

Drugs/Drug Prevention



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Defining Drugs

- Any substance which, when taken into the body, alters or modifies one or more body functions
- * Any drug, including prescription medicines and over-the-counter drugs, can be misused and abused. Any use of ILLEGAL drugs is abuse.*

Classifications of Drugs

- Stimulants – speed up the Central Nervous System
- Depressants – slow down brain functions
- Narcotics – Drugs which have a sedative effect
- Hallucinogens – alter moods, thoughts, and sense perception

Use, Misuse, Abuse

- Drug Use: taking a drug for its intended purpose and in the proper dose
- Drug misuse: taking a drug for its intended purpose, but not in the right dose, or as prescribed
- Drug abuse: intentionally taking a drug for reasons other than its intended purpose

Identifying Influences of Drug Use

- Parents
- TV shows
- Other adults
- Movies
- Advertisements
- Athletes
- Music
- Peers

Drug Facts

- The FDA determines a drug to be illegal when the adverse health effects outweigh the potential medical benefits
- Tobacco is a legal drug that is responsible for the greatest number of premature deaths in the country

Marijuana

- Both a depressant and a stimulant
- Impairs both thinking and coordination
- Adulterants are contaminants added to marijuana to increase the volume and profit
- Pot is a slang name for Marijuana
- Carbon monoxide is the poisonous gas released in marijuana smoke and by cars.
- The Marijuana plant is actually a weed
- When rolled to smoke it is called a joint
- Causes damage to the immune system.

- THC is the addictive drug in Marijuana
- It can be eaten, injected, or smoked
- Medical marijuana use should be controlled by hospitals
- Can cause lung cancer
- Causes both physical and psychological harmful effects
- Cannabis is the official name of the marijuana plant
- Has an effect on the reproductive system (decreases sperm count and alters the menstrual cycle)
- Causes users to get “high”

Side Effects of Marijuana

- Short Term
 - Problems with memory, learning and problem solving
 - Distorted perception
 - Loss of motor control
 - Increased Heart Rate
- Long Term
 - Impaired immune system
 - Chronic respiratory problems
 - Addictions

Cocaine/Crack

- Stimulant
- Most common method of use is snorting
- Also referred to as coke
- Can cause blood vessels to constrict
- Causes damage to the lungs
- Nasal damage occurs from inhaling and snorting
- Snowflights occur with chronic use; they impair vision
- Formication can occur; where it feels like bugs are crawling under your skin
- Crack is a processed from cocaine to a free base for smoking

- Snow is another name for cocaine
- Adulterants are added to cocaine in order to increase profit
- Can cause irritability, personality changes, and depression
- Coca is the plant from which cocaine is derived
- Convulsions can result from use
- Insomnia, lack of energy, and lack of sexual drive are all physical side effects.
- People experience extreme euphoria (high) immediately following use.

MDMA (Ecstasy)

- Synthetic psychoactive drug which has similar effects of the stimulant methamphetamine and the hallucinogen mescaline.
 - Stimulant and hallucinogen
- In high doses it can interfere with the body's ability to regulate temperature
 - Can lead to sharp increase in body temperature → liver, kidney, and cardiovascular system failure → death
- Can cause confusion, depression, paranoia, psychosis, increase in HR and BP and can lead to long term brain damage
- Symptoms: tremors, drooling, impaired speech, paralysis, irreversible brain damage.

Heroin

- Depresses the central nervous system
- Slows down breathing and pulse rate
- Coma or death can occur in large doses
- Tolerance develops quickly
- Withdrawal from the drug is painful
- Injected
- On the rise in the US

Dangers of Using Drugs via Injection

- Hepatitis B
- Serious or fatal liver ailment
- HIV
- AIDS

Vaping

- inhale and exhale the vapor produced by an electronic cigarette or similar device.

- Dry skin
- Dry mouth
- Rash/burning sensation on face
- Itchiness
- Puffy/dry eyes
- Caffeine sensitivity
- Minor blood nose issues
- Can have the same effect on lungs as cigarettes

Drugs as Medicines: Benefits

- Facilitate a cure
- Decrease the severity of a disease
- Relieve symptoms
- Prevent disease
- Diagnose a disease

OTC vs. Prescription Drugs

	OTC	Prescription
Degree of Safety	Wider safety margin	Narrow safety margin
Universality of Dose	One dose for adults	Dose varies (age, size, etc)
Guidelines for Use	Minimal	More complex
Abuse Potential	Less	More (can be habit forming)