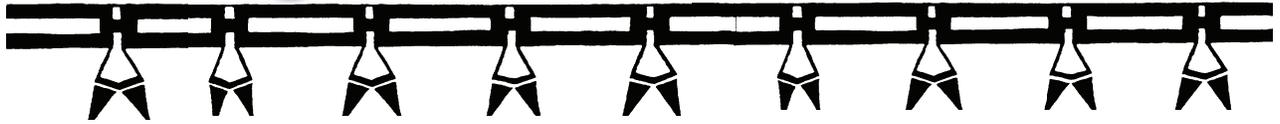


21: Drugs & Alcohol



What are we going to do today?

Today we will look at how drugs, alcohol and other substance use can increase the risks of STDs, HIV, and unplanned pregnancy.

What am I going to learn today?

By the end of today, you will be able to:

1. Describe how alcohol and drugs can increase the risk of STDs, HIV, and unplanned pregnancy.
2. Identify ways you can protect yourself when you are under the influence of drugs and/or alcohol.

**Touch not the
poisonous
firewater that
makes wise men
turn to fools and
robs the spirit of its
vision.**

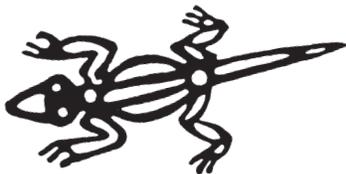
Tecumseh, Shawnee, 1800



NOTES



Do you think drugs and alcohol increase someone's risk for getting an STD or HIV? How so?



Additional Drug & Alcohol Facts

What counts as 1 drink?

$\frac{1}{2}$ ounce (oz) of alcohol = 1 standard drink =



1 12-oz beer



1 5-oz glass wine



1 1.5-oz shot of liquor

Does everyone get equally drunk with the same amount of alcohol?

No, and here's why:

- Drinking alcohol on an empty stomach irritates your digestive system, and results in more rapid absorption of alcohol.
- People who drink quickly (chug) rather than slowly (sip) will become more intoxicated in a shorter period of time.
- Women often get drunker faster because of their typically smaller body size and weight. Also, women have about half as much of the enzymes used to metabolize alcohol as men do.
- Smaller people have less body mass to absorb the alcohol, so they will have more alcohol in their bloodstreams.
- Alcohol absorbs more rapidly when someone is stressed, as opposed to when they are more relaxed.
- Other drugs and medications can have adverse effects and unpredictable interactions with alcohol.
- People with certain health conditions may be affected more quickly by alcohol (e.g., genetic enzyme deficiencies, diabetes, hypertension, thiamine deficiency, depression, seizure disorder).

The body can process about one drink per hour, depending on the variables we just discussed. So, if you have three drinks, it will take approximately three hours after your last drink to sober up.

There are no tricks to speeding up the time needed to process alcohol. Nothing you do (vomiting, drinking coffee, showering, etc.) can speed this process up and make your liver work faster. Only time can sober you up.

Source: Stanford University Alcohol Awareness Program

ALCOHOL IMPAIRMENT CHART--FEMALES										
APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
	Body Weight in Pounds									
Drinks	90	100	120	140	160	180	200	220	240	
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	ONLY SAFE DRIVING LIMIT
1	0.05	0.05	0.04	0.03	0.03	0.03	0.02	0.02	0.02	IMPAIRMENT BEGINS
2	0.10	0.09	0.08	0.07	0.06	0.05	0.05	0.04	0.04	DRIVING SKILLS AFFECTED
3	0.15	0.14	0.11	0.10	0.09	0.08	0.07	0.06	0.06	LEGALLY INTOXICATED--CRIMINAL PENALTIES
4	0.20	0.18	0.15	0.13	0.11	0.10	0.09	0.08	0.08	
5	0.25	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09	
6	0.30	0.27	0.23	0.19	0.17	0.15	0.14	0.12	0.11	
7	0.36	0.32	0.27	0.23	0.20	0.18	0.16	0.14	0.13	
8	0.40	0.36	0.30	0.26	0.23	0.20	0.18	0.17	0.15	
9	0.45	0.41	0.34	0.29	0.26	0.23	0.20	0.19	0.17	
10	0.51	0.45	0.38	0.32	0.28	0.25	0.23	0.21	0.19	

ALCOHOL IMPAIRMENT CHART--MALES										
APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
	Body Weight in Pounds									
Drinks	100	120	140	160	180	200	220	240		
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	ONLY SAFE DRIVING LIMIT
1	0.04	0.03	0.03	0.02	0.02	0.02	0.02	0.02	0.02	IMPAIRMENT BEGINS
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03		DRIVING SKILLS AFFECTED
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05		LEGALLY INTOXICATED--CRIMINAL PENALTIES
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06		
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08		
6	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09		
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11		
8	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.13		
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14		
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16		

Source: <http://www.addict-help.com/drinking.asp>

Effects of alcohol at various Blood Alcohol Concentration (BAC) levels:

BAC (%)	Physical and mental effects
.01 - .03	No apparent effects. Slight mood elevation.
.04 - .06	Feeling of relaxation. Sensation of warmth. Minor impairment of reasoning and memory.
.07 - .09	Mild impairment of balance, speech, vision, control. It is illegal to drive anywhere in the U.S. with a BAC >.08%.
.10 - .12	Significant impairment of motor coordination and loss of judgment. Speech may be slurred.
.13 - .15	Gross impairment of motor control. Blurred vision and major loss of balance. Anxiety, restlessness.
.16 - .20	Extreme anxiety and restlessness. Drinker has the appearance of "sloppy drunk".
.25 - .30	Severe intoxication. Needs assistance walking. Mental confusion. Anxiety, restlessness, with nausea and some vomiting.
.35 - .40	Loss of consciousness. Brink of coma.
.40 and up	Onset of coma. Likelihood of death due to respiratory failure.

What is alcohol poisoning?

Alcohol poisoning is a **SERIOUS** problem and must be treated as a medical emergency.

Alcohol poisoning is caused by an alcohol overdose or binge drinking. When someone drinks too much alcohol, oxygen stops going to the brain. The brain eventually shuts down basic functions that control breathing and heart rate, and the person can die or be seriously impacted.

Symptoms of alcohol poisoning include:

- Vomiting repeatedly
- Unconsciousness
- Cold, clammy, pale or bluish skin
- Slow or irregular breathing

If someone has these symptoms, you need to:

- Get help
- Place them on their side with their knees bent to prevent them from choking from vomit
- Do not leave them alone until help comes

Source: Canoe Journey; UC Davis Safe Party website

Does alcohol always equal fun? Does fun always equal alcohol?

How do I know if a friend has a drinking problem?

If your friend can answer “yes” to even one of these questions, he or she may have a drinking problem:

- **Have you ever felt you should cut down on your drinking?**
- **Have people annoyed you by bugging you about your drinking?**
- **Have you ever felt bad or guilty about your drinking?**
- **Have you ever had a drink first thing in the morning to calm yourself down or to get rid of a hangover?**

More than one “yes” means a problem is highly likely. You should refer your friend to a counselor or health care provider for additional assessments and referral.

Source: Canoe Journey

Sudden Sniffing Death Syndrome & Other Risks of Death

Abuse of butane, propane, and chemicals in aerosols can lead to “sudden sniffing death syndrome”—this is when the heart begins to overwork, beating quickly and unevenly, which can lead to a heart attack.

A person using inhalants also can die from choking or lack of oxygen. This can happen the 1st time, the 10th time, or the 100th time a person uses inhalants.

Source: SAMHSA, <http://family.samhsa.gov/talk/poisons.aspx>

Source for drug info: Canoe Journey; Partnership for a Drug-Free America; Lachenmeier article, Egbert article

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Alcohol (<i>beer, wine, distilled spirits/hard liquor</i>)</p> <p>Fermented or distilled liquids that contain low levels of ethanol—alcohol is absorbed directly through the walls of the stomach and the small intestine, enters the bloodstream, and travels through the body to the brain</p>	<ul style="list-style-type: none"> ○ Carefree feelings ○ euphoria, relaxation ○ Dizziness ○ Talkativeness ○ Slurred speech ○ Disturbed sleep ○ Nausea, and vomiting ○ Impairs judgment and coordination ○ Aggression, including domestic violence and child abuse ○ Hangover (headache, nausea, thirst, dizziness, fatigue) 	<ul style="list-style-type: none"> ○ Addiction (alcoholism) ○ Intense withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions ○ Permanent damage to vital organs such as the brain and liver ○ Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome
<p>Alcohol (<i>ethanol—pure alcohol, grain alcohol</i>)</p> <p>Psychoactive drug that causes changes in perception, mood, consciousness, cognition, and behavior—found in beer, wine, hard liquor, “moonshine”, cologne, aftershave lotion, cough syrup, hairspray, sterno, flavoring extracts, cold remedies, mouthwash</p>	<ul style="list-style-type: none"> ○ Depresses the central nervous system ○ Nausea, vomiting ○ Impaired motor and sensory function ○ Decreased blood flow to the brain ○ Stupor, loss of consciousness ○ Accidental poisoning ○ Death can occur at a toxic dose 	<ul style="list-style-type: none"> ○ Significant permanent damage to the brain and other organs (including liver) ○ Accidental poisoning from chronic toxicity with contaminants such as lead

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Alcohol <i>(isopropanol—rubbing alcohol)</i></p> <p>Found in over-the-counter rubbing alcohol, antifreeze, skin lotions, and some home cleaning products—2-3 times the potency of ethanol</p>	<ul style="list-style-type: none"> <input type="radio"/> Headache <input type="radio"/> Abdominal pain, severe gastritis, vomiting, severe gastrointestinal hemorrhage <input type="radio"/> Slowing down of central nervous system, breathing, heart rate, gag reflex, blood sugar <input type="radio"/> Anemia, impaired blood flow throughout the body <input type="radio"/> Low body temperature, hypothermia <input type="radio"/> Dizziness, seizures <input type="radio"/> Uncoordinated movements <input type="radio"/> Unconsciousness <input type="radio"/> Heart attack <input type="radio"/> Unresponsive reflexes <input type="radio"/> Death 	<ul style="list-style-type: none"> <input type="radio"/> Unknown
<p>Alcohol <i>(Methanol)</i></p> <p>A common ingredient found in solvents, paint thinners, shellacs, antifreeze, sterno, denatured alcohol, windshield washer fluid</p>	<ul style="list-style-type: none"> <input type="radio"/> Minimal intoxication <input type="radio"/> Delayed onset of visual symptoms <input type="radio"/> Metabolic acidosis <input type="radio"/> Gastrointestinal upset <input type="radio"/> Central nervous system depression <input type="radio"/> Liver, retinal, and renal damage <input type="radio"/> Accidental poisoning 	<ul style="list-style-type: none"> <input type="radio"/> Blindness <input type="radio"/> Rigidity <input type="radio"/> Spasticity

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Club Drugs (<i>ecstasy, ketamine-date rape drugs [rohypnol, GHB]</i>)</p> <p>Includes stimulants, depressants, and hallucinogens</p> <p>Slang:</p> <ul style="list-style-type: none"> ○ <u>Ecstasy</u>: bean, burgers, clarity, disco biscuits, doves, E, eccies, echoes, essence, fantasy, hug drug, lovers speed, MDMA, roll, Stacy, X XTC ○ <u>Ketamine</u>: fat valium, K, ket, Special K, Vitamin K ○ <u>Rohypnol</u>: fircles, forget me pill, La Rocha, lunch money, Mexican valium, pingus, roach, roach-2, roopies, robutal, roche, rolfies, roofies, rope, rophies, row-shay, ruffles 	<p>Ecstasy:</p> <ul style="list-style-type: none"> ○ A stimulant and hallucinogen ○ Relaxed and euphoric state ○ Enhanced emotions, self-acceptance ○ Lifts mood, blood pressure, heart rate <p>Ketamine:</p> <ul style="list-style-type: none"> ○ Produces a dissociative state—feeling of detachment from surroundings ○ Reported “near death” experiences ○ Seizures ○ Respiratory depression ○ Impaired motor function <p>Rohypnol:</p> <ul style="list-style-type: none"> ○ A sedative and known date rape drug ○ Decreased blood pressure ○ Impaired memory and vision ○ Drowsiness, confusion ○ Dizziness ○ Gastrointestinal pain ○ Aggressiveness ○ Complete blackout <p>GHB:</p> <ul style="list-style-type: none"> ○ A known date rape drug ○ Effects are similar to alcohol ○ Euphoria, relaxation, calm ○ Nausea, dizziness, headaches ○ Drowsiness, loss of consciousness ○ Respiratory distress ○ Seizures ○ Difficulty thinking ○ Hallucinations ○ Slurred speech 	<p>Ecstasy:</p> <ul style="list-style-type: none"> ○ Anxiety, depression ○ Heart or kidney damage ○ Brain injury (esp. thinking and memory) <p>Ketamine:</p> <ul style="list-style-type: none"> ○ High blood pressure ○ Brain damage--impaired attention, learning ability, memory, amnesia ○ Depression ○ potentially fatal respiratory problems <p>Rohypnol:</p> <ul style="list-style-type: none"> ○ physical and psychological dependence <p>GHB:</p> <ul style="list-style-type: none"> ○ Loss of memory during the hours after ingesting it ○ Coma, death

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Depressants (<i>barbiturates, Quaaludes</i>)</p> <p>Effect is similar to alcohol intoxication—they slow down central nervous system</p>	<ul style="list-style-type: none"> ○ Lower breathing and heart rate, lower blood pressure ○ Calmness, relaxed muscles, sleepiness ○ Sense of well-being ○ Clammy skin ○ Dilated pupils ○ Slight dizziness, impaired coordination, staggering, stumbling, slow reactions ○ Reduced sex drive ○ Release of inhibitions ○ Difficulty concentrating, confusion ○ Impaired thinking and perception, clouded judgment ○ Slurred speech, babbling ○ Weak control of emotions, depression, paranoia, hostility, suicidal thoughts ○ Overdose can cause coma or death 	<ul style="list-style-type: none"> ○ Impaired sexual function ○ Chronic sleep problems ○ Respiratory depression and respiratory arrest ○ Death <p>Slang:</p> <ul style="list-style-type: none"> ○ Barbiturates: Barbs, Barbies, Bluebirds, Blues, downers ○ Quaaludes: 'Ludes, Q's, quas, quaaas, quacks, quakers, Quads, Vitamin Q
<p>Hallucinogens (<i>ecstasy, ketamine, LSD, PCP, peyote, psilocybin</i>)</p> <p>Drugs that act on the central nervous system to produce altered states of perception, feeling, and consciousness</p>	<ul style="list-style-type: none"> ○ Nausea, dizziness, Dilated pupils ○ Increased heart rate and blood pressure ○ Irregular breathing, inability to reason ○ Muscle weakness or muscle rigidity ○ Slurred or blocked speech, loss of coordination, numbness ○ Loss of appetite ○ Distorted vision and hearing ○ Disassociation—feeling of detachment from surroundings ○ Sense of strength and invulnerability ○ Aggressive and violent behavior ○ Inability to separate fact from fantasy ○ Rapid mood swings, panic attacks, paranoia, fear, hysteria 	<ul style="list-style-type: none"> ○ “Flashbacks” (reoccurrences of hallucinations long after ingesting the drug) ○ Some are addictive (PCP) ○ PCP causes memory loss, difficulties with speech and thinking, depression, mood disorders, weight loss ○ Ecstasy may damage cells that regulate mood, appetite, pain, learning and memory

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
	<p>Slang:</p> <ul style="list-style-type: none"> ○ Ecstasy: bean, burgers, clarity, disco biscuits, doves, E, eccies, echoes, essence, fantasy, hug drug, lovers speed, MDMA, roll, Stacy, X XTC ○ Ketamine: Cat Valium, K, Ket, Special K, Vitamin K ○ LSD: acid, Alice, blotters, blotter acid, micro dots, tabs, trips, windowpane ○ PCP: amoeba, angel dust, crystal 	<p>Slang:</p> <ul style="list-style-type: none"> ○ Peyote: mescaline, peyote buttons ○ Psilocybin: boomers, caps, cubes, gods flesh, liberty caps, little smoke, magic mushrooms, Mexican mushrooms, sherm, shrooms, musk, sacred mushroom, silly cybin, silly putty, simple simon
<p>Inhalants (<i>gas, solvents, chemical vapors</i>)</p> <p>Intentional breathing (“huffing”) of chemical vapors</p> <p>Slang: air blast, amies, bang, bullet bolt, heart on, hippie crack, kick, Medusa, moon gas, Oz, poor man’s pot, poppers, quicksilver, rush, Satan’s secret, snappers, sniff, spray, thrust, toilet water, toncho, whippets, white out</p>	<p>“Sudden Sniffing Death”</p> <ul style="list-style-type: none"> ○ Suffocation ○ Heart attack ○ Red, runny nose; nosebleeds ○ Headaches ○ Dilated pupils ○ Difficulty concentrating ○ Sudden memory loss ○ Slowing of body’s functions ○ Loss of coordination ○ Nausea, vomiting ○ Spacey ○ Loss of consciousness ○ Violent behavior 	<ul style="list-style-type: none"> ○ Death ○ Permanent brain damage—results in personality changes, loss of memory, learning disabilities, loss of coordination, slurred speech, tremors) ○ Damage to the lungs, heart, liver, kidneys, blood, bone marrow, and other organs ○ Chronic cough ○ Sores on mouth and nose ○ Physical and psychological addiction ○ Muscle weakness, numbing nerve damage to back and legs ○ Weight loss ○ Disorientation, inattentiveness, lack of coordination, irritability, and depression

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Marijuana</p> <p>The most often used illegal drug in the US—the main active chemical is THC</p>	<ul style="list-style-type: none"> ○ Problems with memory and learning ○ Distorted perception (sights, sounds, time, touch) ○ Trouble with thinking and problem solving ○ Loss of motor coordination ○ Increased heart rate, and anxiety ○ Dry mouth and throat <p>Slang: Colombian, dope, dough, ganja, grass, hemp, home-grown, jive, joint, Mary Jane, Maui-Wowie, Mexican, Panama Gold, Panama Red, pot, ragweed, reefer, sinsemilla, skunk, stiva, weed</p>	<ul style="list-style-type: none"> ○ Cancer—marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations—studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day
<p>Methamphetamine</p> <p>Addictive stimulant that strongly activates certain systems in the brain</p> <p>Slang: crank, crystal, G, glass, meth, speed, Tina, tweak</p>	<ul style="list-style-type: none"> ○ Intense rush of energy and euphoria, followed by a devastating crash ○ Wakefulness ○ Increased physical activity ○ Low appetite ○ Fast breathing ○ High fever ○ Irritability, aggressiveness ○ Tremors, convulsions ○ Intense cravings for more ○ Heart attack 	<ul style="list-style-type: none"> ○ Death, heart attack, stroke ○ Body movement disorders, muscle spasms and twitches ○ Brain cell loss, brain damage—damage to memory, information processing, decision-making ○ Delusions, hallucinations (esp. of parasites or insects crawling under the skin) ○ Sleeplessness ○ Toxic psychosis, violent or psychotic behavior ○ Mood swings, anxiety, confusion, paranoia ○ Repetitive behavior (such as compulsively cleaning, grooming or disassembling and assembling objects) ○ Homicidal and suicidal thoughts

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Nicotine (<i>cigarettes, chewing tobacco, cigars</i>)</p> <p>Causes brain to release dopamine, which triggers pleasure</p>	<ul style="list-style-type: none"> ○ Raises heart rate and blood pressure ○ Narrows arteries ○ Reduces amount of oxygen blood can carry ○ Reduces hunger ○ Increases stomach acid ○ Causes diarrhea ○ Boosts alertness, concentration ○ Sores in the mouth (from chewing tobacco) 	<ul style="list-style-type: none"> ○ Causes cancer of the lung, mouth, pharynx, larynx, esophagus ○ Gum damage, tooth loss ○ Emphysema ○ Bronchial disorders ○ Cardiovascular disease
<p>Opiates (<i>heroin, codeine, methadone, morphine, oxycodone</i>)</p> <p>Depresses the central nervous system</p>	<ul style="list-style-type: none"> ○ Euphoria ○ Reduced hunger and sex drive ○ Shallow breathing ○ Drowsiness and heavy limbs ○ Cramps, constipation, nausea, vomiting ○ Itching, scratching 	<ul style="list-style-type: none"> ○ Malnutrition – extreme loss of appetite and weight ○ Needle tracks, punctures, scars along veins ○ Bruises from skin popping ○ Poor vision and concentration ○ Tremors, irritability, apathy ○ Loss of judgment and self-control ○ Tolerance and addiction ○ Heart valve infection and cardiac disease
<p>Slang:</p> <ul style="list-style-type: none"> ○ <u>Codeine</u>: schoolboy ○ <u>Heroin</u>: Antifreeze, Big H, black tar, brown sugar, China white, dope, dust, golden girls, H, horse, junk, Mexican mud, poison, shit, skag, smack, sweet dreams, tar, train 	<p>Slang:</p> <ul style="list-style-type: none"> ○ <u>Methadone</u>: Dollies, Dolls, Dolly, Mud, Phylamps, Red Rock, Tootsie Roll, Amidone, Fizzies, Balloons, Breaze, Burdock, Buzz Bomb, Cartridges, Jungle Juice, Junk ○ <u>Morphine</u>: M, morf, white stuff ○ <u>Oxycodone</u>: Hillbilly Heroin, Killers, O.C.'s, Oxy, Oxycet, Oxycottons, Oxy 80's 	<ul style="list-style-type: none"> ○ Congested lungs and pneumonia ○ Skin abscesses, vein inflammation ○ Increased risk for HIV, hepatitis ○ Liver disease, hepatitis, anemia ○ Overdose, coma, death

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Over-the-Counter (OTC) Medicines <i>(mostly cough and cold medicines containing DXM, but also diet pills; pain relievers; motion sickness pills; sexual performance pills)</i></p> <p>Slang: DXM: Candy, Dex, DM, Drex, Red Devils, Robo, Rojo, Skittles, Tussin, Velvet, Poor Man's X, Vitamin D</p>	<p>DXM:</p> <ul style="list-style-type: none"> ○ Nearly half of OTC drugs, more than 140 products, contain an ingredient called dextromethorphan (or DXM). ○ Has both depressant and mild hallucinogenic effects ○ Impaired judgment and mental functioning ○ Loss of coordination, slowed reflexes ○ Dizziness, nausea, vomiting ○ Hot flashes ○ Hallucinations ○ Dose-dependent "plateaus", from mild mind and body dissociation ("out-of-body" experience) ○ Seizure ○ Death 	<p>DXM:</p> <ul style="list-style-type: none"> ○ Organ damage and even death from high quantities of drugs combined with DXM in OTC medicines ○ Acetaminophen—liver damage ○ Chlorpheniramine—increased heart rate, lack of coordination, seizures, and coma
<p>Prescription Pain Relievers <i>(Codeine, OxyContin, Percocet and Vicodin)</i></p> <p>Analgesics to treat pain</p>	<ul style="list-style-type: none"> ○ Relief from pain ○ Euphoria or feelings of well being ○ Drowsiness ○ Constipation ○ Slowed breathing ○ Severe respiratory depression ○ Death <p>Slang:</p> <ul style="list-style-type: none"> ○ <u>C</u>odeine: schoolboy ○ <u>O</u>xycodone: Hillbilly Heroin, Killers, O.C.'s, Oxy, Oxycet, Oxycottons, Oxy 80's ○ <u>V</u>icodin: Vikings 	<ul style="list-style-type: none"> ○ Physical dependence and addiction ○ Withdrawal symptoms (restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes with goose bumps)

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Prescription Stimulants (<i>Adderall, Dexedrine, Ritalin</i>)</p> <p>See “Stimulants”—Used to treat narcolepsy, attention-deficit hyperactivity disorder and short-term treatment of obesity</p>	<ul style="list-style-type: none"> ○ Increased norepinephrine and dopamine in the brain ○ Increased blood pressure and heart rate ○ Constricted blood vessels, increased blood glucose, and increased breathing ○ Increased alertness, attention, and energy ○ Sense of euphoria ○ Potential for cardiovascular failure (heart attack) or lethal seizures 	<ul style="list-style-type: none"> ○ Addiction ○ Feelings of hostility or paranoia ○ High body temperatures ○ Irregular heartbeat ○ Potential for cardiovascular failure (heart attack) or lethal seizures <p>Slang: Kibbles & Bits, pineapple, West Coast, Vitamin R</p>
<p>Steroids (<i>anabolic steroids</i>)</p> <p>Synthetically made substance from the male hormone, testosterone</p> <p>Slang: Go-Go Juice, juice, Red Power Ranger, ‘Roids, sauce, slop</p>	<ul style="list-style-type: none"> ○ Increase in muscle and athletic performance ○ Mood swings, depression, irritability, delusions, impaired judgment 	<ul style="list-style-type: none"> ○ Damage to growth areas at end of bones, permanently stunting growth ○ Weakened tendons causing tears and ruptures ○ Headaches from hormonal imbalances ○ High blood pressure, hardening of the arteries, heart palpitations, heart attack, stroke ○ Liver and kidney damage ○ Uncontrolled aggression and combativeness ○ Gender-related side effects (for women masculinization occurs: more hair on body & face, lower voice, irregular menstrual periods, skin problems; for men feminization occurs: breast enlargement, testicular shrinkage, tendency toward fatty deposits, soft muscles, balding, lower levels of testosterone)

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Stimulants (<i>cocaine, crack, meth</i>)</p> <p>Speed up brain activity and heart rate, narrow blood vessels and reduce blood flow and oxygen to the heart</p>	<ul style="list-style-type: none"> ○ Increased alertness, energy, confidence ○ Flushing or paleness ○ Tremors and/or seizures ○ Loss of coordination ○ Delusional thinking ○ Heart attack, stroke ○ Respiratory problems ○ Liver, kidney & lung damage ○ Possible death <p>Slang:</p> <ul style="list-style-type: none"> ○ <u>Cocaine</u>: Angie, blow, C, Charlie, crack, coke, devil's dandruff, dust, flake, freebase, lady, marching powder, nose candy, pearl flake, powder, rock, rails, snow, snowbirds, toot, white, yahoo ○ <u>Crack</u>: applejacks, base, baseball, bazooka, crackers, freebase, rock, ready rock, 3-inch sticks ○ <u>Meth</u>: crank, crystal, G, glass, meth, speed, Tina, tweak 	<ul style="list-style-type: none"> ○ Malnutrition and vitamin deficiencies ○ High blood pressure, irregular heart beat, stroke ○ Ulcers and skin disorders ○ Weight loss, possible anorexia ○ Depression, anxiety ○ Intense cravings ○ Respiratory problems (from smoking) ○ Permanent damage to nasal tissue (from snorting) ○ Depletion of dopamine (results in decreased mood, attention, motivation)

RESOURCES

Alcohol & Substance Abuse Treatment Locator

<http://dasis3.samhsa.gov>

Online resource for locating drug and alcohol abuse treatment programs sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Check Yourself

<http://checkyourself.com>

Teen-friendly site includes basic information, true stories, Q&A, quizzes, decision-making online games, and more. Developed by the Partnership for a Drug-Free America.

The Cool Spot

<http://www.thecoolspot.gov>

Youth-friendly, interactive website that gives teens a clearer picture about alcohol use among their peers and helps to develop skills to resist pressure to drink. Developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

Go Ask Alice: Alcohol & Other Drugs

<http://www.goaskalice.columbia.edu/Cat2.html>

Columbia University's health Q&A Internet site.

NIDA for Teens

<http://teens.drugabuse.gov/facts/index.asp>

Teen-friendly site with drug facts, Q&A, brain games, true stories. Developed by the National Institute on Drug Abuse.

TeensHealth

http://kidshealth.org/teen/drug_alcohol

Website created for teens looking for honest, accurate information and advice about health, relationships, and growing up. Developed by Nemours, a leading pediatric health system.



Tips for Teens: The Truth About Alcohol

<http://ncadi.samhsa.gov/govpubs/ph323>

A component of the Substance Abuse and Mental Health Services Administration's (SAMHSA) national clearinghouse for alcohol and drug information.

Too Smart to Start

<http://www.toosmarttostart.samhsa.gov>

A public education initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to prevent underage alcohol use.