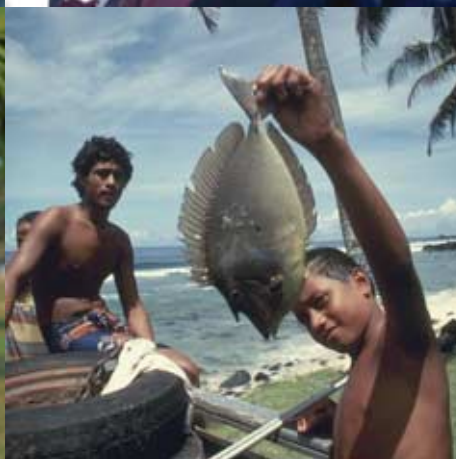
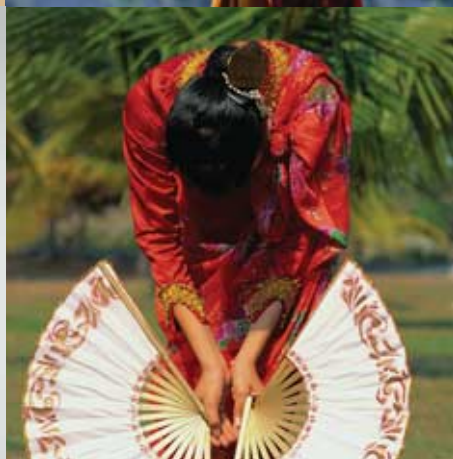
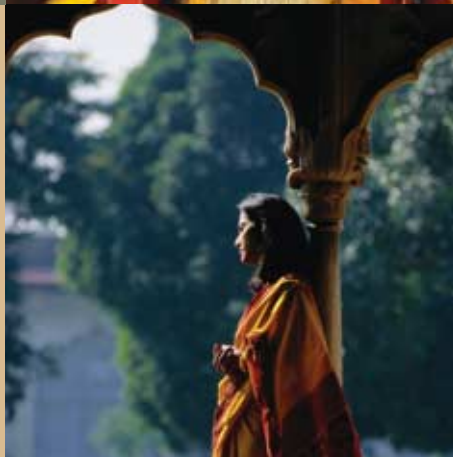
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**NIDA** NATIONAL INSTITUTE  
ON DRUG ABUSE  
NATIONAL INSTITUTES OF HEALTH  
U.S. Department of Health & Human Services



# ASIAN AMERICANS PACIFIC ISLANDERS

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**2003 CALENDAR**  
A SCIENCE-BASED RESOURCE ON DRUG INFORMATION



This is a science-based resource calendar on the health effects of drugs of abuse and on drug addiction, its prevention, and its treatment. It has been made especially for Asian Americans, Native Hawaiians, and other Pacific Islanders, but we hope many communities, schools, and families nationwide will find it useful.

As one person has said, "By sharing our good food and family recipes, respecting our elders, and keeping our cultural memories strong, we strive to maintain our heritage for our children." In the same way, NIDA passes along critical information about drugs of abuse.

Drug abuse and addiction affect every culture, race, socioeconomic level, and age group in the United States. Knowing the harmful effects of the drugs most frequently abused is one of the first steps toward understanding the high risks involved with taking drugs.

It is also important to have deep respect for those individuals who enter the healing process of treatment, and to acknowledge not only the drug abuser, but also an entire family, and often an entire culture.

We extend our deepest gratitude to those who contributed their guidance, creative recommendations, cultural sensitivity, and translation skills in the development of this resource. With their help, the rich and diverse histories of the many Asian, Native Hawaiian, and other Pacific Islander cultures are captured in the artwork or photography featured each month. In addition, they have provided translations for 9 of the months in this resource calendar, which features 12 of these cultures thriving in America today.

**A message of hope underlies the images that represent each month—examples of Americans from the Pacific Rim cultures, young and old, who excel by living healthy and productive lives without drugs.**



A New Day on Maui

# 2003

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1							1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	23	24	25	26	27	28	29	27	28	29	30				
														30	31												
May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																					31						
September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4							1		1	2	3	4	5	6
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	28	29	30	31				



**Drug abuse and addiction.** To some people, happiness does not come easily, so they may actually “medicate” themselves by taking illegal drugs, nicotine, inhalants, or alcohol. Others may use drugs to fit in, take a risk, or try something new. Also, some people might misuse or abuse medications prescribed by a physician. Most drugs give users a sense of feeling good, usually by artificially overstimulating the parts of the brain that control pleasure. But repeated voluntary drug taking, or drug “abuse,” can switch without warning into involuntary drug taking, or drug “addiction.” Drug addiction is a brain disease. It can turn people who use drugs when they want to into people who crave drugs constantly. A person becomes compulsively driven to use drugs just to feel normal, because the drugs have altered brain function. Most people need treatment to stop the spiraling cycle of addiction.

I ni isi tagata, e le faigofie ona latou maua le fiafia, ua fa'alagolago i latou i le fa'aaogaina o fuala'au poo vaila'au fa'asaina, niketini, poo le 'ava malosi fo'i. O ni isi ua latou fa'aaoga vaila'au fa'asaina ona o le fia fa'amasani, poo le fia tofotofu i se mea fou. O ni isi fo'i tagata ua latou fa'aaoga sese poo ua le fa'autauta i le fa'aaogaina o vaila'au fa'atagaina e foma'i. O le tele o vaila'au e maua ai e le tagata se fa'alagona lelei, e mafua lea ina ua fa'aseseina pe suia e vailaau le vaega o le fai'ai o loo pulea "lagona" o le tagata. Peita'i a tele ona fa'amasani i le loto faitalia e taumafa i vaila'au, e i'u ai ina suia i le mana'o fa'avalea i vaila'au e aunoa ma se lapata'iga. O le mana'o fa'avalea i vaila'au o se gasegase lea o le fai'ai poo le mafaufau. E suia ai tagata o lo'o fa'aaogaina tatau fuala'au i taimi fa'atulagaina ae avea ma tagata le maunofu ona o le manatu fa'avalea i vaila'au. E i'u loa ina fa'aseseina le tagata ma manatu e ao ina taumafa fa'alasoso'o i vaila'au ina ia maua ai le lagona masani ma le solo lelei. O le tele la o tagata fa'apenei, e mana'omia tele togafitiga ina ia taofia ai le afaina tele i lea tulaga faigata.

A Good Catch

Samoan Translation by Solomon Aaelua, Washington, DC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	● 2	3	4
5	6	7	8	9	☾ 10	11
12	13	14	15	16	17	○ 18
19	20 Martin Luther King, Jr., Day	21	22	23	24	☾ 25
26	27	28	29	30	31	
					December 2002 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28





**Nicotine** is an addictive substance found in products made from tobacco leaves, such as cigarettes and cigars. It is absorbed through the skin and lining of the mouth and nose, or by inhaling into the lungs. The body's immediate reaction is an adrenaline surge, which increases blood pressure, respiration, and heart rate. Nicotine also may have a calming effect, depending on a person's nervous system and the dosage. Frequent use, as in repeated cigarette use, greatly increases the chances of becoming addicted. In the case of cigarettes, toxins in the smoke greatly increase a person's chances of getting heart disease and lung ailments such as cancer, chronic bronchitis, and emphysema. Women who smoke during pregnancy are at greater risk than nonsmokers for premature delivery. Also, the carbon monoxide and doses of nicotine inhaled by pregnant women interfere with oxygen supply to the fetus. These factors can cause developmental delays, commonly seen in the fetuses and infants of mothers who smoke.

尼古丁是一種使人上癮的物質，產生于加工后的煙葉，例如雪茄和香煙。它通過皮膚，口腔和鼻腔黏膜進入體內，或者直接經肺部吸入體內。人體對尼古丁的即時反應是引起腎上腺素的波動。這種刺激會使人體血壓增高，呼吸加速和心跳加快。尼古丁也會對人體產生鎮靜作用，取決于個體的神經系統和尼古丁的劑量。頻繁吸入尼古丁，例如長期吸煙，會很容易上癮。吸入的毒素大大地增加了患心臟病，肺癌，支氣管炎，肺氣腫和其他慢性疾病的發病率。

Hold On to Joy

Chinese Translation by Yi Hua Liu, Rockville, MD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						● 1  Chinese New Year (4701 Ram)
2  Groundhog Day	3	4	5	6	7	8
☾ 9	10	11	12  Lincoln's Birthday	13	14  Valentine's Day	15
○ 16	17  President's Day	18	19	20	21	22
☾ 23	24	25	26	27	28	
					January 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Inhalants** are chemical vapors from common household solvents and aerosol sprays, such as glue, spray paint, ink, lighter fluid, gasoline, and cans of whipped cream. When inhaled deeply, some of these vapors can produce a sense of euphoria. Unfortunately, most can be extremely toxic. High doses of inhalants force the body and its organs to be starved of oxygen, creating erratic heartbeats and loss of breath similar to the experience of drowning. In the short-term, inhalants may cause heart palpitations, delirium, breathing difficulty, dizziness and headaches. Long-term effects can include irreversible damage to the nervous system, irregular heart rhythms, muscle weakness, headaches, nausea, nosebleeds, decreased sense of smell, abnormal kidney and liver functions, incontinence, violent behavior, and dangerous chemical imbalances in the body.

Early identification and intervention are the best ways to stop inhalant abuse before it causes these serious health consequences. Parents, educators, family physicians, and other health care practitioners should be alert to symptoms such as chemical odors on breath or clothing; paint or other stains on the face, hands, or clothes; or hidden empty spray paint or solvent containers and chemical-soaked rags or clothing. Chemicals found in commonly abused inhalant products include amyl nitrite and butyl nitrite (also known as "poppers"); benzene (in gasoline); freon (used as a refrigerant and aerosol propellant); methylene chloride (in paint thinners and removers and in degreasers); nitrous oxide ("laughing gas"); toluene (in gasoline, paint thinners and removers, and correction fluid); and trichlorethylene (in spot removers and degreasers). [Street names: bang, oz, whippets, locker room] ["Ocean" is the street name for the liquid contents of aerosol hairspray cans (180 proof alcohol) mixed with water.]

*Sleeping Beauty*, Photo by Ron Soliman/Pacific Daily News, Guam, rsoliman@guampdn.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					National Women's History Month	1
2	●	3	4	5	6	8
9	Brain Awareness Week	Islamic New Year	Ash Wednesday	12	13	15
16	National Inhalants and Poisons Awareness Week	○	19	20	21	22
23	24	●	26	27	28	29
30	31				February 2003	April 2003





**Methamphetamine** is a very toxic stimulant that affects the central nervous system. It is usually a white, odorless, crystalline powder that can be dissolved in liquid and injected, snorted, or swallowed, and also comes in a crystalline chunk form ("ice") that is smoked. Methamphetamine stimulates the release of high levels of dopamine, a chemical in the brain that affects mood and body movement. Abusers of this drug typically appear agitated, and sometimes they become aggressive and violent. The drug may cause memory loss, heart and brain damage, confusion, insomnia, nausea, and vomiting. Users also are at risk of increased body temperature and convulsions, which can be fatal. Long-term effects include paranoia, hallucinations, mood disturbances, weight loss, and damage to blood vessels in the brain, which can lead to strokes. Also, fetal exposure to methamphetamine may result in premature delivery and abnormal reflexes and extreme irritability in the newborn. Methamphetamine abuse during pregnancy may be linked to congenital deformities.

Animal research going back more than 20 years shows that high doses of methamphetamine damage neuron cell-endings. Dopamine- and serotonin-containing neurons do not die after methamphetamine use, but their nerve endings ("terminals") are cut back, and re-growth appears to be limited. The central nervous system actions that result from taking even small amounts of methamphetamine include increased wakefulness, increased physical activity, decreased appetite, increased respiration, hyperthermia, and euphoria. Hyperthermia and convulsions can result in death. Lead poisoning also is a risk for methamphetamine abusers, because of ingredients used in its manufacture. [Street names: chalk, crank, crypto, lemon drop]



Painter at Work

Pakistani Bus Painting at the Smithsonian's Folklife Festival on the National Mall, Washington, DC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		● 1	2	3	4	5
	Alcohol Awareness Month					
6	7	8	☾ 9	10	11	12
Daylight Saving Time Begins		Buddha Day				
13	14	15	○ 16	17	18	19
Palm Sunday				Passover Begins	Good Friday	
20	21	22	☾ 23	24	25	26
Easter		Earth Day				
27	28	29	30			
					March 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## AAPI HERITAGE MONTH

**Prevention.** At the heart of preventing drug abuse is learning about the health risks and other problems that come with taking drugs. Although each drug of abuse brings its own risks, the more serious general health risks for drug abusers are infections and diseases, such as HIV/AIDS, hepatitis B and C, tuberculosis, sexually transmitted diseases, and other viral or bacterial infections. These risks can come from sharing equipment to inject drugs, or from having unprotected sex with someone infected. Many Asian American, Native Hawaiian, and Pacific Islander communities have the expertise and resources to develop their own prevention programs geared toward their specific community and cultural needs. To be successful in preventing drug abuse, the whole family must be involved in learning and sharing accurate information, and in living the message.

‘O ka ‘īkoi o ke kaupale ma‘i pili lā‘au ‘ona, ‘o ia ke a‘o ‘ana no nā ho‘opōpilikia a ka lā‘au ‘ona i ke kino a me nā ‘ao‘ao ‘ē a‘e o ke kanaka. ‘Oiai, he pōpilikia ‘oko‘a iki kā kēlā me kēia lā‘au ‘ona, ‘o nā pōpilikia nui, ‘o ia nā ma‘i mūhune e like me ka ma‘i pale ‘ea pau (HIV/AIDS), nā ma‘i ake (hepatitis B me ka C), ke akepau, nā ma‘i pili iei (STD), a me nā ma‘i wiruse a ko‘ohune. He mau ma‘i kēia e loa‘a ai ke kanaka kā‘ana lako lā‘au ‘ona, a iei palekana ‘ole me ka hoaiei ma‘i. Nui nā kaiāulu ‘Āsia me ka ‘Ōiwi Pākīpika i mākaukau a lako no ka ho‘omohala ‘ana i kā lākou mau polokalamu iho no ke kaupale pilikia pili lā‘au ‘ona ma nā ‘ano e kūpono ana no ko lākou mau ‘ao‘ao kaiāulu a mo‘omeheu iho. I holo pono ia kaupale ‘ana, e pono e komo ka ‘ohana holo‘oko‘a ma ke a‘o a kā‘ana like ‘ana i ka ‘īkepili pololei a me ka ho‘okō ‘ana i ke alahele ‘imi i ia holo pono.



Hawaiian Dreams, Original Art by Kealoha Pa, www.studiokealoha.com

Hawaiian Translation by Dr. William H. (Pila) Wilson, University of Hawaii at Hilo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AAPI Heritage Month Hepatitis Awareness Month	● 1	2	3
4	5	6	7	8	☾ 9	10
11 Mother's Day	12	13	14	15	○ 16	17 Armed Forces Day
18	19	20	21	22	☾ 23	24
25	26 Memorial Day	27	28	29	30	● 31
					April 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30





**Anabolic-androgenic steroids** are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building, and "androgenic" refers to increased male characteristics. "Steroids" refers to the class of drugs. Athletes and others might abuse anabolic steroids to enhance performance and also to improve physical appearance. But there can be major side effects, including liver or kidney tumors, jaundice (yellowish skin, tissues, and body fluids), fluid retention, high blood pressure, increases in bad cholesterol and decreases in good cholesterol, severe acne, and trembling. In addition, men abusing anabolic steroids can experience shrinking of the testicles, infertility, baldness, development of breasts, and an increased risk for prostate cancer. Women can experience growth of facial hair, male-pattern baldness, menstrual cycle changes, and a deepened voice. Teens who use anabolic steroids risk premature skeletal maturation and accelerated puberty changes—in other words, they risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

Ang mga anabolic-androgenic steroids ay mga materyal na likha ng fao an gawa ng tao na nauugnay sa mga hormones ng lalaki. Tinutukoy ng "anabolic" ang paggawa ng mga kalamnan, at tinutukoy ng "androgenic" ang pagpapahusay ng mga katangiang panglalake. Tinutukoy ng "steroids" ang uri ng mga gamot. Maaaring abusuhin ng mga manlalaro at iba pa ang "steroids" upang bumilis o lumakas sila nang husto at para rin mapabuti ang kanilang pangkatawan na anyo. Ngunit maaaring magkaroon ng mga malubhang masasamang epekto, kasama na ang tumor sa atay o bato, sakit sa apdo at atay (paninilaw ng balat, mga tissue [himaymay ng balat], at mga likido sa katawan), pagpapamalagi ng likido sa katawan, mataas na presyon, pagtaas ng masamang uri ng kolesterol, at pagbaba ng mabuting kolesterol, grabeng pag-tighiyawat, at panginginginig. Maaari ring makaranas ang mga lalakeng nang-aabuso ng anabolic steroids ng pagliit ng bayag, pagkabaog, pagkakalbo, pagkakaroon ng suso, at mas mataas na panganib na magkaroon ng kanser sa prostate. Maaaring makaranas naman ang mga babae ng pagtubo ng buhok sa mukha, pagkakalbo tulad ng karaniwang nakikita sa mga lalake, mga pagbabago sa pagkakaroon ng regla, at pagbaba ng boses. Ang mga kabataang gumagamit ng anabolic steroids ay maaaring magkaroon ng mas maagang pagtanda ng mga buto (premature skeletal maturation) at mas mabilis na pagbibinata o pagdadalaga – samakatuwid, maaari silang manatiling pandak sa habang buhay nila kung gagamit sila ng anabolic steroids bago sumapit ang karaniwang biglaang paglaki habang nagbibinata o nagdadalaga.

Celebrating Culture in the Philippines

Tagalog (Filipino) Translation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12 Philippine Independence Day	13	14  Flag Day
15 Father's Day	16	17	18	19	20	21  Summer Solstice
22	23	24	25	26	27	28
29 	30					

May 2003

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

July 2003

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31






**Cocaine (crack)** is a strong and dangerous stimulant. It affects the brain by causing a buildup of the chemical dopamine, which on initial use can result in a feeling of intense pleasure (“rush”). Derived from the coca plant, cocaine has two chemical forms—a water soluble powder that can be sniffed or injected, and a freebase form (“crack”) that has been processed into crystalline chunks that are heated and then smoked. Use of either form can result in chaotic heart rhythm and heart attacks, strokes and seizures, muscle twitches, and abdominal pain and nausea. Because of the risks of erratic heartbeat and stroke, cocaine use can be fatal, even the first time. Studies have documented that babies born to mothers who abuse cocaine during pregnancy are often premature, have low birth weights and smaller head circumferences, and are often shorter in length. Exposure to cocaine during pregnancy may lead to subtle deficits later in the child’s life, especially with behaviors that are crucial to success in the classroom, such as blocking out distractions and concentrating for long periods of time. [Street names, cocaine: coke, c, snow] [Street names, crack: brick, candy, hail, kryptonite]

코카인은 매우 강한 성분을 가지고 있는 위험한 흥분제입니다. 이것은 화학 물질, 도파민(dopamine),이 쌓이게 되는 원인이 되며 뇌에 영향을 줍니다. 그리고 처음 사용 시라도 매우 격렬한 쾌락 (“러쉬”-“rush”)을 느끼게 합니다. 코카 식물에서 얻어지는 코카인은 두가지 화학 성분으로 나뉘어집니다. 하나는 물에 용해되는 가루의 형태로 코로 들이 마시거나 주사기로 주입됩니다. 다른 하나는 “크랙“ (crack)으로 불리는 원형에서 크리스탈 같은 모양의 조각들로 만들어 진 후에 열을 가해서 담배처럼 피우게 됩니다. 사용 시에, 두 가지 종류 모두 심장박동이 빨라지며, 심장마비, 뇌졸중, 발작, 근육경련, 그리고 메스꺼움과 복통을 일으킬 수 있습니다. 불규칙한 심장박동과 뇌졸중의 위험 때문에, 코카인은 처음 사용 시라도 치명적일 수 있습니다.

Family Ties, Photo by Erin J. Pond, Gaithersburg, MD

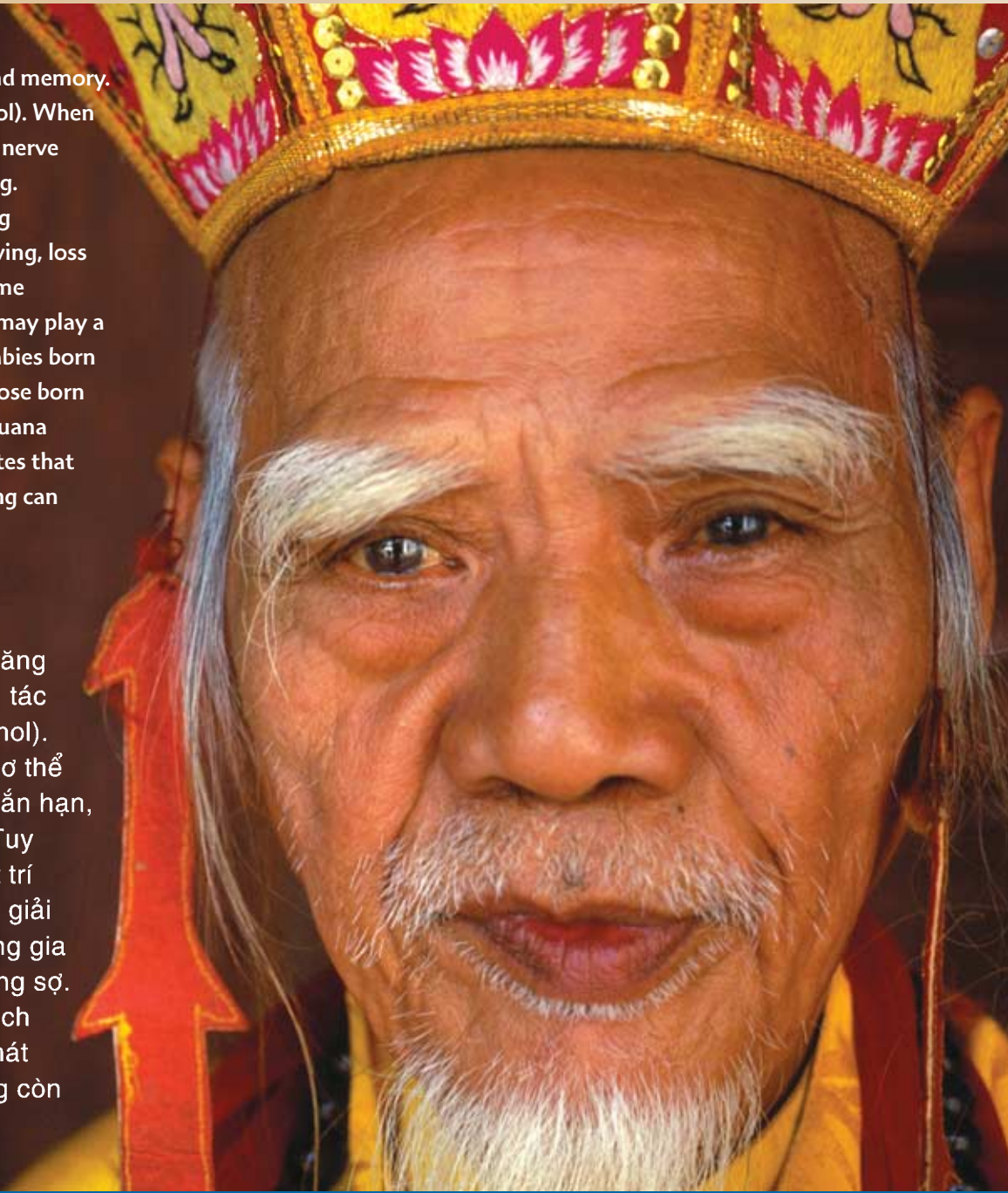
Korean Translation by Robin Y. Lee, Norwood, MA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4  Independence Day	5
6	☾	7	8	9	10	11
☉	13	14	15	16	17	18
20	☾	21	22	23	24	25
27	28	●	29	30	31	
					June 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Marijuana** can affect the part of the brain that controls learning and memory. The active ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). When marijuana is used, THC is absorbed into the body and acts upon certain nerve cells. In the short term, marijuana use may result in a sense of well-being. Frequent marijuana use, however, may lead to memory loss and learning disabilities, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety and panic attacks. Some findings suggest that regular marijuana use, particularly smoking, also may play a significant part in the onset of cancer. Other studies have found that babies born to mothers who used marijuana during pregnancy were smaller than those born to mothers who did not use the drug. A nursing mother who uses marijuana passes some of the THC to the baby in her breast milk. Research indicates that the use of marijuana by a mother during the first month of breastfeeding can impair the infant's motor development (control of muscle movement).  
[Street names: weed, ace, hay, grifa, black mo, tea]

Cần sa có thể ảnh hưởng đến phần trong não bộ có chức năng kiểm soát việc học hỏi và trí nhớ của chúng ta. Thành phần tác động trong cần sa là chất THC (delta-9-tetrahydro-cannabinol). Khi chúng ta sử dụng cần sa, chất THC được hấp thụ vào cơ thể chúng ta và tác động lên một số tế bào thần kinh. Trong ngắn hạn, việc sử dụng cần sa có thể mang lại một cảm giác an lạc. Tuy nhiên, nếu chúng ta dùng cần sa thường hơn thì có thể mất trí nhớ, mất khả năng học hỏi, gặp khó khăn lúc cần suy tư và giải quyết các nan đề, mất khả năng phối hợp, lâm vào tình trạng gia tăng nhịp đập của tim, cảm thấy lo âu và bị những cơn hoảng sợ. Một vài tài liệu phát hiện cho là việc sử dụng cần sa một cách thường xuyên có thể đóng vai quan trọng trong việc khởi phát bệnh ung thư. [Cần sa có tên tiếng Anh là Marijuana, nhưng còn có những tên lóng là: weed, ace, hay, grifa, black mo, tea].



Wisdom Follows Tradition

Vietnamese Translation by An TonThat, Medford, MA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	☾	5	6	7	8
			Hiroshima Day			
10	11	☉	12	13	14	15
17	18	19	☾	20	21	22
24	25	26	●	27	28	29
		Women's Equality (Suffrage) Day				
31						

**July 2003**

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**September 2003**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





**Prescription drugs** relieve pain for millions of people, make complex surgery possible, and enable many people with chronic medical conditions to control their symptoms and lead good lives. Addiction rarely occurs among people who use controlled, prescription drugs as directed. But, for some, the inappropriate, nonmedical use of prescription opioids (mainly used for pain management), central nervous system depressants, and stimulants can lead to addiction. Patients, health care professionals, and pharmacists all have roles in preventing misuse and addiction. For example, a patient should follow the directions for use of any prescribed medication carefully, and also learn what effects the drug could have and potential interactions with other drugs by reading all information provided by the pharmacist. Physicians and other health care providers should screen for any type of substance abuse during routine history-taking with questions about what prescriptions and over-the-counter medicines the patient is taking and why.

処方薬を用いることで、幾百万の人の痛みを和らげ、煩雑な手術が可能になり、慢性病を持つ人々にとっては症状を管理することにより、良い生活を送ることが出来ます。規定量の処方薬を指示通りに使用している人は、滅多に薬物嗜癖(依存)になることはありませんが、処方オピオイド(主に痛み止めとして使われる)や、中枢神経系(CNS)抑制薬および興奮薬を、治療以外の目的で不適切に用いると、薬物嗜癖(依存)を生じることがあります。患者、治療の専門家、薬剤師の全員が薬物の誤用と嗜癖(依存)を予防する役割を担っています。例えば患者は、どの処方薬についても注意深く用法を守り、薬剤師から提供される情報を全て読んで、その薬品がどのような効果を持つものか、また他の薬品との相互作用の可能性について理解すべきです。医師および医療に携わる人々は、病歴の問診時に、服用している処方薬および市販の薬品の種類と、服用している理由を尋ね、あらゆる薬物乱用についてスクリーニングすべきです。

Geisha: A 400-Year Tradition

Japanese Translation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	☾ 3	4	5	6
National Alcohol & Drug Addiction Recovery Month	Labor Day					
7	8	9	☉ 10	11 	12	13
				Patriot Day		
14	15	16	17	☾ 18	19	20
21	22	23	24	25	● 26	27
		Autumn Equinox				Rosh Hashanah Begins
28	29	30				
					August 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31





**“Club drugs”** are often used at nightclubs and all-night dances, but their use has spread to many other social settings. Current science is showing changes to critical parts of the brain from use of these drugs. The best known club drug is MDMA (Ecstasy) (street names: X, Adam, E, clarity). MDMA has stimulant and mild hallucinogenic effects, and can dramatically increase heart rate and blood pressure. MDMA also can alter the body’s ability to regulate internal temperature, and this can lead to hyperthermia. Chronic use or high doses can cause memory loss, muscle breakdown, and kidney and cardiovascular system failure.

Other club drugs include GHB, Rohypnol, and ketamine. These are mainly central nervous system depressants. Because they are often colorless, tasteless, and odorless, they can be added to drinks and taken unknowingly. In low doses, GHB (street names: scoop, G, liquid Ecstasy, Georgia home boy, soap, easy lay) can relieve anxiety, but in higher doses can result in vomiting, loss of reflexes, breathing difficulty, or coma. GHB is also abused for the purpose of increasing muscle mass. Withdrawal effects can include insomnia, anxiety, tremors, and sweating. Rohypnol (street names: rophies, roofies, forget me) decreases blood pressure; causes drowsiness, dizziness, and confusion; and can cause individuals to lose the capacity to remember events they experienced while under its effects. Also, it may be lethal when mixed with alcohol and/or other depressants. Ketamine (street names: special K, vitamin K) is a prescription anesthetic used mainly in veterinary practice. Certain doses of ketamine can cause dream-like states and hallucinations. At high doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.

Quiet Time

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	☾ 2	3	4
		National AIDS Awareness Month Talk About Prescriptions Month				
5	6	7	8	9	☉ 10	11
	Yom Kippur					
12	13	14	15	16	17	☾ 18
	Columbus Day					
19	20	21	22	23	24	● 25
26	27	28	29	30	31	
Daylight Saving Time Ends	Ramadan Begins				Halloween	
					September 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30





**Heroin** is processed from the morphine found in opium poppy plants, but it is more potent and faster acting than morphine. The drug is usually either injected or inhaled. In the brain, this drug actually is converted to morphine. Initially, heroin abusers typically report feeling an intense surge of pleasure, which depends on how much heroin is taken and how quickly it enters the brain. The rush, however, is usually accompanied by dryness in the mouth, and heaviness in the legs and arms, slowed breathing, confusion, and no awareness of pain. Heroin abusers and addicts who inject the drug are at very high risk for bacterial infections and viral infections such as HIV and hepatitis C, and also for developing collapsed veins, abscesses, infected heart lining and valves, arthritis, and rheumatoid problems. During pregnancy, heroin abuse can cause serious complications, including miscarriage and premature delivery. Children born to addicted mothers are at greater risk of SIDS (sudden infant death syndrome), as well. [Street names: bomb, parachute, smack]

ເຮໂລອິນນີ້ແມ່ນອອກມາຈາກຢາ Morphine (ຢາແກ້ປອດ) ທີ່ມີໃນຕົ້ນໄມ້ຊະນິດໜຶ່ງ ທີ່ເປັນງຸ່ມຄືກັບດອກຝ້າຍ. ເຮໂລອິນນີ້ຈະສັກເຂົ້າຫຼືສູບອາຍເຂົ້າ. ຢູ່ໃນສະໝອງ, ຢາມັນ ຕາມ ຄວາມຈິງແລ້ວກໍປ່ຽນແປງອອກມາເປັນMorphine ແທ້ໆແລ້ວ. ຜູ້ທີ່ໃຊ້ຢາເຮໂລອິນນີ້, ຂ້າວລາຍງານອອກມາເປັນຕົວຢ່າງວ່າຮູ້ສຶກ ເຄັ່ງຄັນ, ຂຶ້ນໆລົງໆຂອງຄວາມພໍໃຈ ອື່ງຕາມແຕ່ປະມານຂອງເຮໂລອິນຫຼາຍປານໃດແລະໂອປານໃດທີ່ມັນເຂົ້າ ໄປໃນ ສະໝອງ ຢ່າງໃດກໍຕາມ. ຕາມທຳມະດາແລ້ວຈະຕິດຕາມມາດອ້ຍປາກແຫ້ງແລະໝັກໃນຂາແລະ ແຂນ. ການຫັນໃຈຈະຊ້າລົງ, ເຮັດໃຫ້ບໍ່ແມ່ໃຈວ່າເຮັດຫຍັງຢູ່ແລະນິຫຍັງເກີດຂຶ້ນແບບ ບໍ່ຮູ້ສຶກຕົວເລີຍ. ຜູ້ທີ່ໃຊ້ຢາເຮໂລອິນແລະຕິດຢາ ເຮໂລອິນພວກນີ້ມີຄື້ນອັນຕະລາຍ ຫຼາຍ ທີ່ຈະຕິດເຊື້ອໂລກ. ຕົວຢ່າງໂລກHIVແລະຕັບອັບເສດຊະນິດC ແລະແມ່ ພະຍາດ ທີ່ອັບ ເສດ, ແລະເສັ້ນເລືອດອາດ ຈະລື້ນລົງ, ເປັນຟືໝອງ, ຫົວໃຈອັບເສດເສັ້ນເລືອດ ໃນຫົວ ໃຈຫົວ, ເປັນໂລກປະດິງແລະເປັນບວ້ນຕາມການເນື້ອ.

River Fishing

Laotian Translation by Toy Vongpheth, Lowell Community Health Center, Lowell, MA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						☾ 1
2	3	4	5	6	7	8
		Election Day				
☉ 9	10	11	12	13	14	15
		Veterans Day				
16	☾ 17	18	19	20	21	22
● 23	24	25	26	27	28	29
				Thanksgiving		
☾ 30						

October 2003

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December 2003

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





**Treatment.** Healing from drug addiction can be a lifelong journey. People in treatment for drug addiction learn to break a big task into manageable pieces—to control their condition so they can lead normal and productive lives. The ultimate goal of treatment is to help people stay off drugs for life. But the immediate goals are to reduce drug use, help people function normally, and help them prepare for a life without drugs. Medical detoxification, allowing the body to rid itself of drugs while managing withdrawal, may be needed to begin treatment, but by itself is not treatment. Treatment is usually through counseling, but medications can also be used to help stabilize a person and reduce cravings. No single treatment works best for everyone, but treatment programs that incorporate AAPI community values and practices—such as respect and commitment to family—provide greater opportunities for Asian Americans, Native Hawaiians, and other Pacific Islanders to maintain drug-free lives.

การบำบัดผู้ติดยาเสพติดอาจเป็นเรื่องที่ต้องอาศัยเวลาทั้งชีวิต ผู้เข้ารับการบำบัดจะได้เรียนรู้วิธีการผ่อนคลายงานหนักลงเป็นงานชิ้นเล็กๆ เพื่อที่จะควบคุมร่างกายจิตใจของตัวเอง และสามารถใช้ชีวิตตามปกติได้ เป้าหมายขั้นสูงสุดของการบำบัดผู้ติดยาเสพติดคือการช่วยให้เขาไม่หันกลับไปเสพยาอีกตลอดชีวิต ส่วนเป้าหมายระยะสั้นนั้นคือการลดการใช้ยา ช่วยให้เขาใช้ชีวิตได้ตามปกติ และช่วยให้เขาเตรียมพร้อมที่จะมีชีวิตโดยไม่ใช้ยาเสพติด ในช่วงเริ่มต้นของการบำบัดจะเป็นการใช้วิธีการทางการแพทย์เพื่อกำจัดพิษ ให้ร่างกายได้ขจัดยาออกมาเองขณะที่เริ่มลดการใช้ยา แต่จริงๆ แล้วขั้นตอนนี้ยังไม่ใช่การบำบัด โดยปกติแล้วการบำบัดนั้นเป็นการพูดคุยให้คำแนะนำกับผู้ติดยา ส่วนการใช้ยานั้นจะช่วยให้ผู้ติดยามีอารมณ์ปกติมากขึ้นและลดอาการอยากยาลง ไม่มีวิธีบำบัดอย่างหนึ่งอย่างใดที่ใช้ได้ผลกับทุกคน ทว่าโปรแกรมบำบัดที่อาศัยการกระตุ้นความสำนึกของผู้เข้ารับการบำบัด เช่นลำนำต่อครอบครัว มักจะเป็นแนวทางที่ได้ผลดีในการบำบัดผู้ติดยาที่เป็นชาวอเมริกันเชื้อสายเอเชีย ชาวพื้นเมืองฮาวาย และชาวพื้นเมืองในหมู่เกาะในมหาสมุทรแปซิฟิก

Traditional Thai Theater, Photo Courtesy of Jim Henry, Northern Illinois University

Thai Translation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	○	8	9	10	11	12
14	15	●	17	18	19	20
21	22	●	24	25	26	27
	Winter Solstice			Christmas Day	Kwanzaa Begins	Hanukkah Begins
28	29	●	31			

November 2003

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

January 2004

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					