



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Drugs like cocaine, heroin and amphetamines can negatively impact cardiovascular health. Take care of your heart by avoiding illicit drugs, taking prescription and over-the-counter drugs correctly and quitting smoking along with maintaining a healthy diet and engaging in physical activity. Learn more from the Navy and Marine Corps Public Health Center's Heart Health Month toolkit at go.usa.gov/xETs9.
2. The age of sale for tobacco products has been raised to 21. Almost all smokers had their first cigarette before age 21, and 18 and 19 year old smokers often supply tobacco products to smokers under age 18. There are many health risks for smokers and for those exposed to secondhand smoke. If you need resources for quitting, find them from You Can Quit 2 at ycq2.org.
3. Cardiovascular disease is the number one killer of women, causing one in three deaths each year. That equals to approximately one woman every minute. February 7 is the American Heart Association's Go Red for Women Day. Even if you can't wear red that day, learn more and share facts with a woman in your life. Visit GoRedForWomen.org.
4. Navy Drug Detection and Deterrence has a few new PSAs on substances! Check them out on our YouTube page at youtube.com/NavyNADAP.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

Risks of Using Alcohol with Drugs

Alcohol is commonly used with medications and illicit drugs, and the interactions of the two can vary. Some of the most common include inhibition or increase of medicinal effects, drowsiness, dizziness, increase in the effects of alcohol and increased potential damage to organs such as the heart and liver. Read to learn more about some of these effects.



- **Cocaine:** Cocaine, a central nervous system (CNS) stimulant, and alcohol, a CNS depressant, combine to form the chemical cocaethylene. Cocaethylene can cause severe heart and liver damage and potentially increase the heart rate to a level that can result in heart attack. Additionally, cocaethylene builds up in the liver, and sudden heart attacks and stroke remain a risk, even after stopping alcohol and cocaine use.
- **Marijuana:** The liver metabolizes alcohol at a rate of about one drink per hour before other substances are metabolized, meaning tetrahydrocannabinol (THC) remains unchanged until metabolized. Marijuana reduces the ability to think rationally, potentially increasing the risk of alcohol overdose. Cannabis also impairs the ability to vomit (hence its use in some individuals receiving chemotherapy). When used with alcohol, THC can disrupt an individual's ability to rid the body of excess toxins.
- **Hormonal Birth Control:** While on birth control pills, some women metabolize alcohol more slowly and feel the intoxicating effects longer. In general, alcohol does not reduce birth control's effectiveness, but binge drinking increases the risk of noncompliance.
- **Opioids such as Oxycodone, Codeine or Percocet:** The American Society of Anesthesiologists (ASA) found that even one 20 mg oxycodone tablet with a small amount of alcohol (one drink) increases risk of respiratory depression by nearly 50 percent. If prescribed an opioid, it is extremely important to abstain from alcohol.
- **Pain Relievers/Fever Reducers such as Acetaminophen (Tylenol), Ibuprofen (Motrin or Advil), Naproxen (Aleve):** Nonsteroidal anti-inflammatory drugs (NSAIDs) and acetaminophen are linked to internal bleeding, ulcers, impaired kidney function and liver damage. When alcohol is added, these risks increase. Many over-the-counter medications such as DayQuil/NyQuil, Robitussin, Sudafed and Theraflu include acetaminophen as an ingredient. It is easy to exceed the maximum recommended dosage, which can result in acute liver injury. This risk increases when combined with alcohol use.

Illicit substance use always carry risks, particularly to health and career. Combining alcohol with either legal or illicit substances can increase health risks exponentially. Avoiding illicit substances completely and refraining from alcohol use when using certain prescription or OTC medications is the best way to protect your health and avoid negative impacts to your Navy career.



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Have You Viewed Your Results?

In IFTDTL, “Reported Results Not Viewed (Summary by Date)” is a summary report of the custody forms that have been reported but not viewed by commands/units.

Commands must review test results to verify all samples arrived at the laboratory for testing, receive notification a sample is positive for any drugs and address any discrepancies found in a sample. The UPC is the primary person given the authority to mark these test results as “VIEWED,” although the TRIAD and ADCO may have access to mark samples as “VIEWED” in the IFTDTL Portal.

Clearing Unviewed Results

Those authorized to mark test results as viewed and have an active, enabled IFTDTL account can clear unviewed test results in IFTDTL by following these steps:

1. Go to the DoD Drug Testing Portal (home page),
2. Select “Login with CAC” to enter the IFTDTL Portal,
3. Find “My Portals” on the left side of the screen and click the ‘Results Portal’ hyperlink,
4. On the “Results” tab, click the “New Drug Testing Results” hyperlink, and
5. Upon viewing the generated report of your command’s new results, those results are no longer “new.” Test results can be viewed again through other reports found in the IFTDTL Portal.

Locked Out of Account

If you see a blue “ORACLE” screen when you attempt to log in to IFTDTL, you are locked out of your account. This could be due to one or more of the following:

1. Account was self-created. Only accounts processed by OPNAV N170D have access to view Navy results.
2. CAC card not registered within three days of receipt of the initial account creation email.
3. Account was disabled for not logging into the web portal within the last 30 days.
4. Account has expired based on projected rotation date (PRD).

Contact the Help Desk and talk with an administrator to resolve the issue.

Getting Assistance

The IFTDTL Help Desk can be reached by email at MILL_DTADMIN@navy.mil or by phone at (901) 874-2458 or (DSN) 882-2458.

Current and Upcoming Events

February DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

5 – IFTDTL Compliance Report & End Of Year Testing (New Tool)

19 – SSN Reduction & Program Updates
To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil.

NMCPHC Heart Health Month February

Find the toolkit at go.usa.gov/xETs9.

Go Red for Women Day February 7

Learn more at goredforwomen.org.

Genetic Testing Kit Warnings

Genetic testing kits from companies such as 23andMe and AncestryDNA are becoming popular and these companies often provide incentives such as discounts for service members.

These direct-to-consumer (DTC) tests are largely unregulated by the Food and Drug Administration, meaning that they may be sold without independent analysis to verify the companies’ claims. Additionally, these tests may be inaccurate, posing risks to service members due to their requirement to disclose medical information that may affect readiness (**DoD Instruction 6025.19**, “Individual Medical Readiness”). Testing conducted outside of the Military Health System is not likely to include clear descriptions of risk.

The information collected from these tests may also be exploited by outside parties for questionable purposes such as mass surveillance or unauthorized tracking.

For these reasons, DoD military personnel are advised to avoid purchase or use of these DTC genetic services.

