



First Nations Health and Social Services Resource Center Newsletter

Vol. 15. no. 3

Akenhnhà:ke/Summer 2008

“Our goal is to provide support material to community caregivers of the Quebec region, promoting the health and well-being of Native families”.

The Effects of Abusive Drinking

Most people, and young people in particular, are not aware that just one occasion of severe alcohol intoxication can cause very serious problems, including gastrointestinal bleeding, abnormal heart rhythm (arrhythmia), stroke (cerebrovascular accident or CVA) and respiratory depression that can lead to death. Furthermore, alcohol causes a host of social problems – accidents, fights, unprotected sexual relations, etc. – that have their own medical consequences, which are often misunderstood or underestimated.

Some facts to remember.

- ✓ Alcohol is an **irritant** for the entire digestive tract, including the mouth, throat, esophagus, stomach and intestines. Alcohol also affects the valves that control the passage of food from the mouth to the intestines.

- ✓ Alcohol is a food and the liver is responsible for digesting it. The liver is a little factory capable of breaking down, approximately 15 grams of pure alcohol an hour. That’s about:

One bottle of beer (5% alcohol)
One glass of wine (12% alcohol)
One shot of spirits (40% alcohol)

When the liver is overloaded or damaged, it reacts by storing fat, which affects the normal functioning that is so critical to human life.

- ✓ Alcohol affects the heart and blood vessels, even though it has a certain protective effect in the arteries and promotes the production of “good” cholesterol. Alcoholics may have diseased hearts, but their arteries will be fat free.
- ✓ Alcohol affects the brain and the nervous system, in particular the nerves in the legs. Alcohol is a neurotoxin that affects, among other things, memory, balance and the ability to anticipate things.



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Source: Alcohol and Health: The Effects of Abusive Drinking, Éducalcool.

If you want to order a copy of this document, please e-mail info@fnhssrc.ca or phone 450-638-3199.

Program Updates

NDDN

NNADAP's Pilot Project on Prescription Drug Abuse Prevention Program Launching was on June 18th, 2008.



Michael Beaupré and the health centre director Clifton Polson who also said words of support.



Michael Beaupré, Officer Mario Babin and officer Mak-Wa.



There were about 55 people who came out to support the program for the launching and BBQ.

La Romaine

There was a men's gathering in Unamen-Shipu from June 22nd to the 27th, and there were registrations from other communities who came to take part in this gathering.

We organized a diabetes prevention week from June 9th to the 13th, there were many activities: a rally, plays and testimonies from the Innu who have diabetes. There was great community participation. The employees of the health centre organized the diabetes prevention week and congratulations to the team who gave of their time, as well as the community who took part.

Kahnawake

The prevention team is promoting an Anti-Drinking and Driving campaign: "Operation Lookout", Server Training, and Safer Celebrations. The team is working on a display of a wrecked car that will go up in the area of the Community Services building for the Drinking and Driving campaign.

New DVD's

Alcohol

Under the Influence
Making of a Hangover
Women and Alcohol
Here's to my choice: A campaign
Celebrating Responsible Behavior

Drinking and driving

Drawing the Line

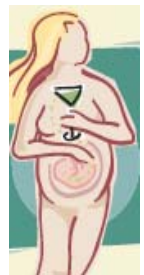
Drugs

Messing with Heads: Marijuana and Mental Illness

FAS

Fetal Alcohol Syndrome and Effect

graphic:
www.otispregnancy.org/pdf/fas_booklet.pdf



Gambling

The Big Poker Gamble

Mental Health

Battling Eating Disorders
Go of Stress

Parenting

Where do the children play?

Recovery

What Do I Say to My Kids?
Stages of Family Recovery

Sexual Abuse

Date Rape: A Violation of Trust

Sexuality

Sexual Stereotypes in the Media
Teen Sex
Deadly Desires
Buying into Sexy: The Sexing Up of Tweens

Tobacco

Smoking out the truth: Teens and Tobacco

For a detailed description of audio-visuals,
log on to our website at www.fnhssrc.ca.

New Resources

- ✓ The Effects of Abusive Drinking
- ✓ Eating Disorders
- ✓ Post Partum Depression
- ✓ Violence and Mental Illness
- ✓ Prom Safety
- ✓ Reflections on youth Suicide

Please call 450-638-3199 for copies or
contact by e-mail andreab@fnhssrc.ca.



Health Calendar

July:

July 11 World Population Day
July 12&13 Kahnawake Pow Wow
www.kahnawakepowwow.com



August:

World Breast-feeding Week
August 1-7, 2008

August 9 International Day of the
World's Indigenous People
August 12 International Youth Day

September:

National Arthritis Month
Ovarian Cancer Month

Sept. 9 Fetal Alcohol Syndrome (FAS)
Awareness Day

Sept. 14-21 Aids walk for Life

Sept. 16 International Day for the
Preservation of the Ozone layer

Sept. 16 Terry Fox Run

Sept. 19-25 Prostate Cancer Awareness
Week

Sept. 21 World Alzheimer's Day

Sept. 21 International Day of Peace

Sept. 28 Terry Fox National School Run

Sept. 28 World Heart Day

For more detailed information on awareness
months, please go to www.hc-sc.gc.ca and
click on health related days.

Conferences

July 13-17, 2008

49th Annual Institute on Addiction Studies
Barrie, ON

www.addictionstudies.ca/

E-mail: info@addictionstudies.ca

Tel: 1.866.278.3568 Linda Hood

Fax: 1.888.898.8033

August 14-16, 2008

Aboriginal Nurses Association of Canada
Conference
Halifax, NS

www.anac.on.ca

September 9, 2008

9th Annual Fetal Alcohol Canadian
Expertise (FACE) Research Roundtable
Montreal, QC

www.motherisk.org/FAR/econtent_conferences.jsp#5

E-mail: susan.santiago@sickkids.ca

Tel: (416) 813-8084

Fax: (416) 813-7904

September 11-13, 2008

EDGEWOOD's New Perspectives
Conference on Addiction
Nanaimo, BC

<http://www.edgewood.ca/>

E-mail: marketing@edgewood.ca

Tel: 1-800-683-0111 Fax: 250-751-2758

Sept. 14-17, 2008

International Conference on Special Needs
Offenders
Niagara Falls, ON

www.specialneedsoffenders.org

tel: 416-694-9713

Fax: 416-694-9726

September 24th - 26th, 2008

Health and Wellbeing in Persons with
Intellectual/Developmental Disabilities
Children, Youth and Adults

Vancouver, BC

www.interprofessional.ubc.ca/Developmental_Disabilities.html

Sept. 29 – Oct. 1, 2008

8th World Indigenous Women & Wellness
Conference
Calgary, AB

www.awotaan.org

Fax: 403-531-1977

October 22-24, 2008

Premier colloque francophone sur le
traitement de la dépendance aux opioïdes
www.txsubstitution.info/default.aspx?page=121

E-mail: info@txsubstitution.info

Tel: 418-423-4157 Eric Fabrès

Fax: 514-284-6868

October 26-29, 2008

Les multiples facettes de la dépendance
Trois Rivières, QC

www.aitq.com/

E-mail: info@aitq.com

Tel. : 450 646-3271 Carmen Trottier

Fax: 450 646-3275

First Nations Health and Social Services Resource Center Newsletter publishes a bilingual, quarterly newsletter for the National Native Alcohol and Drug Abuse Prevention Program (NNADAP) projects in the Quebec region.

Our purpose is to provide information on new videos, pamphlets, and other resource materials as well as updates from other NNADAP projects. We encourage NNADAP projects to submit any project updates. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace the advice of your health care provider. Before starting any new health regimen, please see your doctor.

