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**Local Health Professional
Sees Serious Risk
Of Underage Alcohol and Drug Abuse**

Increasing health in our community keeps Dr. Farkas busy in his work and in his community. Farkas Chiropractic on Woodward in Berkley helps patients maximize body function by maximizing the nervous system. Dr. Farkas is also an active member of the Tri-Community Coalition. “The reason I’m involved in my local community coalition is to make my community a healthier place naturally. In my practice I see youth affected by alcohol, tobacco and other drugs. I believe in coalitions because we all need to educate one another about wellness and how to live without drugs.”

Youth begin by experimenting with many drugs: marijuana, alcohol, tobacco, and prescription drugs. “I couldn’t get these drugs when I was a kid, but now I see kids wasted on prescription drugs right here in my community. This is a nice community and it’s disturbing to see young people destroying their health,” stated Dr. Farkas.

The effects of drug use are often seen in mood swings. “They come in up or down. After noting these changes, I’ll ask, ‘Who else besides me knows you use drugs?’” Dr. Farkas is careful about confidentiality, and is concerned because too often, “Parents don’t have a clue,” continues Farkas. “In a different community, I saw a 16 year old doing great in school. She was the prettiest and best kid with great parents who didn’t have any suspicion that their daughter was using drugs. They didn’t know the signs and symptoms of drug abuse. She had started with alcohol and marijuana, and then her friends introduced her to other drugs.”

Parents need to talk to their children about drugs. “None of us can assume we know, because every youth is at risk. We need to understand that prescriptions drugs are like guns: They need to be locked away from youth.”

The effects of early drug use are systemic. “Their development is stunted at the age they begin using. Their emotional, social and mental maturity stops and they make choices based on that level. Their loss is our loss because their immaturity adds to our social and economic problems. They have problems in parenting their children, and we’re all affected.”

“Our whole focus is to educate people and inspire them to act,” stated Farkas. “People self-diagnose and self-medicate. Drugs have been glamorized in our society. It’s the community’s responsibility to educate about wellness and living without drugs.” Dr. Farkas encourages everyone to get involved in a local coalition to increase the health of the community.

Information about local community coalitions is available at www.achconline.org, or call 248-802-6789.