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**DRUG STATISTICS**

The National Safety Council reported that 80% of those injured in "serious" drug related accidents at work are not the drug abusing employees but innocent coworkers and others.

A substance abuser uses 16 times more sick leave than a non-abuser (*The American Council for Drug Education*).

An Indiana Gallup survey revealed that 32% of workers knew of drug use by employees on the job and 10% had been offered drugs to use on the job while at work.

### Driver on Meth Costs Employer \$15.3 Million

A Kansas federal court jury has awarded a \$23.5 million verdict for a serious spinal cord injury arising from a 2006 wreck in New Mexico, according to a news story by Ron Sylvester of the Wichita Eagle. The judge reduced the amount to \$15.3 million because the jury decided the driver of the other truck was only 65 percent at fault.

A Swift Transportation truck driver was backing up from a rest stop onto the highway when she hit a Yellow Freight truck. The driver of the Swift Transportation truck tested positive for methamphetamine but

claimed she was rear-ended. Accident reconstruction proved that story to be false.

The driver of the Yellow Freight truck was killed and the passenger / co-driver had a severe spinal cord injury. This verdict was for the spinal cord injury victim. The wrongful death case is set for trial next spring.

This was not the biggest verdict against Swift Transportation. Last year an Arizona jury awarded \$36.5 million to the family of a man killed in a collision with Swift trucks.

#### METHAMPHETAMINE

<b>Brief Description:</b>	An addictive stimulant that has toxic effects on the central nervous system and high potential for abuse & addiction
<b>Street Names:</b>	Speed, meth, chalk, ice, crystal, glass, crank
<b>Effects:</b>	Chronic use can lead to psychotic behavior, hallucinations, rage, violent behavior and stroke
<b>Facts:</b>	Meth's high lasts for 6-12 hours, and 50% of the drug is removed from the body in 12 hours

### Notes from Ray Kubacki

*Dear Clients,*

*Welcome to our first quarterly edition of The Facts About Drug Abuse.*

*We are very proud to have you as our client, and we think of all our clients as being our partners. As you know, we provide the most rigorous, cost effective drug test available. We also believe we provide the most outstanding customer service available. In addition, we want to make sure we keep you informed on all the latest trends and developments in the substance abuse area, as well as key developments in our service. We hope this newsletter will help in that regard.*

*It is important to know the facts so that you can form a true picture of the environment you are operating in. Drugs in the workplace are a major and ongoing challenge to all employers because they impact our most important assets – our human assets. We want to make sure you have the facts as we work together to address this major challenge.*

*Best Regards,*

*Ray*

*P.S. A great quote to focus on: "Difficulties mastered are opportunities won."*

*~ Winston Churchill*



*Raymond Kubacki, Chairman & CEO, Psychemedics Corporation*

## New Services Offered to Our Clients

### NEW AND IMPROVED ONLINE RESULTS

We surveyed our clients to ask if any additional features would be helpful on our Online Results website. In response, we completely re-engineered the Online Results site to improve speed and reliability and to enhance functionality.

- New Test Results "Inbox" provides instant visibility to only those results you have not yet viewed
- New feature permits group printing of result reports and chain of custody documents
- Redundant "server farm" helps ensure 99.9% uptime

The new Online Results system is available at [www.DrugTestResults.net](http://www.DrugTestResults.net). Contact Psychemedics' Client Service Department at 800-522-7424 for more information and a username and password.

### ONLINE CHAIN OF CUSTODY FORM

Psychemedics now offers an ONLINE Chain of Custody Form. Clients & collection sites can now streamline the collection process.

- ▶ For collection sites serving many client locations, there is no longer a need to maintain a library of hard copy forms, one set for each location
- ▶ No special paper or multi-part forms required; forms may be printed on plain paper with any black & white laser printer
- ▶ Reduces paperwork and speeds up the collection process
- ▶ Collector input flows directly to the laboratory and eliminates errors from misreading handwritten entries
- ▶ Also ideal for client on-site collections

The online Chain of Custody forms system is available at [www.HairTestRequests.com](http://www.HairTestRequests.com). Contact Psychemedics' Client Service Department at 800-522-7424 for more information and a username and password. Follow the simple on-screen instructions to submit donor information and print the form.

## Drug Overdoses Now 2nd Leading Cause of Unintentional Death

**Psychemedics now tests for Oxycotin, Vicodin & Dilaudid at no extra charge to our clients.**

The abuse of prescription painkillers has been rapidly rising. Below are excerpts from the Congressional Testimony from the Centers for Disease Control (March 2008), that highlight the problem.

"We cannot lose sight of the realities of public health issues that we face every day, such as drug overdoses, which are now the second leading cause of unintentional death in the United States, exceeded only by motor vehicle fatalities.

*Types of Drugs Involved:* The most common type was called "narcotics," and it included prescription painkillers called opioids, in addition to cocaine and heroin.

*Why are Deaths Occurring:* All available evidence suggests that these deaths are related to the increasing use of prescription drugs, especially opioid painkillers, among people during the working years of life. Other evidence also suggests that most of these deaths involve the misuse and abuse of prescription drugs."

For Full article visit <http://www.cdc.gov/Washington/testimony/2008/t20080312a.htm>



### **FUN FACTS: 5200 Year-Old Ice Man's Diet Recorded In Hair**

Anthropologists have begun using hair to collect information about ancient diets. Hair samples have the advantage since they very slowly degrade and, because of the way hair grows, ingested substances are trapped in the growing hair as it develops. Hair also has another advantage in that it grows continuously, so analysis from scalp to tip details the changes in diet over time. Recently, a 5200 year-old Ice Man (who was preserved in a glacier in the Oetztalet Alps) was studied. His hair sample was able to indicate that he had a primarily vegetarian diet, a conclusion that his dental wear pattern was able to support. Not only is hair testing a great tool in detecting drug abuse, it also aids researchers in learning more about our ancestors.

## Cocaine is the Leading Threat to Society



***“Abusers of prescription opiates such as OxyContin, Percocet, and Vicodin eventually begin abusing heroin because it is cheaper and easier to obtain.”***

The Department of Justice just released the 2009 Drug Threat Survey. Below are some of the highlights from the report:

*Cocaine is the leading drug threat to society. Methamphetamine is the second leading drug threat, followed by marijuana, heroin, pharmaceutical drugs, and MDMA (also known as ecstasy) respectively.*

**HEROIN:** Officials in treatment facilities throughout the country report that many abusers of prescription opiates such as OxyContin, Percocet, and Vicodin eventually begin abusing heroin because it is typically cheaper and easier to obtain,

**PRESCRIPTION DRUGS:** Many abusers of controlled prescription drugs commit insurance fraud to finance the purchase of these drugs. This can cost insurers

between \$10,000 and \$15,000 per year, and in their attempt to obtain controlled prescription drugs, abusers also commit insurance fraud by faking illnesses that require expensive medical tests.

**ECSTASY:** The distribution of MDMA tablets that are adulterated with other dangerous substances may be increasing in the United States. Adulterated MDMA tablets have been seized throughout the country...in some cases these tablets do not contain any MDMA, but rather are a combination of other substances, particularly methamphetamine because it is easier and less expensive to produce than MDMA.

The full article can be found at: <http://www.usdoj.gov/ndic/pubs31/31379/index.htm>.

### MEXICO DRUG WAR

*“Demand in the U.S. is the motor for the drugs trade.”*

- Violence is being driven by 5 major drug cartels battling over the \$14 Billion a year illegal drug trade to the U.S.

- Estimated 6,000 deaths in 2008 related to Mexican Drug Cartel violence

- Mexican President Felipe Calderon deployed 40,000 troops to combat the violence

- Phoenix, Arizona reported 366 kidnappings for ransom last year that police suspect is driven by the Mexican Drug Cartels and illegal drug trade

### PSYCHEMEDICS SPOTLIGHT: Client Services

Our Client Services Department is located at the laboratory and reports directly to the CEO. Each Client has a dedicated Client Service Account Manager who can quickly address any questions or issues directly with one call or email. Account Managers can assist with issues ranging from collection sites, questions about results, billing questions and most other issues.



#### CLIENT SERVICES CONTACT INFO:

Client Services hours are 6:00 AM—5:30 PM PST Monday – Friday

5832 Uplander Way ~ Culver City, CA 90230

Phone: 800.522.7424

***REMINDER – Shipping Change:*** Last August, we changed carriers from DHL to FedEx. To order preprinted FedEx labels for your office or collection site, call our Client Service Department at 800-522-7424. Please contact FedEx directly to order letter size envelopes (1-800-GOFEDEX).

#### Did You Know ??

Psychemedics also does drug testing for schools...we are committed to trying to stop the cycle before it starts!