



## Highlight of the Month

**Health Risks of Alcohol:** Excessive alcohol consumption poses significant health risks for men, affecting various aspects of their well-being. Men usually have a higher tolerance for alcohol than women and may think that if they don't feel the effects of alcohol (i.e., they don't feel drunk or spread out their drinking over several hours), their drinking isn't a problem. However, regular alcohol consumption can lead to various chronic health conditions, including liver disease, pancreatitis, and certain cancers. Men are particularly vulnerable to liver-related complications due to higher levels of alcohol consumption. Excessive alcohol intake also contributes to weight gain and obesity, which are associated with numerous health problems such as diabetes, hypertension, and cardiovascular disease. Heavy drinking can also weaken the immune system, making men more susceptible to infections and illness.

**How much is too much?** The [Centers for Disease Control and Prevention \(CDC\)](#) defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. A standard drink is equivalent to 14 grams of pure alcohol, which is roughly the amount found in 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of distilled spirits. Exceeding these limits increases the risk of developing alcohol-related problems. Binge drinking, defined as consuming five or more drinks within two hours for men, is especially harmful and can lead to acute alcohol poisoning, blackouts, and alcohol dependence over time. An immediate danger is impaired judgment and coordination, increasing the likelihood of accidents and injuries. From car crashes to falls, alcohol-related incidents are a leading cause of preventable deaths among men. Moreover, alcohol abuse can exacerbate mental health issues like depression and anxiety, creating a cycle of dependency and worsening overall mental well-being. Ultimately, men should be mindful of their alcohol intake and strive to stay within recommended limits to safeguard their health. Seeking support from healthcare professionals or support groups can be crucial for those struggling with alcohol misuse or addiction. By adopting healthier habits and moderating alcohol consumption, men can reduce their risk of alcohol-related health issues and lead happier, more fulfilling lives.

## POPPY SEED UPDATE

Back in April 2023, [ALNAV 035/23](#) issued the non-punitive warning to avoid consumption of poppyseeds as well as food products and baked goods containing poppyseeds, poppy seed paste, or poppyseed oil due to codeine contamination during the harvesting process. Codeine positive urinalysis results were paused until those specimens received special testing for thebaine, a natural alkaloid found in poppyseeds. Thebaine is not considered a substance of misuse. Currently, commands with specimens that were held are receiving letters from the Navy Drug Screening Laboratories (NDSL) with the special testing results.

*Do commands need to request thebaine testing?* Thebaine testing is automatically triggered for codeine positive specimens with concentrations of 4,000 ng/mL to 10,000 ng/mL. The codeine result is reported negative if thebaine is detected.

*How will these results be reported in the future?* Thebaine detection will be used internally at the NDSL when certifying and reporting codeine results and reported directly in the Internet Forensic Toxicology Drug Testing Laboratory (iFTDTL) Portal.

*What should commands do if they receive a thebaine letter?* Include the letter in the official inquiry. Reach out to the regional legal support office for legal assistance, servicing NDSL for testing questions and OPNAV N173 at [MILL\\_N17\\_DDR@navy.mil](mailto:MILL_N17_DDR@navy.mil) for policy questions and to report updates for any unresolved positive.

## You Tube

### Messages to Share:

- 4 March: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- June: [Men's Health Awareness Month!](#) Take time for your health today, by scheduling your appropriate health appointments.
- June 27: PTSD Awareness Day. If you or someone you know is struggling with symptoms of PTSD, seek help today. The [Military Health System](#) can assist with finding services near you.

### SPOTLIGHT: Webinar/Training/ Prevention Power-Up

**Webinar:** Special Testing  
**Prevention Power-Up**  
 FY 24 2<sup>nd</sup> Quarter Report  
**Date:** [06 June](#)

**Webinar:** WebDTP Manage  
 Selections and Container Use  
**Prevention Power-Up**  
 Summer Holiday Safety Resources  
**Date:** [13 June](#)

**Webinar:** No Webinar  
**Prevention Power-Up**  
 No Power-Up  
**Date:** [20 June](#)

**Webinar:** You Spoke, We Listened  
 (Prevention Feedback Review and  
 Implementation Plan  
**Date:** [27 June](#)

**Training:** GMTs Training  
**Link:** [Click Here](#)

**Training:** ADAMS & UPC Course  
**Link:** [Navy e-Learning](#)

**Training:** DAPA Courses  
**Link:** [CANTRAC](#)



Strategic Communications: Information to Know

Label accuracy: "We are what we eat" has never been a more resounding statement given today's health landscape. A best practice is to thus read ingredient labels for anything that we consume - this includes dietary supplements for weight loss. Many individuals are in the pursuit of weight management which includes meal prepping, exercising, burning fat, toning, or a combination of these health interests. Some may choose these routes to accomplish their weight goals, while others may choose a less strenuous route by using dietary supplements for their desired end goals. If supplementation is preferred, then it is highly important to be aware of the potential risks associated with dietary supplement use. This is to ensure the safety of Sailors and reduce the occurrence of ingesting harmful substances. To this point, a recent study was conducted to assess if specific dietary supplements available for retail online for weight loss and promoted with military discounts were properly labeled in accordance with the "Supplement Facts listed ingredients."

In determining if the online dietary supplements for weight management were accurately labeled, the researchers utilized liquid chromatography-mass spectrometry; an analytical technique used to detect if there are impurities at trace levels in a product. This technique is the preferred method for detection to identify if the supplements contain any substances that are currently listed on the "DoD Prohibited Dietary Supplement Ingredient List." Additionally, they conducted an additional analysis to determine any product label claims in comparison with "Operation Supplement Safety (OPSS) Risk Assessment Scorecard." Researchers assessed 30 weight management supplements from these from 12 online companies that promoted military discounts in their marketing and marketing platforms. It was concluded that many of the dietary supplements for weight management were inaccurately labeled. Additionally, some of the supplements were misbranded, while others were contaminated with illicit ingredients for use in the military.

What now? If weight management is your goal this season, don't be discouraged! Read your labels before you buy and for good measure always use the OPSS system to check your supplements for safety.



The photo above has been placed to increase awareness regarding Men's Health Awareness Month. You can learn more on ways to take change on your mental and physical health here.

Navy Drug and Alcohol Deterrence Program

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The OPNAV N173 Drug and Alcohol Deterrence (NDAD) office was established in 1982. The foundation of our office is sustained by our pursuit to support Fleet readiness by combating illegal and illicit substance and alcohol mis- use. Our mission is to provide comprehensive education, resources, trainings, and enact policy updates to ensure Sailors receive proper awareness to form career-forwarding decisions. Within the NDAD office, whole health matters and this is reflected with our Drug Education for Youth (DEFY) program, the Primary Prevention team, the Alcohol and Drug Management Information and Tracking System (ADMITS), Internet Forensic Toxicology Drug Testing Laboratory Portal (iFTDTL), the Web Drug Testing Program (WebDTP) and other pro-grams that increase prevention efforts.

For more information, contact our office by using the phone and email information on this page or use the QRcode to view our webpage.



LEARN MORE!