

# **21: Drugs & Alcohol**

Words of Wisdom

Drugs & Alcohol Myths & Statements

Answers to Drugs & Alcohol Myths & Statements

Additional Drug & Alcohol Facts

Resources

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

*Tecumseh, Shawnee, 1800*

## Drugs & Alcohol Myths & Fact Statements

<p>1. Caffeine is the most widely used drug in the world.</p>	<p>2. It is rare for a teenager to be an alcoholic.</p>
<p>3. One out of every five people in the U.S. dies from causes linked to cigarette smoking</p>	<p>4. When people stop smoking cigarettes, they can reverse some of the damage to their body.</p>
<p>5. Babies exposed to secondhand smoke after birth have double the risk of Sudden Infant Death Syndrome (SIDS).</p>	<p>6. Drug addiction is a voluntary behavior.</p>
<p>7. Marijuana is not harmful because it is natural and comes from a plant.</p>	<p>8. You have to “huff” a lot of fumes (like glue, paint, gasoline, etc.) before it can hurt you.</p>
<p>9. Hallucinogens (like acid and “magic mushrooms”) can affect you for a long time after taking them.</p>	<p>10. Methamphetamine is less harmful than crack, cocaine, and heroin.</p>
<p>11. Smoking marijuana is less dangerous than smoking cigarettes.</p>	<p>12. Beer and wine are safer than liquor.</p>
<p>13. Half of Native Americans over 12 years old currently use tobacco (more than any other racial/ethnic group).</p>	<p>14. Taking someone else’s prescription drugs is safer than taking illegal drugs, like cocaine or heroin.</p>

15. It's safe to drink household products with alcohol in them to get high.

16. Meth causes brain damage, including damage to memory, information processing, and decision-making.

17. If you smoke during childhood and teenage years, you are more likely to have a heart attack as an adult.

18. Cocaine is addictive.

19. Serious infections can be passed between people if they share needles to inject drugs.

20. Over-the-counter cold medicines are a safe way to get high.

21. Smokeless tobacco is safe.

22. It's OK to share needles to shoot up drugs if you know the other person doesn't have HIV.

23. Huffing kills your brain cells.

24. Most teens do drugs.

25. If a friend passes out from drinking too much, you should just let them sleep it off.

26. Using drugs and alcohol can make you more at risk for catching an STD.

27. You can't overdose on pot.

28. It's safer to eat pot than to smoke it.

29. If you get too "up" on weed, you should take a downer to balance you out.

30. Three times as many Native American high school students have tried meth compared to all other race/ethnicities.

## Answers to Drugs & Alcohol Myths & Statements

1. **FACT.** Caffeine is in coffee, tea, sodas, energy drinks, chocolate . . . 80% of adults in the western world consume caffeine on a regular basis.<sup>1</sup>
2. **MYTH.** Anyone can develop a serious alcohol problem, including a teenager.<sup>2,3</sup>
3. **FACT.** According to the Centers for Disease Control and Prevention (CDC), cigarette smoking results in more than 400,000 premature deaths in the United States each year—about 1 in every 5 U.S. deaths.<sup>4</sup>
4. **FACT.** Quitting smoking reduces the risk of cancer and other diseases, such as heart disease and lung disease, caused by smoking. People who quit smoking, regardless of their age, are less likely than those who continue to smoke to die from smoking-related illness.<sup>5</sup>
5. **FACT.** SIDS is the leading cause of death in otherwise healthy infants—secondhand smoke increases the risk for SIDS.<sup>6,7</sup> Native American babies are three times as likely to die from SIDS than white babies.<sup>8</sup>
6. **MYTH.** Over time, continued use of addictive drugs changes your brain—at times in dramatic, toxic ways, at others in more subtle ways, but virtually always in ways that result in compulsive and even uncontrollable drug use.<sup>9</sup>
7. **MYTH.** Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations.<sup>10</sup>
8. **MYTH.** The first “huff” can kill you . . . or the 10th or the 100th. Even if you have huffed before without experiencing a problem, there’s no way of knowing how the next huff will affect you.<sup>11</sup>; Sniffing highly concentrated amounts of the chemicals in solvents or aerosol sprays can directly induce heart failure and death within minutes of a session of repeated inhalation. This syndrome, known as “sudden sniffing death,” can result from a single session of inhalant use by an otherwise healthy young person.<sup>12</sup>

<sup>1</sup> [http://www.camh.net/about\\_addiction\\_mental\\_health/drug\\_and\\_addiction\\_information/caffeine\\_dyk.html](http://www.camh.net/about_addiction_mental_health/drug_and_addiction_information/caffeine_dyk.html)

<sup>2</sup> <http://www.niaaa.nih.gov/NR/rdonlyres/3F7A2293-C695-4B82-882D-9A19BF2782E6/0/Children.pdf>

<sup>3</sup> <http://www.cdc.gov/nchs/data/nhsr/nhsr015.pdf>

<sup>4</sup> [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking)

<sup>5</sup> <http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

<sup>6</sup> [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects)

<sup>7</sup> [http://www.cdc.gov/tobacco/data\\_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf](http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf)

<sup>8</sup> [http://www.nichd.nih.gov/publications/pubs/upload/BTS\\_AIAN\\_brochure.pdf](http://www.nichd.nih.gov/publications/pubs/upload/BTS_AIAN_brochure.pdf)

<sup>9</sup> [http://archives.drugabuse.gov/published\\_articles/myths.html](http://archives.drugabuse.gov/published_articles/myths.html)

<sup>10</sup> <http://www.helpthemknow.com/myth.php>

<sup>11</sup> <http://ncadi.samhsa.gov/govpubs/phd631>

<sup>12</sup> <http://www.drugabuse.gov/infofacts/inhalants.html>

9. **FACT.** In addition to flashbacks, long-term effects may include decreased motivation, prolonged depression, anxiety, increased delusions and panic, and psychosis.<sup>13</sup>
10. **FACT.** Some users get hooked the first time they snort, smoke, or inject meth. Because it can be made from lethal ingredients like battery acid, drain cleaner, lantern fuel, and antifreeze, there is a greater chance of suffering a heart attack, stroke, or serious brain damage with this drug than with other drugs.<sup>14</sup>
11. **MYTH.** It's even worse. One joint affects the lungs as much as four cigarettes.<sup>15</sup>
12. **MYTH.** One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half-cup) has as much alcohol as a 1.5-ounce shot of liquor. Alcohol can make you drunk and cause you problems no matter how you consume it.<sup>16</sup>
13. **FACT.** In 2008, the prevalence of current use of a tobacco product among persons aged 12 or older was 13.9 percent for Asians, 21.3 percent for Hispanics, 28.6 percent for blacks, 30.4 percent for whites, 37.3 percent for persons who reported two or more races, and 48.7 percent for American Indians or Alaska Natives.<sup>17</sup>
14. **MYTH.** Many people think that abusing prescription drugs is safer than abusing illicit drugs like heroin because the manufacturing of prescription drugs is regulated or because they are prescribed by doctors. But that doesn't mean these drugs are safe for someone other than the person with the prescription to use. Many prescription drugs can have powerful effects in the brain and body—and people sometimes take them in ways that can be just as dangerous (e.g., crushing pills and snorting or injecting the contents) as illicit drug abuse.<sup>18</sup>
15. **MYTH.** Many household products contain alcohol, but not the kind of alcohol meant to be consumed by people. Drinking products such as hand sanitizer, hair spray, cologne, mouthwash, sterno, etc. may make you feel high, but it can also depress the central nervous system; cause nausea and vomiting; impair motor and sensory function; decrease blood flow to the brain; make you pass out; poison or even KILL you.<sup>19,20</sup>
16. **FACT.** In the short term, meth causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.<sup>21</sup>

<sup>13</sup> <http://ncadi.samhsa.gov/govpubs/phd642>

<sup>14</sup> <http://ncadi.samhsa.gov/govpubs/PHD861>

<sup>15</sup> <http://ncadi.samhsa.gov/govpubs/phd641>

<sup>16</sup> <http://ncadi.samhsa.gov/govpubs/ph323>

<sup>17</sup> <http://www.oas.samhsa.gov/nsduh/2k8nsduh/2k8Results.pdf>

<sup>18</sup> <http://www.nida.nih.gov/ResearchReports/Prescription/Prescription.html>

<sup>19</sup> <http://www.ncbi.nlm.nih.gov/pubmed/4087909>

<sup>20</sup> <http://www.ncbi.nlm.nih.gov/pubmed/17681034>

<sup>21</sup> <http://ncadi.samhsa.gov/govpubs/phd861>

17. **FACT.** If kids and teens smoke cigarettes, later in life it will become a major risk factor for coronary heart disease, which leads to heart attack. Among young men and women—who are otherwise at very low risk of developing coronary heart disease—cigarette smokers are two to four times more likely to develop coronary heart disease. The longer a person smokes, the higher the risk of coronary heart disease.<sup>22</sup>
18. **FACT.** Cocaine is psychologically addictive. Crack cocaine is especially addictive, sometimes creating dependence after only a few weeks.<sup>23,24</sup>
19. **FACT.** Injection drug users are at risk for Hepatitis B, Hepatitis C, and HIV through the sharing of needles and drug-preparation equipment.<sup>25</sup>
20. **MYTH.** There have been several fatal overdoses associated with DXM, an ingredient in many cough and cold medicines. High amounts can shut down the central nervous system. Also, combination cold and flu drugs often contain many other active ingredients (e.g., cough suppressants, decongestants, antihistamines, and painkillers). When taken at high doses, these other drugs—like acetaminophen—can be toxic; they can cause liver damage, heart attack, stroke, and even death.<sup>26</sup>
21. **MYTH.** Many people who chew tobacco or dip snuff think it's safer than smoking. But you don't have to smoke tobacco for it to be dangerous. Chewing or dipping carries risks like: cancer of the mouth, decay of exposed tooth roots, pulling away of the gums from the teeth, and white patches or red sores in the mouth that can turn to cancer. Recent research shows the dangers of smokeless tobacco may go beyond the mouth. It might also play a role in other cancers, heart disease and stroke. Smokeless tobacco contains more nicotine than cigarettes. Nicotine is a highly addictive drug that makes it hard to stop using tobacco once you start.<sup>27</sup>
22. **MYTH.** Sharing drug equipment (or "works") is a major risk factor for spreading HIV.<sup>28</sup>
23. **FACT.** Inhalants damage brain cells by preventing them from receiving enough oxygen. The effects of this condition, also known as brain hypoxia, depend on the area of the brain affected. The hippocampus, for example, helps control memory, so someone who repeatedly uses inhalants may lose the ability to learn new things or may have a hard time carrying on simple conversations. If the cerebral cortex is affected, the ability to solve complex problems and plan ahead will be compromised. And, if the cerebellum is affected, it can cause a person to move slowly or clumsily.<sup>29</sup>

<sup>22</sup> [http://www.cdc.gov/tobacco/data\\_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf](http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf)

<sup>23</sup> <http://www.drugabuse.gov/infofacts/cocaine.html>

<sup>24</sup> Advocates for Youth, Life Planning Education.

<sup>25</sup> <http://www.cdc.gov/hepatitis/Populations/idu.htm>

<sup>26</sup> <http://www.webmd.com/parenting/teen-abuse-cough-medicine-9/teens-and-dxm-drug-abuse?page=3>

<sup>27</sup> <http://www.nlm.nih.gov/medlineplus/smokelesstobacco.html>

<sup>28</sup> <http://aids.gov/hiv-aids-basics/prevention/reduce-your-risk/substance-abuse-use>

<sup>29</sup> [http://teens.drugabuse.gov/facts/facts\\_inhale2.php](http://teens.drugabuse.gov/facts/facts_inhale2.php)

24. **MYTH.** While drug use among teenagers in the U.S. is a serious concern, it's important to point out that the majority of teens do not use drugs. In 2003, students in 9th-12th grade indicated that 40% had used marijuana, 12% had used inhalants, 11% had used ecstasy, 9% had used cocaine, 8% had used methamphetamine, 6% had illegally used steroids, 3% had used heroin, and 3% had injected an illegal drug one or more times during their lifetime.
25. **MYTH.** If your friend falls asleep from drinking too much, someone needs to stay with them and check continually to ensure that they are breathing normally. Many people don't realize the difference between someone who is sleeping and one who is at risk for (or already is) becoming unconscious. If someone is tired after drinking, that may be normal. Alcohol is a depressant. Therefore, it slows all of the body's functions down. If a person is sleeping, s/he can be woken up, and perhaps moved to a safe location or talked with. Someone who is unconscious will not respond to gentle shaking or being spoken to. You may notice that the person is breathing slowly or shallowly. S/he may feel cold to the touch or have blue-ish lips. An unconscious individual needs immediate medical attention. In large amounts, alcohol will dull the nerves that regulate one's breathing, heartbeat, and gag reflex. This could lead to injury, or even death.
26. **FACT.** Substance use can definitely impact ones (safer) sex practices. Research has shown a significant relationship between drugs and alcohol and unsafe sex (e.g., no condom, multiple partners).
27. **MYTH.** You can overdose on pot. Symptoms may include disorientation, feeling delirious or feverish, and can be followed by hangover or stupor. In some severe cases, people who overdose may also become extremely paranoid, hallucinate, or have panic attacks (which may make them harmful to themselves or others).
28. **MYTH.** Compared to smoking pot, you may have worse side effects from eating marijuana. It's common to feel nauseated or physically uncomfortable after eating marijuana. Because the stomach doesn't absorb marijuana evenly, it's harder for people to estimate how much they need to eat to get high. There's also a delay in the time it takes for the drug to have its effect. This can cause people to think that they haven't eaten enough marijuana to get high, so they continue to scarf down more of it. There is a greater risk of overdosing from eating marijuana, and the effects may be more severe and last longer when food is spiked with marijuana because marijuana has a stronger, more prolonged effect on the body when it's eaten.
29. **MYTH.** Taking a downer while on stimulants can be an incredibly risky habit. One drug is telling the body to speed up heart rate and elevate blood pressure, while the other is telling the body to do just the opposite. Under this kind of stress, the body can react in unpredictable and dramatic ways.
30. **FACT.** Three times as many Native American high school students have tried meth compared to all other race/ethnicities (11% vs. 4%, respectively).

<sup>30</sup> <http://www.justice.gov/ndic/pubs11/12430/index.htm>

<sup>31</sup> <http://www.goaskalice.columbia.edu/2244.html>

<sup>32</sup> <http://www.goaskalice.columbia.edu/0399.html>

<sup>33</sup> <http://www.goaskalice.columbia.edu/6155.html>

<sup>34</sup> <http://www.goaskalice.columbia.edu/6155.html>

<sup>35</sup> <http://www.goaskalice.columbia.edu/5260.html>

<sup>36</sup> <http://apps.nccd.cdc.gov/youthonline>

# 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

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

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

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><b>Alcohol</b> (<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"> <li>○ Carefree feelings</li> <li>○ euphoria, relaxation</li> <li>○ Dizziness</li> <li>○ Talkativeness</li> <li>○ Slurred speech</li> <li>○ Disturbed sleep</li> <li>○ Nausea, and vomiting</li> <li>○ Impairs judgment and coordination</li> <li>○ Aggression, including domestic violence and child abuse</li> <li>○ Hangover (headache, nausea, thirst, dizziness, fatigue)</li> </ul>	<ul style="list-style-type: none"> <li>○ Addiction (alcoholism)</li> <li>○ Intense withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions</li> <li>○ Permanent damage to vital organs such as the brain and liver</li> <li>○ Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome</li> </ul>
<p><b>Alcohol</b> (<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"> <li>○ Depresses the central nervous system</li> <li>○ Nausea, vomiting</li> <li>○ Impaired motor and sensory function</li> <li>○ Decreased blood flow to the brain</li> <li>○ Stupor, loss of consciousness</li> <li>○ Accidental poisoning</li> <li>○ Death can occur at a toxic dose</li> </ul>	<ul style="list-style-type: none"> <li>○ Significant permanent damage to the brain and other organs (including liver)</li> <li>○ Accidental poisoning from chronic toxicity with contaminants such as lead</li> </ul>

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p><b>Alcohol</b> <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"> <li>○ Headache</li> <li>○ Abdominal pain, severe gastritis, vomiting, severe gastrointestinal hemorrhage</li> <li>○ Slowing down of central nervous system, breathing, heart rate, gag reflex, blood sugar</li> <li>○ Anemia, impaired blood flow throughout the body</li> <li>○ Low body temperature, hypothermia</li> <li>○ Dizziness, seizures</li> <li>○ Uncoordinated movements</li> <li>○ Unconsciousness</li> <li>○ Heart attack</li> <li>○ Unresponsive reflexes</li> <li>○ Death</li> </ul>	<ul style="list-style-type: none"> <li>○ Unknown</li> </ul>
<p><b>Alcohol</b> <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"> <li>○ Minimal intoxication</li> <li>○ Delayed onset of visual symptoms</li> <li>○ Metabolic acidosis</li> <li>○ Gastrointestinal upset</li> <li>○ Central nervous system depression</li> <li>○ Liver, retinal, and renal damage</li> <li>○ Accidental poisoning</li> </ul>	<ul style="list-style-type: none"> <li>○ Blindness</li> <li>○ Rigidity</li> <li>○ Spasticity</li> </ul>

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

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

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

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p><b>Marijuana</b></p> <p>The most often used illegal drug in the US—the main active chemical is THC</p>	<ul style="list-style-type: none"> <li>○ Problems with memory and learning</li> <li>○ Distorted perception (sights, sounds, time, touch)</li> <li>○ Trouble with thinking and problem solving</li> <li>○ Loss of motor coordination</li> <li>○ Increased heart rate, and anxiety</li> <li>○ Dry mouth and throat</li> </ul> <p><b>Slang:</b> 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"> <li>○ 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</li> </ul>
<p><b>Methamphetamine</b></p> <p>Addictive stimulant that strongly activates certain systems in the brain</p> <p><b>Slang:</b> crank, crystal, G, glass, meth, speed, Tina, tweak</p>	<ul style="list-style-type: none"> <li>○ Intense rush of energy and euphoria, followed by a devastating crash</li> <li>○ Wakefulness</li> <li>○ Increased physical activity</li> <li>○ Low appetite</li> <li>○ Fast breathing</li> <li>○ High fever</li> <li>○ Irritability, aggressiveness</li> <li>○ Tremors, convulsions</li> <li>○ Intense cravings for more</li> <li>○ Heart attack</li> </ul>	<ul style="list-style-type: none"> <li>○ Death, heart attack, stroke</li> <li>○ Body movement disorders, muscle spasms and twitches</li> <li>○ Brain cell loss, brain damage—damage to memory, information processing, decision-making</li> <li>○ Delusions, hallucinations (esp. of parasites or insects crawling under the skin)</li> <li>○ Sleeplessness</li> <li>○ Toxic psychosis, violent or psychotic behavior</li> <li>○ Mood swings, anxiety, confusion, paranoia</li> <li>○ Repetitive behavior (such as compulsively cleaning, grooming or disassembling and assembling objects)</li> <li>○ Homicidal and suicidal thoughts</li> </ul>

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p><b>Nicotine</b> (<i>cigarettes, chewing tobacco, cigars</i>)</p> <p>Causes brain to release dopamine, which triggers pleasure</p>	<ul style="list-style-type: none"> <li>○ Raises heart rate and blood pressure</li> <li>○ Narrows arteries</li> <li>○ Reduces amount of oxygen blood can carry</li> <li>○ Reduces hunger</li> <li>○ Increases stomach acid</li> <li>○ Causes diarrhea</li> <li>○ Boosts alertness, concentration</li> <li>○ Sores in the mouth (from chewing tobacco)</li> </ul>	<ul style="list-style-type: none"> <li>○ Causes cancer of the lung, mouth, pharynx, larynx, esophagus</li> <li>○ Gum damage, tooth loss</li> <li>○ Emphysema</li> <li>○ Bronchial disorders</li> <li>○ Cardiovascular disease</li> </ul>
<p><b>Opiates</b> (<i>heroin, codeine, methadone, morphine, oxycodone</i>)</p> <p>Depresses the central nervous system</p>	<ul style="list-style-type: none"> <li>○ Euphoria</li> <li>○ Reduced hunger and sex drive</li> <li>○ Shallow breathing</li> <li>○ Drowsiness and heavy limbs</li> <li>○ Cramps, constipation, nausea, vomiting</li> <li>○ Itching, scratching</li> </ul> <div style="background-color: #e0e0e0; padding: 5px; margin-top: 10px;"> <p><b>Slang:</b></p> <ul style="list-style-type: none"> <li>○ <b>Methadone:</b> Dollies, Dolls, Dolly, Mud, Phiyamps, Red Rock, Tootsie Roll, Amidone, Fizzies, Balloons, Breaze, Burdock, Buzz Bomb, Cartridges, Jungle Juice, Junk</li> <li>○ <b>Morphine:</b> M, morf, white stuff</li> <li>○ <b>Oxycodone:</b> Hillbilly Heroin, Killers, O.C.'s, Oxy, Oxycet, Oxycottons, Oxy 80's</li> </ul> </div>	<ul style="list-style-type: none"> <li>○ Malnutrition – extreme loss of appetite and weight</li> <li>○ Needle tracks, punctures, scars along veins</li> <li>○ Bruises from skin popping</li> <li>○ Poor vision and concentration</li> <li>○ Tremors, irritability, apathy</li> <li>○ Loss of judgment and self-control</li> <li>○ Tolerance and addiction</li> <li>○ Heart valve infection and cardiac disease</li> <li>○ Congested lungs and pneumonia</li> <li>○ Skin abscesses, vein inflammation</li> <li>○ Increased risk for HIV, hepatitis</li> <li>○ Liver disease, hepatitis, anemia</li> <li>○ Overdose, coma, death</li> </ul>

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

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p><b>Prescription Stimulants</b> (<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"> <li>○ Increased norepinephrine and dopamine in the brain</li> <li>○ Increased blood pressure and heart rate</li> <li>○ Constricted blood vessels, increased blood glucose, and increased breathing</li> <li>○ Increased alertness, attention, and energy</li> <li>○ Sense of euphoria</li> <li>○ Potential for cardiovascular failure (heart attack) or lethal seizures</li> </ul>	<ul style="list-style-type: none"> <li>○ Addiction</li> <li>○ Feelings of hostility or paranoia</li> <li>○ High body temperatures</li> <li>○ Irregular heartbeat</li> <li>○ Potential for cardiovascular failure (heart attack) or lethal seizures</li> </ul> <p><b>Slang:</b> Kibbles &amp; Bits, pineapple, West Coast, Vitamin R</p>
<p><b>Steroids</b> (<i>anabolic steroids</i>)</p> <p>Synthetically made substance from the male hormone, testosterone</p> <p><b>Slang:</b> Go-Go Juice, juice, Red Power Ranger, ‘Roids, sauce, slop</p>	<ul style="list-style-type: none"> <li>○ Increase in muscle and athletic performance</li> <li>○ Mood swings, depression, irritability, delusions, impaired judgment</li> </ul>	<ul style="list-style-type: none"> <li>○ Damage to growth areas at end of bones, permanently stunting growth</li> <li>○ Weakened tendons causing tears and ruptures</li> <li>○ Headaches from hormonal imbalances</li> <li>○ High blood pressure, hardening of the arteries, heart palpitations, heart attack, stroke</li> <li>○ Liver and kidney damage</li> <li>○ Uncontrolled aggression and combativeness</li> <li>○ Gender-related side effects (for women masculinization occurs: more hair on body &amp; 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)</li> </ul>

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p><b>Stimulants</b> (<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"> <li>○ Increased alertness, energy, confidence</li> <li>○ Flushing or paleness</li> <li>○ Tremors and/or seizures</li> <li>○ Loss of coordination</li> <li>○ Delusional thinking</li> <li>○ Heart attack, stroke</li> <li>○ Respiratory problems</li> <li>○ Liver, kidney &amp; lung damage</li> <li>○ Possible death</li> </ul> <p><b>Slang:</b></p> <ul style="list-style-type: none"> <li>○ <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</li> <li>○ <u>Crack</u>: applejacks, base, baseball, bazooka, crackers, freebase, rock, ready rock, 3-inch sticks</li> <li>○ <u>Meth</u>: crank, crystal, G, glass, meth, speed, Tina, tweak</li> </ul>	<ul style="list-style-type: none"> <li>○ Malnutrition and vitamin deficiencies</li> <li>○ High blood pressure, irregular heart beat, stroke</li> <li>○ Ulcers and skin disorders</li> <li>○ Weight loss, possible anorexia</li> <li>○ Depression, anxiety</li> <li>○ Intense cravings</li> <li>○ Respiratory problems (from smoking)</li> <li>○ Permanent damage to nasal tissue (from snorting)</li> <li>○ Depletion of dopamine (results in decreased mood, attention, motivation)</li> </ul>

# 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](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.