

Drugs,
Alcohol,
& Tobacco



Drug Abuse-Improper use of a drug. It can occur in different ways such as: using too much of a drug, using drugs for the wrong reason, and using illegal drugs. Drug abuse is a major problem in many areas and there are several reasons why people use drugs.

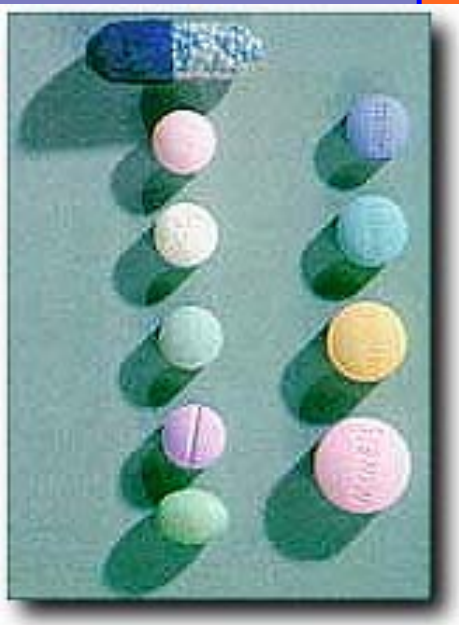
Stimulants-a class of drugs that speed up the central nervous system. Stimulants may cause rapid heart rate, high blood pressure, increased metabolism, anxiety, and exhilaration. They can also cause paranoia, hallucinations, brain swelling and hemorrhage, arrhythmia, chest pain, and shortness of breath.



Cocaine is a stimulant, which acts on the pleasure circuits of the brain causing feelings of pleasure and euphoria. Using cocaine causes our brain to become dependant on the drug to activate our pleasure circuit and we start to crave the drug. It is very addictive.

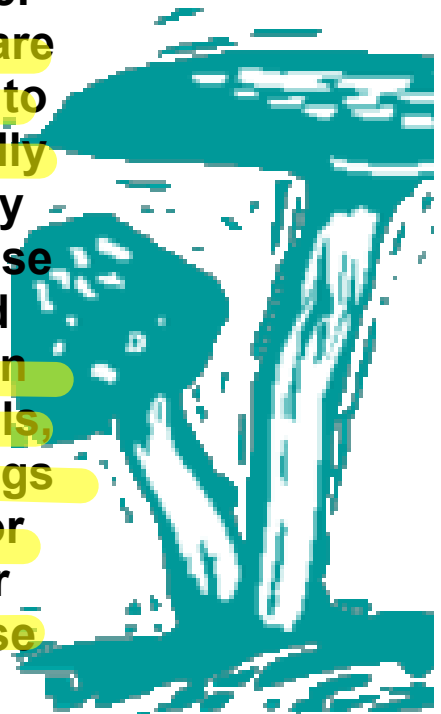


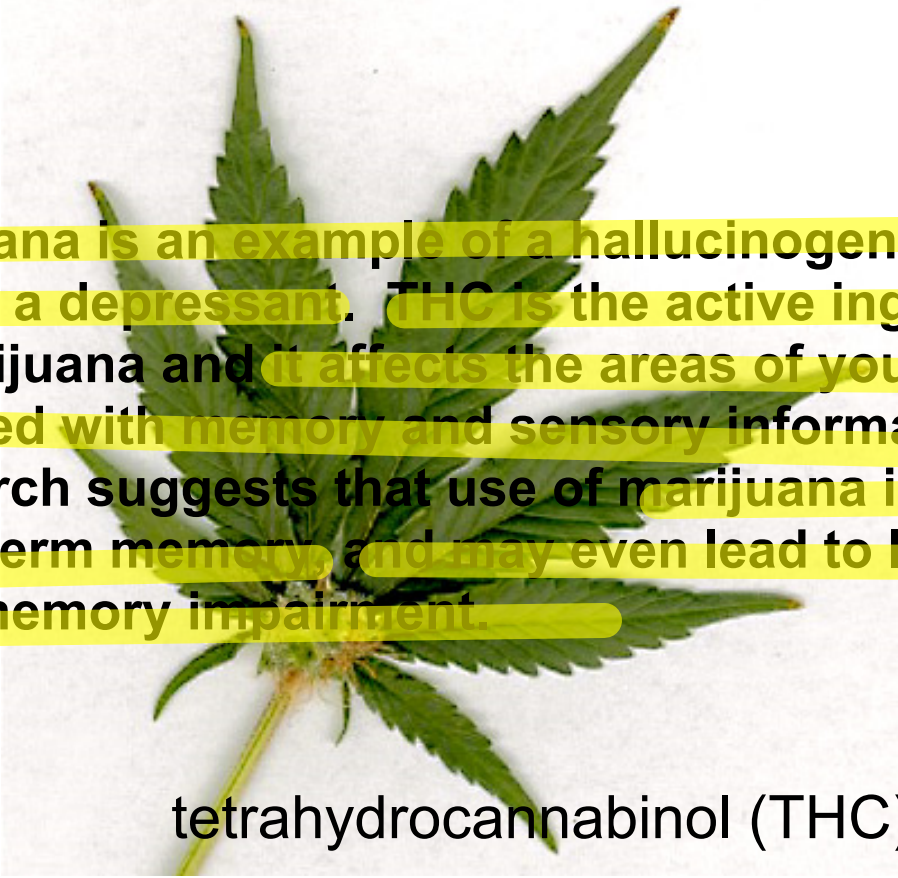
Crack cocaine is a solid, more pure version of cocaine that is also very addictive. Crack is smoked while cocaine is inhaled. These drugs cause the heart to beat very fast, at an unsteady rate, and it causes the blood vessels to narrow. This places a great deal of stress on the heart and starves the heart muscle. Even young, athletic, well-conditioned bodies can die from heart failure as a result of this type of drug abuse.



Depressants-drugs that slow down the central nervous system. They reduce heart rate, breathing rate, and lower blood pressure. Barbiturates and tranquilizers are two kinds of depressants. Barbiturates are sedatives or sleeping pills, which cause a relaxed, peaceful feeling. Tranquilizers are sometimes prescribed for anxiety and emotional disorders.

Hallucinogens-drugs that distort or alter the senses. These sensory distortions are called hallucinations and cause people to see, hear, or feel things that are not really there. A person using these drugs may also feel threatened and defensive. These people are dangerous to those around them and themselves. These drugs can increase heart rate, cause fever and chills, loss of appetite, and nausea. These drugs affect areas of the brain responsible for coordination, hearing, sight, and clear thinking. Some people who abuse these drugs develop mental disorders.





Marijuana is an example of a hallucinogen but it is also a depressant. THC is the active ingredient in marijuana and it affects the areas of your brain involved with memory and sensory information. Research suggests that use of marijuana impairs short-term memory, and may even lead to long-term memory impairment.

tetrahydrocannabinol (THC)

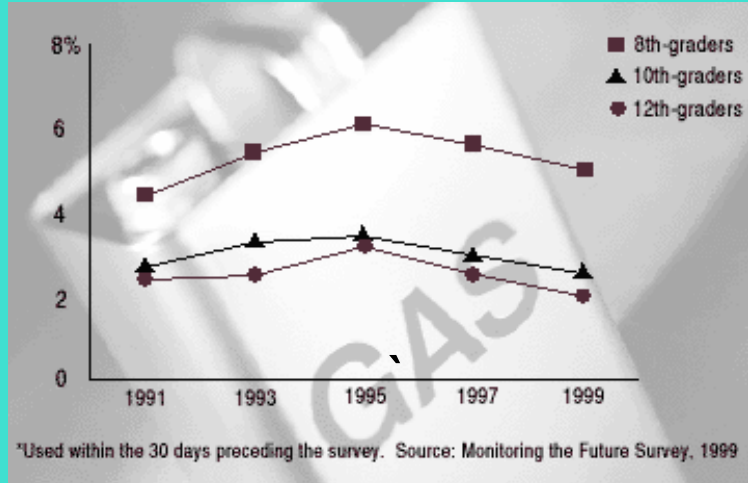
Other hallucinogens include LSD, MDMA, mescaline (cactus), PCP, and psilocybin (mushrooms). LSD is particularly dangerous because the response is unpredictable and can be very powerful. Some users experience a “bad trip” with devastating results. MDMA, or ecstasy is also especially dangerous because it can cause increased heart rate, and blood pressure, which may lead to a heart attack. Psilocybin is the compound found in magic mushrooms and mescaline comes from a cactus. PCP and MDMA are highly physically, and psychologically addictive while the other hallucinogens are only psychologically addictive.

Lysergic acid diethylamide (LSD), also known as acid

3,4-Methylenedioxymethamphetamine (MDMA), commonly known as ecstasy (E),

Inhalants are common household products that give off mind-altering fumes when inhaled. Examples include paint thinner, nail polish remover, glue, gasoline, and fluorinated hydrocarbons in aerosol sprays. All inhalants induce a change in brain chemistry and may lead to permanent brain damage. They enter the blood quickly and are distributed to the brain and tissues. Repeated abusers have permanent structural changes in their brain, which may also cause difficulties in moving.

Sudden sniffing death is a risk for inhalant abusers. Sudden sniffing death results when the inhaled chemicals take the place of the oxygen in your lungs, or coats the inside of the lungs, thus causing suffocation and death. Inhalants can also lead to death by disrupting the normal heart rhythm and can lead to a heart attack, and liver failure.



What are whippets inhale?

Risks of **Nitrous Oxide** Abuse. Inhaling **nitrous oxide** from whipped cream canisters, whippets or balloons can deprive the brain of oxygen, potentially causing

Anabolic Steroids-chemicals similar to testosterone that many young people use to increase muscle size.

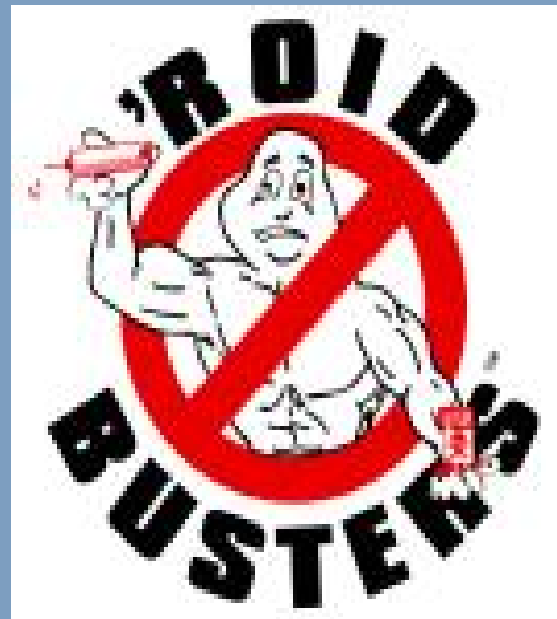


What are PEDs?

Performance
Enhancing
Drugs

<http://www.usada.org/substances/effects-of-performance-enhancing-drugs/>

Steroids are very good for this purpose, but it can also damage the liver, kidneys, heart, change or decrease male or female sex characteristics, and can trigger dependency. They disrupt your body's normal level of hormones. They are taken orally or by injections. Once in the blood, they are distributed to all tissues. They can impair learning, memory, and promote overly aggressive, even violent behavior. They may cause mood swings and stunt your growth.





Narcotics-drugs used as painkillers. The most common class of these drugs is called opiates, which are from a type of poppy. These include opium, heroin, morphine, and codeine. These drugs produce a feeling of pleasure and pain relief. They also slow the breathing rate, and overdose may cause a person to stop breathing completely.

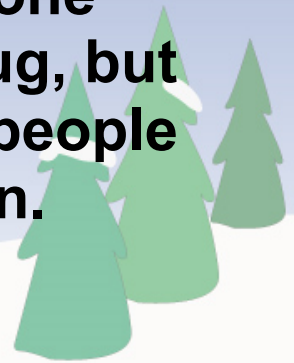


Heroin is an opiate that is processed from morphine. It can be sold as a whitish powder, or a black sticky substance known as black tar. It can be injected, sniffed, or smoked. Heroin is usually sold “cut” with other substances such as sugar, starch, or powdered milk, but it can also be cut with poison.

Injection is the most common way to do heroin because it is the fastest way and gives the best high. It is extremely dangerous because its composition is unknown, and it enters the brain rapidly.

The rush includes nausea, vomiting, itchiness, and drowsiness. Risks include the following: cardiac arrest, problems with the nervous system and respiratory system.

As drugs like heroin are used, tolerance and physically dependence increases the need for the drug and withdrawal is difficult and painful. The withdrawal is not lethal to healthy adults, but it is to infants. Detoxification with methadone relieves symptoms. Methadone suppresses the urge for the drug, but does not cause a high. It helps people wean from heroin addiction.



What Drugs Do In Your Body (Drugs Documentary)

open the website safeshare.tv <http://safeshare.tv/>

open up the youtube link below

https://www.youtube.com/watch?v=UB9hO1_y8c4

copy the link (url) into the box in safe share and start the video

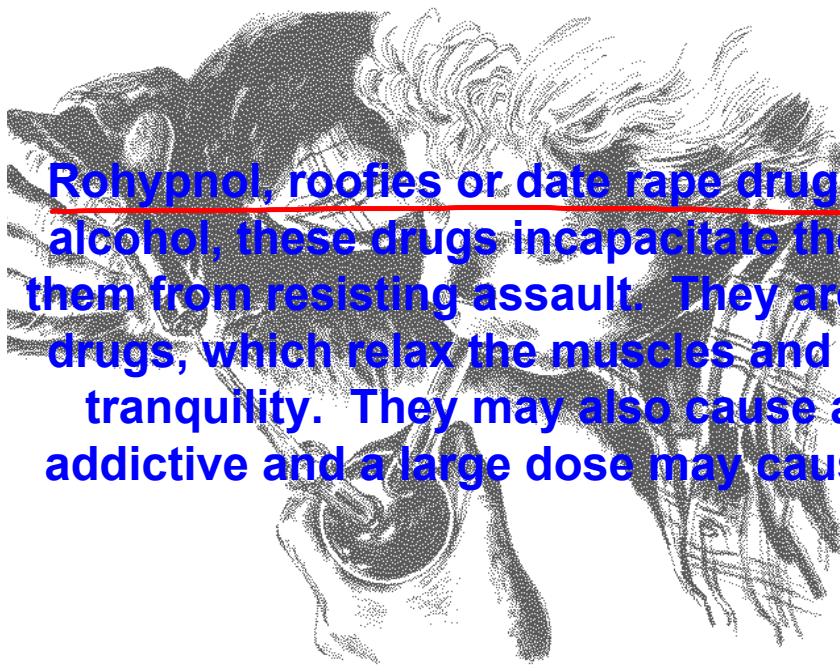
Tuesday, Sept 20, 2016

-Two worksheets due

Show completed wellness wheel

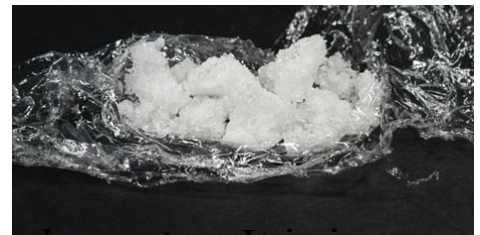


(Ritalin/Methylphenidate-these drugs are taken for attention deficit disorder "ADD" to help them concentrate.) It has similar physical affects to other stimulants. Those who do not have ADD abuse the pills by crushing and snorting it, producing the same negative effects as other stimulants.



Rohypnol, roofies or date rape drugs. When mixed with alcohol, these drugs incapacitate the victim and prevent them from resisting assault. They are sedatives, hypnotic drugs, which relax the muscles and produce a feeling of tranquility. They may also cause amnesia. They are addictive and a large dose may cause seizures or coma.

Crystal Meth



Crystal meth is short for *crystal methamphetamine*. It is just one form of the drug methamphetamine.

Methamphetamine is a white crystalline drug that people take by snorting it (inhaling through the nose), smoking it or injecting it with a needle. Some even take it orally, but ALL develop a strong desire to continue using it because the drug creates a false sense of happiness and well-being—a rush (strong feeling) of confidence, hyperactiveness and energy. One also experiences decreased appetite. These drug effects generally last from six to eight hours, but can last up to twenty-four hours.

The first experience might involve some pleasure, but from the start, methamphetamine begins to destroy the user's life.

Bath Salts

Bath salts are a powdered drug that contains at least one amphetamine-type substance.



Like any designer drug, the exact composition of each batch can vary widely and in this case the drug can be smoked, snorted or injected.

<https://www.youtube.com/watch?v=bXo-0iFj8Ys>



Side effects include hallucinations, paranoia and violent behaviour. Other side-effects can include an increased risk of a heart attack, kidney failure, liver failure and suicide.

"It is extremely dangerous. So you take cocaine and multiply it by a factor of 10 and you have this,"

Dr. Farinholt

<http://www.cbc.ca/news/canada/toronto/fentanyl-dangers-toronto-police-warning-of-devastating-impact-1.3193395>



Fentanyl

~~It is an opiate/ narcotic, used for severe pain or those who have developed a tolerance to other narcotics. It works by changing the way the brain and nervous system respond to pain. It is similar to morphine but is 50 to 100 times more potent. Fentanyl comes as a lozenge on a handle (Actiq), a sublingual (underneath the tongue) tablet (Abstral), a film (Onsolis), and a buccal (between the gum and cheek) tablet (Fentora) to dissolve in the mouth~~

<https://www.drugabuse.gov/publications/drugfacts/fentanyl>



~~Fentanyl's effects resemble those of heroin and include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.~~

<https://medlineplus.gov/druginfo/meds/a605043.html#why>



~~Opioid receptors are also found in the areas of the brain that control breathing rate. High doses of opioids, especially potent opioids such as fentanyl, can cause breathing to stop completely, which can lead to death. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains fentanyl. Fentanyl sold on the street can be mixed with heroin or cocaine, which markedly amplifies its potency and potential dangers.~~

Fentanyl

<http://www.theglobeandmail.com/news/news-video/video-life-lost-one-mothers-tragic-slide-into-fentanyl-addiction/article29579588/>



<http://www.cbc.ca/news/canada/british-columbia/fentanyl-ride-along-vancouver-firefighters-1.3753765>



<http://www.cbc.ca/news/canada/new-brunswick/fentanyl-moncton-deaths-1.3766372>



<http://www.cbc.ca/news/canada/nova-scotia/fentanyl-drugs-maritimes-rcmp-q-a-1.3763336>



Drug abuse involves taking drugs that are illegal or are not prescribed for a person. The first time a person abuses drugs, nothing may happen. Sometimes, however, addiction and even death may occur. Most drugs cause addiction. Addiction is an uncontrollable dependence on a drug and can be either psychological or physical.




Physical dependence occurs when the body cannot function without a constant supply of a drug. It can be so strong that a drug-addicted mother will often give birth to a drug-addicted baby.

Psychological addiction occurs when someone has an emotional or mental need for a drug. Psychological addiction is dangerous because it involves the desire to continue to do drugs.

Drug tolerance makes addiction worse. It occurs when the body gets used to a drug and the response decreases, so a person needs to use more and more of the drug to get the same results. Tolerance can lead to overdose and death.

Withdrawal is the first step of any drug treatment program. This can occur mentally or physically. Symptoms may include vomiting, fever, chills, uncontrolled muscle movements, violent behavior, or depression. Once a person has undergone withdrawal, they still may not be cured. Drug addiction can only be treated and there is always chance of a relapse. Relapse is going back to abusing drugs after having stopped. An abuser may never relapse, or may relapse many times in their lives.

 Image.jpg

Assign

Review sheet 28-1

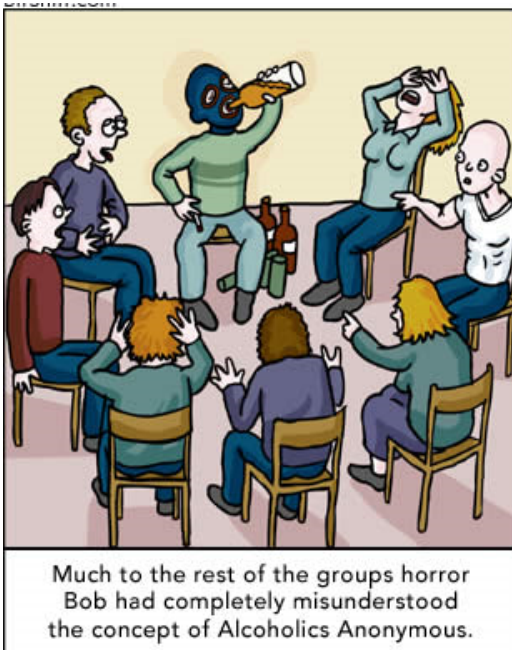
Green Biology textbook
pg 490-

Mental Illness Project

Computer lab today and Friday
for research

Mental Illness Poster Project - shelley.docx





Not Funny!

Alcohol is one of the most widely used and abused drugs. The drug is called ethyl alcohol and is a depressant. It slows down the action of the brain and nervous system. When alcohol is consumed, it is absorbed through the stomach into the blood and can occur in 2 minutes if the stomach is empty. If there is food in the stomach, some of the alcohol is absorbed by the food. Once alcohol is in the blood it travels to all body tissues and the brain. Alcohol causes poor co-ordination, and judgment, and reaction time is slowed.

The effects of alcohol are increased if taken with other drugs and can be fatal. **Blood alcohol content (B.A.C.)** is the amount of alcohol in the blood. A Breathalyzer is a device used to measure the amount of alcohol in the blood and can determine if a person is over the legal limit for driving.

This could happen to you!

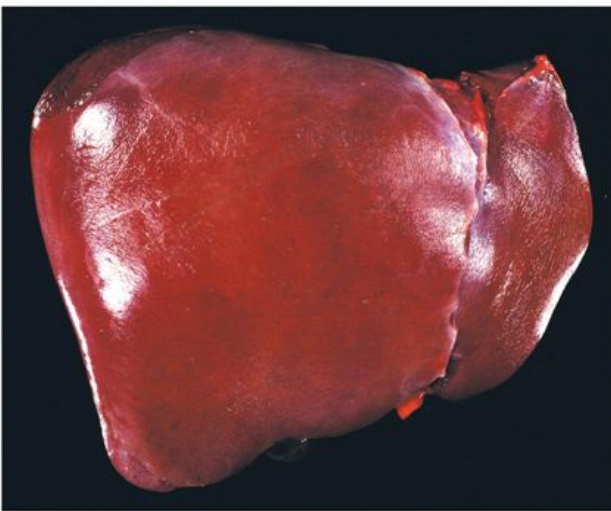
C.A.



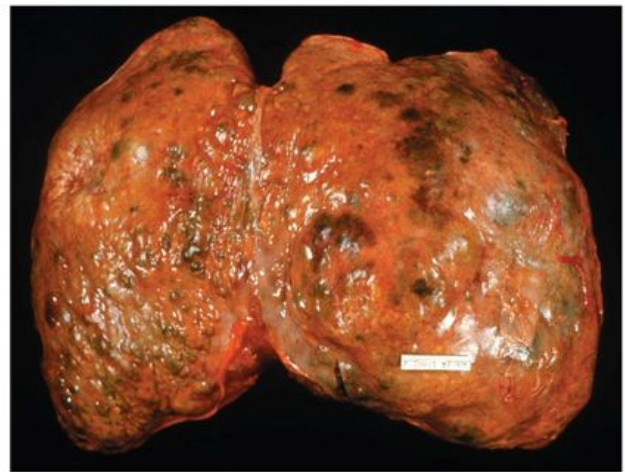
<https://www.youtube.com/watch?v=rvVzlg26bCM>

• How a breathalyzer works

Alcoholism is an addiction to alcohol. Alcoholics are physically and psychologically addicted to alcohol. It can cause serious problems such as deterioration of the esophagus, stomach, and intestine. It can damage the kidneys, heart, and liver. Cirrhosis is a liver disorder caused by heavy drinking. Liver cells become damaged and are replaced by scar tissue, usually resulting in liver failure and death. Fetal alcohol syndrome is a disorder found in babies whose mother drank alcohol during pregnancy. They have slight mental retardation and learning disabilities.




a A normal liver



b A liver with cirrhosis

Fetal Alcohol Syndrome



 Review 28-2.jpg

Tobacco

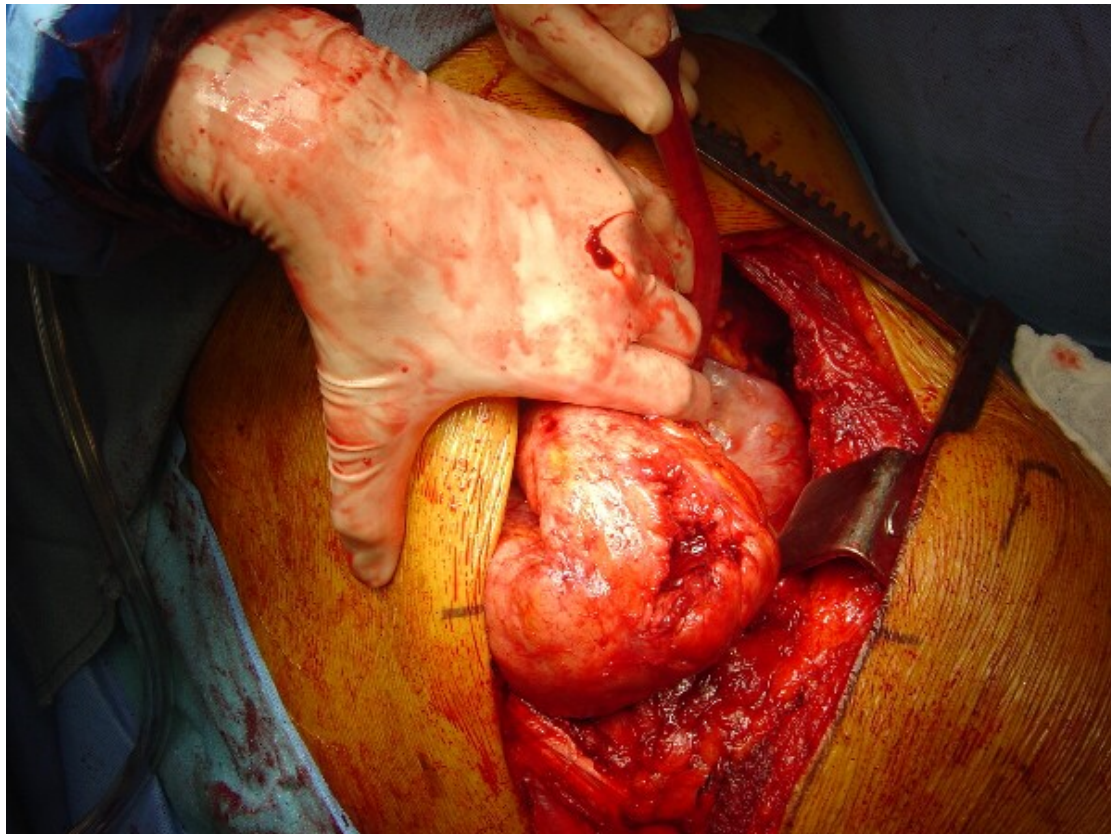
Tobacco is made from a tobacco plant. The leaves are dried, smoked, and inhaled. Some people also chew tobacco. Nicotine is the drug in tobacco and it is very addictive. When smoked, the drug reaches the brain in 7 seconds and speeds up the nervous system. Tobacco has over 110 substances in it, and when burned, over 2000 chemical compounds are created, most of which are harmful poisons. Carbon monoxide is a poison gas found in tobacco smoke and in large amounts it could be fatal. In small amounts it causes dizziness and headache. Tar is another substance found in cigarette smoke and when inhaled it coats the lungs and has been shown to cause cancer.



<http://i.imgur.com/TSAFIPQ.jpg>



Smoking affects the respiratory system and the circulatory systems. The nicotine, tar, and carbon monoxide paralyze the cilia making a smoker prone to colds and illness. It may cause mucus to build up in the airways resulting in a smokers cough. In the blood, nicotine causes the blood vessels to constrict, resulting in high blood pressure. This forces the heart to work harder to pump blood to the body. Carbon monoxide combines with red blood cells preventing them from carrying oxygen.



Test review

Fill in the blank

1. Drug abuse
2. Fetal alcohol syndrome
3. Alcoholism
4. Nicotine
5. over the counter drugs
6. physical dependance
7. BAC
8. tolerance
9. hallucinogens

Part B

1. stimulants
2. prescription drugs
3. Depressants
4. narcotis
5. addiction
6. psychological dependance
7. cirrhosis
8. withdrawal symptoms
9. overdose

Vocabulary Review -

1. drug
2. withdrawal sickness
3. BAC
4. abuse
5. overdose
6. nicotine

Applying definitions

1. S-Increase the central nervous system

N- decrease the central nervous system

2. physical - body requires

psychological - mind requires

3. both are addictions- one to alcohol other to drugs(or misuse)

4. addiction - require\need

tolerance - amount required for buzz may increase with usage

5. Rx- need Dr to prescribe

over-the counter - purchase directly at Pharmacy

6. nicotine - stimulant

tar- coats your lungs

7. depressants - slow down your central nervous system

hallucinogens - alter what you see/ think

8. fetal alcohol syndrome - babies born

cirrhosis - liver of chronic drinkers

True and false

1. F - stimulants
2. F- empty
3. T
4. F- Alcohol related
5. F- over the counter
6. F- emphysema
7. F- tolerance
8. T
9. T
10. F- increase

Interpreting a table

1. 2 drinks
2. coordination loss 0.05-0.06
3. 22 ml
4. difficulty thinking, walking, talking

Concept review

1. Addictive personality, boredom, friends, think they are invincible, like the feeling
2. Have a negative affect on their lives.
3. People may think they need it, alters the mind to forget about stuff
4. It would reduce the BAC
5. Central Nervous system is even more depressed mixing the two substances
6. Due to the damage it does to the body.

Pg 494

1-5

The Best Marijuana Documentary (Canadian)

https://www.youtube.com/watch?v=MESZh-_uyUQ

Attachments

Image.jpg

Review 28-2.jpg

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