

MOSBIRT - Personal Health Risk Assessment

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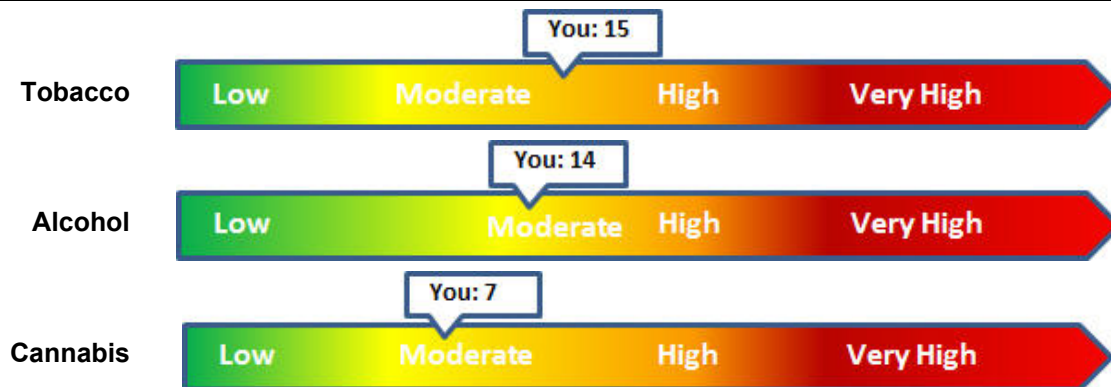
Assessed: Wednesday, February 01, 2012

About this report: Like most women you face a lot of responsibilities and decisions every day. These include how you take care of yourself and your future. From Dr. Oz to your mother, it seems like everyone has an opinion or advice about how to be healthy.

While there are many ways to be healthy, this report focuses on helping you learn about the relationship between **your** current substance use and **your** health.

- What risks do you face (in particular for tobacco, alcohol, and cannabis)?
- How do you compare to others?
- What can you do to reduce your risk?

If you decide to make some changes to reduce your risks, you will be taking better care of yourself and your future. Change requires you to make different choices and no single choice is right for everyone. This report gives you a variety of suggestions. The choice is up to you.



Key

- Moderate:** You run the risk of having health and other problems due to your current substance use.
- High:** Your risk of having serious problems due to your substance use is high. These may be health, social, money, legal, and relationship problems. You may become dependent.
- Very High:** It is likely you are having serious problems due to your substance use. These may be health, social, money, legal, and relationship problems. You may be dependent or addicted.

Smoking

The following is based on what you have told us. You have a moderate risk of developing problems because of your tobacco use.

These are the short-term effects of smoking.

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- You have become addicted to nicotine.
- You can damage the organs and tissues that help you breathe.
- You can develop a chronic cough, bronchitis, or asthma.
- You may suffer from bad breath and a bad taste in your mouth.
- You may develop yellow/brown stains on your teeth.

These are the long-term effects of smoking.

- You can develop heart problems such as high blood pressure, heart attacks, and strokes.
- You are more likely to develop cancers (lung, cervical, etc.).
- You may develop Emphysema.

If you are pregnant or could become pregnant, you should know the following.

- You have a higher chance of miscarriage.
- You have a higher chance of having premature birth.
- Your babies may have lower birth weight.
- Your babies are more likely to die from SIDS (Sudden Infant Death Syndrome).

These are other problems due to smoking.

- Your skin can wrinkle earlier.
- You may experience gum and tooth loss.
- You can lose or weaken your senses of taste and smell.
- You may also have a weakened immune system.
- You may have stomach ulcers and unwanted changes in weight.

By using tobacco, you are in the minority. More than 7 out of 10 Missourians do not smoke. In Missouri 1 in 4 people describe themselves as former smokers so it is possible to quit. So how do you become one of these 'former smokers?' Well, you could just stop smoking, but there are medicines and treatments that can help. The cost of the treatments is not that much when you think of what you spend on tobacco. If you smoke a pack a day you spend about \$30 a week. Below are the likely costs of medication for the first week. The cost will drop as you continue the treatment. This is because you will be less dependent on nicotine. Some medications need a prescription (Rx) but others are available over the counter (OTC).

- Bupropion SR (Rx, week 1 \$24, 24 weeks)
- Nicotine gum (OTC, week 1 \$48-\$63, 12 weeks)
- Nicotine inhaler (Rx, week 1 \$130, 24 weeks)
- Nicotine lozenge (OTC, week 1 \$53 for 12 weeks)
- Nicotine nasal spray (Rx, week 1 \$55, 12-24 weeks)
- Nicotine patch (OTC or Rx, week 1 \$23, 8 weeks)
- Varenicline (Rx, week 1 \$33, 12-24 weeks)

Alcohol

The following is based on what you have told us. Your chances of having problems because of

your alcohol use are moderate.

These problems are common if you often drink a lot of alcohol.

- You can have hangovers.
- You may behave in an aggressive or violent way.
- You may have accidents or become injured.
- You may have reduced sexual performance.
- You may age earlier than you would otherwise.
- You have a higher risk of having ulcers, digestive problems, and high blood pressure.
- You may be anxious or depressed.
- You can have problems with relationships, work, and finances.
- It may be difficult to remember things and solve problems.
- You can suffer a stroke or permanent brain injury.
- You may suffer muscle and nerve damage.
- You may develop diseases of the liver or pancreas.
- You are more likely to develop cancers.
- You have an increased risk of suicide.

If you are pregnant or could become pregnant, you should know the following.

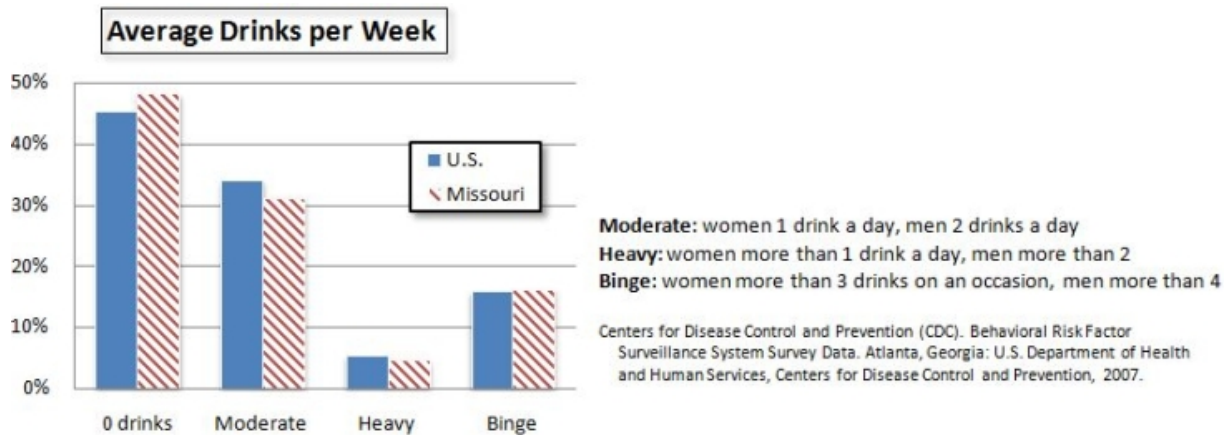
- If you are pregnant and drink alcohol, it can cause your baby to have birth defects. It can also cause your baby to have disabilities. The name for these problems is Fetal Alcohol Spectrum Disorders.
- When you drink alcohol, so does your unborn baby. There is no known safe amount of alcohol to drink while pregnant.
- There is also no safe time to drink while pregnant and no safe kind of alcohol.
- If you are going to drink, use effective birth control so you do not become pregnant. If you are pregnant, do not drink. You can prevent 100% of Fetal Alcohol Spectrum Disorders this way.

Your problems with alcohol use are as follows. You failed to do what is normally expected of you once or twice in the past three months.

How much is too much?

Some say any alcohol is too much. Others think you should only stop if you can not "control it." The truth is, a woman is at risk for serious problems from alcohol if she drinks more than 1 drink a day regularly. She is also at risk if she drinks more than 3 drinks at any one time.

Look at the chart to compare how much you drink with people in Missouri and the US. Based on what you have told us, you fall into the '**Moderate**' group.



The following is based on what you have told us.

- You have 8 drinks per month. You have 104 each year. That is more than 79% of Missourians.
- You spent between \$312 and \$520 on alcohol during the past year.
- Over five years, you have spent between \$1,560 and \$2,600 on alcohol.
- You added 1,200 calories each month. That is more than 4 pounds per year.
- To burn off these calories each week a 155 lb individual would need to: walk fast (4 mph) for 1.1 hours. Or that person has to ride a bicycle between 14-16 mph for 0.4 hours each week. Or that person has to garden for 0.9 hours every week.

Cannabis

This drug is not the same today as it was in the 1980's. Tetrahydrocannabinol (THC) is what gives marijuana its effect. Marijuana today has twice the THC it did twenty years ago.

The following is based on what you have told us. Your chances of having problems because of your cannabis use are moderate.

These are the effects of using cannabis.

- Your risk of heart attack is four times higher in the first hour after smoking cannabis.
- Your blood pressure and heart rate go up.
- You are less able to form memories and to remember things.
- You are less able to shift your attention from one thing to another.
- Your driving is impaired.

At this time, there is no proven link between smoking cannabis and cancer.

By using cannabis, you are in the minority. More than 9 out of 10 Missourians have not used cannabis in the last year.

Your Motivation To Change

You can change your behaviors. Based on what you have told us, in terms of **alcohol** use you are in the contemplative stage of change. You are thinking about change at the moment and may be interested in giving some new behaviors a try to change your drinking pattern. In terms of your **drug** use, you are in the contemplative stage of change. You are thinking about change at the moment and may be interested in trying some new behaviors to reduce your drug use associated risks.

Action Steps Based on Your Motivation To Change

Contemplative (alcohol use motivation to change): This level suggests that you are thinking about changing your risky alcohol use behaviors. You realize that you have alcohol related problems but may unclear as to what to do. Here are some questions to ask yourself to help clarify your thoughts and make specific plans.

- When you make changes what will be different in your life?
- What single alcohol use behavior could you change to start reducing your risks?
- If you were to decide to change that behavior, what would you need to do to make it happen?
- Who in your life could help you make these changes?
- Who will you tell about your intention to change?
- What is your next step?