

AcaciaAnswers

with Dr. Daniel Rosa

How do I explain an overdose to my child?



- INTERNAL MEDICINE PHYSICIAN, HIV SPECIALIST
- HARVARD MEDICAL SCHOOL
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actually counteracts the effects of heroin. Tell your son that it's likely the paramedics got to the man on the sidewalk in time, were able to administer this medication, and saved his life. Hopefully, the man is cherishing his second chance at life, and receiving the care and treatment he needs to manage his addiction.



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Dear Doctor,

Last week, I was walking with my son on Tremont Avenue and saw a man on the sidewalk surrounded by paramedics. Someone nearby said he had overdosed. My son, only 11, asked what that was and I didn't know what to tell him. It's the second time I've seen something like this recently. I get mad because it's one thing to throw your life away but another thing to do it in plain sight of kids. How do I explain this to an 11 year old?

-Brigitta

Dear Brigitta,

The topic of drugs is difficult for children, and parents, to embrace. No matter where they live, how well they do in school or how much money their parents make, all children and young adults are vulnerable to the negative impact of street drugs.

Although it may have come up sooner than you would have liked, I think you should take this opportunity to tell your son about the dangers of street drugs. Since most people first use drugs when they are teenagers, this is a good time for you to educate him on why he shouldn't.

Explain that drugs can lead to addiction, overdose and death. They can

lead to diseases such as Hepatitis and HIV/AIDS. Even marijuana can cause heart and lung problems, in addition to weight gain, acne, clouded judgment and poor reflexes. Legal drugs such as alcohol and nicotine are also killers. On the flipside, people who don't use drugs, don't risk addiction or the harmful things that come with it.

They're happier, healthier, smarter and more successful. It's your son's body and, in the end, it will be his choice. But an early education will help steer him in the right direction.

End your conversation on a positive note. The war on drugs, especially heroin, continues to rage in the South Bronx, but now, there's a medication available that

Schedule an Appointment Today! (718) 764-1577

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