

SUBSTANCE USE AND THE FONTAN

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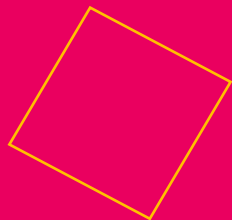
SickKids | Cardiac Transition
Program



You've got the power to take control of managing your lifestyle.

Take charge by learning how certain lifestyle behaviours may impact your health.

Taking control and making good lifestyle choices, **reduces your risk** for developing other types of heart disease later in life.



ALCOHOL

When of legal age, 1-2 drinks is considered low risk - drinking large amounts of alcohol (binge drinking) is not safe!

There are some people for whom even small amounts of alcohol are not safe. This includes some people with high blood pressure or some heart rhythm problems (arrhythmias).

Alcohol can affect the liver, and for some, may cause further liver damage.

Be aware of any interactions alcohol may have with medications.

Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change.

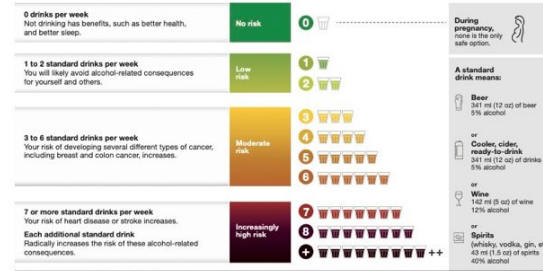
Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

That's why if you drink, it's better to drink less.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

Here is a good way to do it

Count how many drinks you have in a week.



Set a weekly drinking target. If you're going to drink, make sure you don't exceed 2 drinks on any day.

Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

It's time to pick a new target

What will your weekly drinking target be?



Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.



The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Substance Use and Addiction guide.

This document is a summary for the public of the new guidance. For more information, please visit www.ccsa.ca.

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SMOKING and VAPING

There are **SHORT- AND LONG-TERM HEALTH RISKS** associated with both smoking and vaping, these can include:

- lung injury with evidence that it is related to one or more of the chemicals found in vaping solutions
- negative impact on brain development (attention, learning, mood and impulse control)
- nicotine addiction. Nicotine is toxic to the lungs and long-term use may increase the risk of chronic lung disease.
- seizures



MARIJUANA

- widens blood vessels and make the heart pump harder & faster
- impairs thinking, memory, and learning functions and affects how the brain builds connections
- teens and young adults are at greatest risk of harm from using cannabis because their brains are still developing

Know the Health Risks of Cannabis



Mental Health

Daily or near-daily use of cannabis can contribute to dependence and mental health problems over time.



Driving

Cannabis can impair your motor coordination, judgment and other skills required for safe driving.



Respiratory Effects

Toxic and carcinogenic chemicals found in tobacco smoke are also found in cannabis smoke, and can affect the lungs and airways.



Pregnancy

Substances in cannabis are transferred from mother to child and can affect your baby. Not using cannabis if pregnant or breastfeeding is the safest option.



Edible Cannabis

Consuming too much THC can lead to over-intoxication, which includes intense anxiety, vomiting and symptoms of psychosis (paranoia).



Cannabis Extracts

Cannabis extracts with high THC content increase the risk of over-intoxication and addiction.



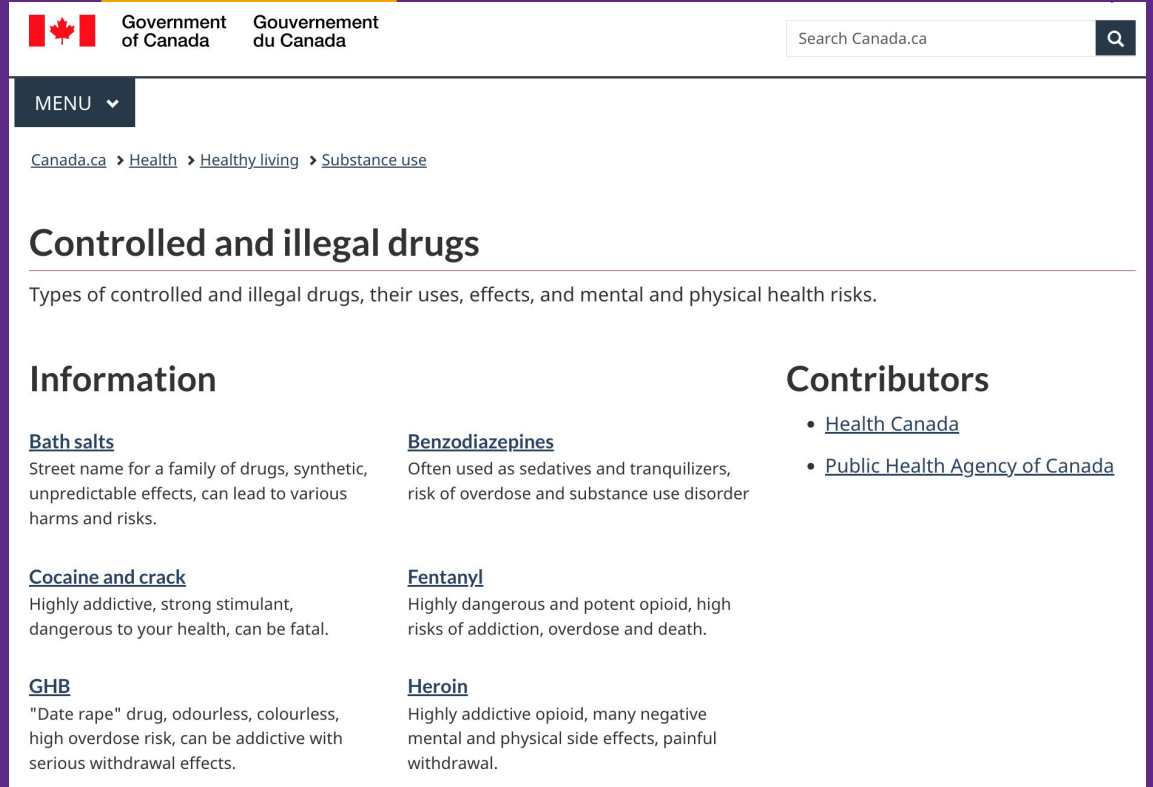
Stay Informed

ccsa.ca/cannabis
canada.ca/cannabis

ILLEGAL DRUGS

Illegal drugs can:

- make the heart beat faster and work harder
- make the heart beat very slow leading to dizziness and fainting
- cause life-threatening heart rhythms



The screenshot shows the top navigation bar of the Government of Canada website, including the Canadian flag, the text 'Government of Canada' and 'Gouvernement du Canada', a search bar with the text 'Search Canada.ca', and a 'MENU' dropdown. Below the navigation bar is a breadcrumb trail: 'Canada.ca > Health > Healthy living > Substance use'. The main heading is 'Controlled and illegal drugs', followed by a sub-heading: 'Types of controlled and illegal drugs, their uses, effects, and mental and physical health risks.' The content is organized into two columns. The left column is titled 'Information' and contains three entries: 'Bath salts' (Street name for a family of drugs, synthetic, unpredictable effects, can lead to various harms and risks.), 'Cocaine and crack' (Highly addictive, strong stimulant, dangerous to your health, can be fatal.), and 'GHB' ('Date rape' drug, odourless, colourless, high overdose risk, can be addictive with serious withdrawal effects.). The right column is titled 'Contributors' and contains two entries: 'Health Canada' and 'Public Health Agency of Canada'. Below the 'Contributors' section, there are two more entries: 'Benzodiazepines' (Often used as sedatives and tranquilizers, risk of overdose and substance use disorder) and 'Fentanyl' (Highly dangerous and potent opioid, high risks of addiction, overdose and death.).

Canada.ca > Health > Healthy living > Substance use

Controlled and illegal drugs

Types of controlled and illegal drugs, their uses, effects, and mental and physical health risks.

Information

Bath salts
Street name for a family of drugs, synthetic, unpredictable effects, can lead to various harms and risks.

Cocaine and crack
Highly addictive, strong stimulant, dangerous to your health, can be fatal.

GHB
"Date rape" drug, odourless, colourless, high overdose risk, can be addictive with serious withdrawal effects.

Contributors

- [Health Canada](#)
- [Public Health Agency of Canada](#)

Benzodiazepines
Often used as sedatives and tranquilizers, risk of overdose and substance use disorder

Fentanyl
Highly dangerous and potent opioid, high risks of addiction, overdose and death.

Heroin
Highly addictive opioid, many negative mental and physical side effects, painful withdrawal.





Resources



Substance Use (alcohol, cannabis, drugs)

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

<https://ccsa.ca/canadas-guidance-alcohol-and-health>

<https://www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html>

<https://www.canada.ca/en/health-canada/services/substance-use/controlled-illegal-drugs.html>

<https://www.bhf.org.uk/information-support/support/children-and-young-people/managing-your-lifestyle/effects-of-smoking-and-drugs>

Facts about mixing Medicine, Alcohol and Street Drugs

<https://drugcocktails.ca>





THANK YOU

Questions?