

# Events

Lanark County and The Town of Smiths Falls Municipal Drug strategy is holding a networking day on **February 28th, 2014** at the Beckwith Municipal Building. The topic is **Medical Marijuana**.

For more information call Paula at 613 283 – 2740 ex. 4222

## New Site Open

Starting January 1, 2014, the CPHC Mobile Unit will be offering the Clean Works program from a variety of locations across the Tri County area including **Prescott, Delta, Westport and more.**

**To get a schedule:  
please call the Mobile Unit  
1-613-803-1710**

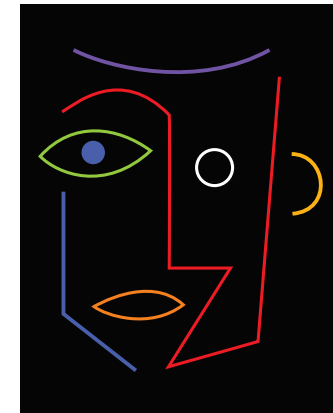


## LOCATIONS & TIMES

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| <p><b>1 Brockville Health Unit</b><br/>458 Laurier Blvd.<br/>Mon – Fri: 8:30 - 4:30</p> <p><b>2 Smiths Falls Health Unit</b><br/>25 Johnston St.<br/>Mon – Fri: 8:30 - 4:30</p> <p><b>3 Change Health Care Smiths Falls</b><br/>13 William St. W.<br/>Mon - Fri: 8:00 - 4:00<br/>Sat, Sun, Public Holidays:<br/>9:00 - 12 noon</p> <p><b>4 Gananoque Health Unit</b><br/>375 William St. S.<br/>Mon – Fri: 8:30 - 4:00</p> <p><b>5 Gananoque Pharma Save</b><br/>220 King St. E.<br/>Mon – Fri 8:00 - 7:00<br/>Sat: 9:00 - 5:00<br/>Sun: 10:00 - 4:00</p> | <p><b>6 Kemptville Health Unit</b><br/>2675 Concession Rd<br/>Mon – Fri: 8:30 - 3:30</p> <p><b>7 Perth Clinic (Health Unit)</b><br/>1 Sherbrooke St. W.<br/>Mon: 10:30 – 4:00</p> <p><b>8 Almonte Clinic (Health Unit)</b><br/>79 Spring St.<br/>Tues: 9:00 - 4:00<br/>Thurs: 9:00 - 12 noon<br/>and 1:00 - 4:00</p> <p><b>9 Change Health Care Brockville</b><br/>244 King St. W.<br/>Tues and Fri:<br/>8:00 - 4:00</p> <p><b>10 Carleton Place Shopper's Drug Mart</b><br/>315 McNeely Ave.<br/>Mon - Sun:<br/>8 am - midnight</p> |
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### Dates Closed

- Health Unit sites **1 2 4 6 7 8** :
- ▶ Monday, February 17, 2014
  - ▶ Friday, April 18, 2014
  - ▶ Monday, April 21, 2014



**FEB 2014**  
**HEAD SPACE**

News & Information  
you may want to know  
**TO KEEP YOU SAFE**

### SERVICES:

- All Services are Free & Confidential
- Pick Up and Return Injection Drug Using Equipment
- Education, Referrals and Counseling Offered
- Free Condoms and Safer Sex Information
- Receive your Hepatitis A, Hepatitis B, Tetanus and MMR Vaccines  
*(Brockville Health Unit Site & Smiths Falls Change Health Care Site ONLY)*

### CONTACT US:

- 1-800-660-5853
- [harmreduction@healthunit.org](mailto:harmreduction@healthunit.org)
- [www.healthunit.org/harmreduction](http://www.healthunit.org/harmreduction)

## News ... things you should know

### Wellbutrin

Also called Bupropion, is a drug used to treat depression, help people stop smoking and can also be used to treat ADD/ ADHD.

#### ▶ Street Use

People who are injecting this drug report that it gives a “high like crack” but doesn’t “bring you down as much”.

#### ▶ Dangerous because.....

This drug is very hard on your veins. It can cause a lot of damage to your veins including open sores.

This drug also turns to jelly quickly after being injected, leading to blood clots which can get stuck in your arms and legs shutting down blood supply to that area of your body. Blood clots can also go to your heart, lungs or brain causing heart attacks, stroke and death.

People who are using Wellbutrin should not use alcohol, cocaine or methamphetamines (ice, crystal, speed etc.) because when they are combined they can cause serious side effects or even death.

### Coming Soon ...

#### Naloxone Kits

We are currently working toward providing a Naloxone kit **free of charge** for people who are using opioids (morphine, oxycodone etc.).

Naloxone is the only drug that can stop an overdose from opioids.

The Health Unit will be able to train both the person who is using the narcotics as well as their friends and families on how to give this life saving drug. We are hoping to be ready in the late summer of 2014.



## Something to Think About ...

### Chalk Lung

Is also known as *Talcosis*. When pills are not broken down properly, small pieces of chalk (Talc) get into the blood stream and travel to the smallest parts of your lungs called alveoli. These stuck pieces of chalk make it difficult for the lungs to exchange oxygen for carbon dioxide. These particles can cause the lungs to become stiff and fibrotic.

#### Signs and Symptoms:

- Shortness of breath – getting worse with time and making simple tasks like just walking up stairs more difficult.
- Cough
- Wheeze

Over time the lungs can't exchange oxygen for carbon dioxide, so breathing becomes more and more difficult resulting in the need to use supplemental oxygen (e.g. Portable Oxygen Tank)

## Equipment ...

### Ties

- Provide pressure to increase blood flow to veins. Ties should be stretchy and thin for easy release.
- **Never Use** ropes, belts, bandanas or condoms because they cause skin damage and bruising.
- Use a **New** tie every time to cut your risk of getting HIV or Hep C or other infections from germs on the tie.