



## LORAIN COUNTY COMMISSIONERS

### LABINFO NEWSLETTER — *SUPPLEMENTAL EDITION*

VOLUME 1, NUMBER 2

SEPTEMBER-DECEMBER, 2014

This newsletter is provided by the Lorain County Crime/Drug Lab discussing technical information dedicated to local agencies within Lorain County. The information has been collected from various sources and journals.

#### WINDOW OF DETECTION

Source: [www.alcopro.com](http://www.alcopro.com)

##### ***CLASSES OF DRUGS***

##### *Amphetamine/Methamphetamine*

Adderall, Adipex-P, Dexapex, Dexedrine, Desoxyn, Vyvanse, Ephedra/Ephedrine, Phentermine

##### *Barbiturates*

Amobarbital, Butalbital, Secobarbital, Phenobarbital

##### *Benzodiazepines*

Ativan (Lorazepam), Valium (Diazepam), Xanax (Alprazolam)

##### *Cannabinoids*

Marijuana, Hashish, Marinol

##### *Cocaine Metabolites*

Benzoyllecgonine, Ecgonine

##### *Opiates*

Codeine, Subutex, Hydrocodone, Hydromorphone, Lortab, Morphine, Oxycodone, Oxycontin, Tylenol #3/#4, Vicodin

##### *PCP (Phencyclidine)*

Dextromethorphan (DXM/DM)

##### *6- Acetylmorphine (6-AM) Heroin Metabolite*

##### *Ethyl Alcohol*

##### ***DETECTION TIMES***

3 – 5 days	Urine
1 – 3 days	Saliva
4 – 7 day	Urine
N/A	Saliva
3 – 7 days	Urine
N/A	Saliva
Up to 30 days	Urine
1 – 3 days	Saliva
2 – 4 days	Urine
1 – 3 days	Saliva
2 – 4 days	Urine
1 – 3 days	Saliva
7 – 14 days	Urine
1 – 3 days	Saliva
less than 24 hours in urine	
7 – 12 hours	Urine

The length of (approximate) time a drug remains detectable in urine depends on the specific drug, the amount taken and frequency of use, as well as the individual's drug absorption rate, metabolic rate, distribution in the body (including size and weight) and excretion rate. Drugs, in order to be detected in the urine must be absorbed, circulated in the blood and deposited in the bladder.



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### LABORATORY STATISTICAL FACTS

*\*Based on actual analysis.*

#### Laboratory Analysis of Heroin

May, 2011 – May, 2012

			<u>2012</u>	<u>2013</u>
Heroin	64% (84)	Heroin	746	707
Heroin with Cutting Agent	36% (47)			

#### Laboratory Analysis of Cocaine and Heroin:

1<sup>st</sup> Quarter (January-March) 2013:

Cocaine	71
Heroin	162

1<sup>st</sup> Quarter (January-March) 2014:

Cocaine	146
Heroin	164

2<sup>nd</sup> Quarter (April-June) 2013:

Cocaine	121
Heroin	164

2<sup>nd</sup> Quarter (April-June) 2014:

Cocaine	89
Heroin	108

#### Laboratory Analysis of Prescription Pills:

1<sup>st</sup> Quarter (January-March) 2013:

Opiates (narcotics)	124
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1<sup>st</sup> Quarter (January-March) 2014:

Opiates (narcotics)	168
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2<sup>nd</sup> Quarter (April-June) 2013:

Opiates (narcotics)	83
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2<sup>nd</sup> Quarter (April-June) 2014:

Opiates (narcotics)	97
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Over the course of two (2) days, 21 incidents of Heroin drug overdoses were reported to police, with two (2) resulting deaths. The overdoses began Friday evening and lasted through Sunday. By Sunday afternoon, police made the first arrest. The Lorain County Crime/Drug Lab conducted the tests, completed and returned the final report on the drugs within 48 hours. (Source: Chronicle Telegram; Filed on November 12, 2013 by Anna Merriman).





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Some victims were able to revive with Naricans, the brand name for Naloxone, a synthetic narcotic that works solely on people suffering from opiate-related overdoses. (Senate Bill 57 known as Narcan Bill signed by Gov. Kasich due to Sen. Gayle Manning's effort.)

### FENTANYL

Around the country including Ohio heroin tainted with fentanyl has been identified and reported. *This represents an extreme risk of overdose and/or death.*

Fentanyl, a prescription pain killer that is 80 times more powerful than morphine used by cancer patients, has surfaced as a substitute for heroin and has proven lethal here in Lorain County and elsewhere in the country.

### FENTANYL OVERDOSE

The biological effects of fentanyl are indistinguishable from those of heroin; with the exception that fentanyl may be hundreds of times more potent.

### SYMPTOMS OF FENTANYL OVERDOSE:

- seizures
- small pupils
- slow breathing
- dizziness
- weakness
- death
- loss of consciousness or coma
- cold & clammy skin

*Source: Earl Siegel, Pharm. D.; Co-Director, Drug & Poison Information Center; Children's Hospital Medical Center; Cincinnati, Ohio.*

*This information is believed to be accurate; it is not intended to substitute for your own informational gathering or professional medical advice.*



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### ZOLPIDEM

Source: Substance Abuse & Mental Health Services Administration (SAMHSA); 8/11/2014

*Emergency department visits linked to Zolpidem overmedication nearly doubled.*

Zolpidem is the active ingredient in the prescription sleep aids Ambien, Ambien CR, Edluar and Zolpimist. *It is an FDA-approved medication used for the short-term treatment of insomnia.*

The estimated number of emergency department visits involving zolpidem overmedication (taking more than the prescribed amount) nearly doubled from 21,824 visits in 2005-2006 to 42,274 visits in 2009-2010.

Other prescription drugs were involved in 57% of the emergency department visits involving zolpidem overmedication. These medications included benzodiazepines (26%) and narcotic pain relievers (25%). Alcohol was also combined with zolpidem in 14% of these hospital emergency department visits.

Side effects associated with the medication include daytime drowsiness, dizziness, hallucinations, agitation, sleep-walking, and drowsiness while driving. When zolpidem is combined with other substances, the sedative effects of the drugs can be dangerously enhanced.

Overall, nearly half (47%) of zolpidem overmedication-related emergency department visits resulted in either a hospital admission or a transfer to another medical facility. About a quarter of these more serious cases involved admission to a critical or intensive care unit.

For more information about SAMHSA visit: <http://www.samhsa.gov/>  
Also visit [www.drugs.com](http://www.drugs.com) for more information.



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### **SALT CONSUMPTION: HEALTH BENEFITS & RISKS DEPEND ON THE DOSE**

*Source: merckmedicus.com:*

New findings regarding salt consumption have led to two reports in the "New England Journal of Medicine". The gist (main point) is: both too little and too much salt intake can be detrimental to a person's health.

A study, conducted by researchers at McMaster University and Hamilton Health Sciences, followed more than 100,000 people for nearly four (4) years. It assessed sodium and potassium intake and related them to blood pressure as well as to deaths, heart disease and strokes.

But researchers have also found that there may be a risk from eating too little salt, according to the lead author of the second report, Martin O'Donnell. He suggests that what is now generally recommended as a healthy daily ceiling for salt consumption appears to be set too low. Among other things, low sodium intake may lead to adverse elevations of certain hormones that are associated with an increase in risk of death and cardiovascular diseases.

In the study, those who consumed moderate amounts of sodium intake (3 to 6 grams per day), with an increased risk above and below that range, have lowest risk of deaths and cardiovascular events.

### **CAFFEINE CONTENT FOR COFFEE, TEA, SODA AND MORE**

*Source: [www.mayoclinic.com](http://www.mayoclinic.com)*

You may want to take a look at just how much caffeine you get in a typical day, especially if you're bothered by headaches, restlessness or anxiety. If your caffeine habit totals more than 500 milligrams (mg) a day, you may want to consider cutting back.

With the growing popularity of energy drinks, many parents have become concerned about how much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 mg of caffeine a day. *Younger children should not drink caffeinated beverages on a regular basis.*



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Check the charts below to see the caffeine content in popular drinks, sweets and medications. *One note about the numbers: Use them as a guide. The actual caffeine content of the same caffeine drink can vary from day to day – even at the same coffee shop – because of various factors, such as roasting and grinding as well as brewing time. The caffeine content of tea also is affected by how long it's brewed*

### COFFEE

Type of Coffee	Size	Caffeine
Brewed	8 oz. (237 ml)	95-200 mg
- Brewed, decaffeinated	8 oz. (237 ml)	2 – 12 mg
- Brewed, single-served varieties	8 oz. (237 ml)	75-150 mg
- Brewed, single-served varieties, decaffeinated	8 oz. (237 ml)	2 – 4 mg
- Espresso, restaurant-style	1 oz. (30 ml)	47-75 mg
- Espresso, restaurant-style, decaffeinated	1 oz. (30 ml)	0 – 15 mg
- Instant	8 oz. (237 ml)	27-173 mg
- Instant, decaffeinated	8 oz. (237 ml)	2 – 12 mg

### TEA

Type of Tea	Size	Caffeine
<i>Brewed tea:</i>		
- Black tea	8 oz. (237 ml)	14-70 mg
- Black tea, decaffeinated	8 oz. (237 ml)	0-12 mg
- Green tea	8 oz. (237 ml)	24-45 mg

### Iced Tea

- Instant, prepared with water	8 oz. (237 ml)	11-47 mg
- Ready-to-drink, bottled	8 oz. (237 ml)	5-40 mg

### ENERGY DRINKS

Type of Energy Drink	Size	Caffeine
- Amp, regular or sugar-free	8 oz. (237 ml)	71-74 mg
- 5-Hour Energy shot	2 oz. (60 ml)	200-207 mg
- Full Throttle, regular or sugar-free	8 oz. (237 ml)	70-100 mg
- Red Bull, regular or sugar-free	8.4 oz. (248 ml)	75-80 mg
- Rockstar, regular or sugar-free	8 oz. (237 ml)	79-80 mg



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### SODAS

Type of Soft Drink:	Size	Caffeine
- A&W Root Beer	12 oz. (355 ml)	0 mg
- Barq's Root Beer	12 oz. (355 ml)	16-18 mg
- Coca-Cola	12 oz. (355 ml)	23-35 mg
- Diet Coke	12 oz. (355 ml)	23-47 mg
- Pepsi	12 oz. (355 ml)	32-39 mg
- Diet Pepsi	12 oz. (355 ml)	27-37 mg
- Dr Pepper, regular and diet	12 oz. (355 ml)	36-42 mg
- Mtn Dew, regular and diet	12 oz. (355 ml)	42-55 mg
- Mug Root Beer, regular and diet	12 oz. (355 ml)	0 mg
- 7Up	12 oz. (355 ml)	0 mg
- Sierra Mist, regular and diet	12 oz. (355 ml)	0 mg
- Sprite, regular and diet	12 oz. (355 ml)	0 mg

### MEDICATIONS

	Size	Caffeine
- Excedrin Extra Strength	1 tablet	65 mg
- NoDoz Max Strength	1 tablet	200 mg

### SWEETS

	Size	Caffeine
- Chocolate chips, semisweet	1 cup (168 grams)	104 mg
- Dark chocolate-coated coffee beans	28 pieces	336 mg
- Energy Mints	2 mints	95-200 mg

- Caffeine is listed in milligrams (mg)

- Sizes are listed in fluid ounces (oz.) and milliliters (ml)

*Adapted from Journal of Food Science, 2010; Pediatrics, 2011; USDA National Nutrient Database for Standard Reference, Release 26; Journal of Analytical Toxicology, 2006; Starbucks, 2014; Food and Chemical Toxicology, 2014; 5-Hour Energy, 2014; Pepsico, 2014; Full Throttle; Red Bull; Consumer Reports, 2014; Mayo Clinic Proceedings, 2010; American Academy of Pediatrics, 2011.*

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