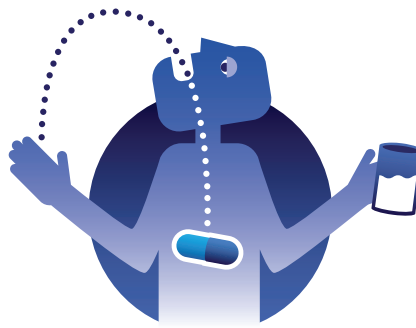




Drugs

Do you value your life and your health? Do you care about family and friends? Stay away from drugs!

Choose friends who are “clean”. Don’t even think about making friends with people who use drugs. Drugs don’t reach out and “hook” you, it’s almost always peer pressure that gets you started using drugs.



Prescription drug abuse

Abuse and misuse of prescription drugs has become a significant problem.

- Don’t take another person’s pills, not even “just once” or “just one”.
- Don’t share your prescription medications with others, especially not with children.
- Unused prescription medications should be discarded. Take the unused or out of date pills (in their containers) back to the pharmacist or bring them to my office for proper disposal.

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The Choice Care Life Potential Program Preventative Care

It is within your power to make a difference in your health. Unfortunately it is too easy to ignore risks to your health and it can be very hard to make effective changes that improve your health. Dr Zwelling’s Life Potential program makes preventative care information accessible, and our Life Potential Profile can help you take control of your life 3 Easy Steps at a time.

What help is available?

If you have a problem with any kind of drug abuse or if your family or friends are using drugs, please ask me for help. Treatment options and assistance is readily available. If you want to read more about treatment options the resources listed below are a good place to start.

RESOURCES

Passages Addiction Treatment Center – Malibu
<http://www.passagesmalibu.com>

Phoenix House
www.phoenixhouse.org

National Toll-Free Help Lines
mentalhealth.samhsa.gov/hotline

Learning to take control of your personal habits will make a big difference in the quality of your life.

