

BRAIN TALK

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Addiction & The Brain

Most abused drugs target the brain's reward system by flooding it's circuit with a neurotransmitter called dopamine.



Dopamine is in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of pleasure. The overstimulation of this system, which rewards our natural behaviours, produces the euphoric effects or "the happy feeling" sought by people who abuse drugs and teaches them to repeat the behaviour.

Do Alcohol & Drugs damage the brain?

The simple answer is **YES**
Depending on the drug type and amount of use it can cause long term effects such as:



- Difficulty with problem solving, decision making, memory and learning
- Difficulty with coordination of movements
- Reduced ability to control heart rate, temperature, sleep and appetite
- Depression



Who do you contact for more information about addiction?

Contact your local Health Region/Health Center
OR

Visit the following web link

<http://www.health.gov.sk.ca/mental-health-and-addictions>

Tis The Season to Drive Safely

The holiday season brings with it a familiar & necessary message reminding us to drive sober. While



impairment behind the wheel is most often associated with

alcohol, motorists are also gambling with their safety and the safety of others by driving under the influence of drugs. These drugs include illegal substances, prescription medications and over-the-counter remedies.

- *Alcohol & Driver Inattention are the leading contributing factors in fatal crashes in SK*
- *Approximately 28% of SK collisions in 2013 involved an inattentive or distracted driver.*

• *Did you know that you are 14 times more likely to sustain a serious injury in a collision if you don't wear your seatbelt?*



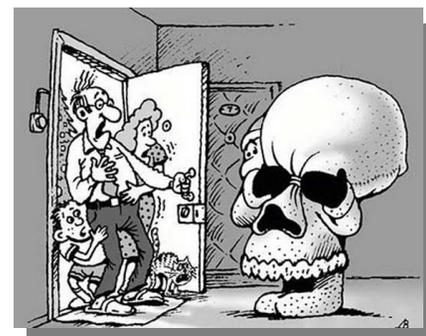
Tips for Safe Driving this Holiday Season?

- Take your time
- Buckle Up
- Stay focused on the road
- Follow at a safe distance
- Always plan a safe ride home



Resources: <http://www.sqi.sk.ca/about/publications/collisionstats/>

Do you see what I see?



Saskatchewan North Acquired Brain Injury Outreach Team
..... A joint initiative of.....



For more information please call: 1-306-765-6470