Alcohol and Other Drugs

Effects and Dangers
Alcohol may be the world’s oldest known drug.

Also known as ethyl alcohol or ethanol

Big business in today’s society

Alcohol abuse has become a major public health problem.
The path of alcohol in the body

1. Mouth: alcohol enters the body.
2. Stomach: some alcohol gets into the bloodstream in the stomach, but most goes on to the small intestine.
3. Small Intestine: alcohol enters the bloodstream through the walls of the small intestine.
4. Heart: pumps alcohol throughout the body.
6. Liver: alcohol is oxidized by the liver at a rate of about 0.5 oz per hour.

Alcohol is converted into water, carbon dioxide and energy.
How alcohol can effect you

Factors that influence how alcohol will affect a person include:

- age
- gender
- physical condition
- amount of food eaten
- other drugs or medicines taken
Effects on the body

- Alcohol is a **central nervous system depressant**.
- In **low** doses, alcohol can produce:
  - a relaxing effect
  - reduced tension
  - lower inhibitions
  - impaired concentration
  - slower reflexes
  - impaired reaction time
  - reduced coordination
Effects on the body

- In medium doses, alcohol can produce:
  - slurred speech
  - drowsiness
  - altered emotions

- In high doses, alcohol can produce:
  - vomiting
  - breathing difficulties
  - unconsciousness
  - coma
  - DEATH
Addicted?

- Chronic drinking can lead to dependence and addiction to alcohol.
- Withdrawal symptoms include shaking (tremors), sleep problems, and nausea.
- More severe withdrawal symptoms include hallucinations and even seizures.
Effects On the Body

- **Central Nervous System**
  - Accelerates the loss of brain cells, contributing to cognitive deficits. Chronic use can lead to brain damage.

- **Liver**
  - Long-term excessive drinking can cause hepatitis (inflammation and destruction of liver cells) and cirrhosis (scarring and shrinkage of the liver).
Effects On the Body

- **Kidneys**
  - Impairs their ability to regulate the volume and composition of fluid and electrolytes in the body.

- **Heart**
  - Chronic, heavy alcohol use increases the risk of heart disease.
  - Alcohol use can also worsen high blood pressure and diabetes, two risk factors for heart disease.
Two main Categories of Drugs

Stimulants
- Cocaine
- Crack cocaine
- Amphetamines (methamphetamine, ecstasy)
- Nicotine
Effects On the Body

- **Cocaine**
  - Constricted peripheral blood vessels
  - Increased temperature, heart rate, and blood pressure
  - Ulceration in the nose, collapsed septum
  - Cardiac arrest / seizures followed by respiratory arrest
  - Death

- **Crack Cocaine**
  - Crack cocaine is one of the most destructive drugs on the illicit market.
  - Particularly aggressive paranoid behavior
  - Dependence within just the first few uses, Intense cravings
  - Premature aging
  - Severe stress on the heart, the vascular system, the lungs and the brain
  - Death
Effects On the Body

- Methamphetamine
  - Neurotoxic effect damaging brain cells
  - Hyperthermia
  - Convulsions
  - Increased heart rate and blood pressure
  - Irreversible damage to blood vessels in the brain, producing strokes
  - Death

- Cognitive Enhancers (Adderall, Ritalin)
  - Uncontrollable shaking of a part of the body
  - Nausea, Stomach pain, Diarrhea, Constipation
  - Seizures
  - Verbal or motor tics
  - Paranoia, Hallucinations, Aggressive behavior
  - Blistering or peeling skin
Two main Categories of Drugs

- **Depressants**
  - Heroin
  - Marijuana
  - Barbiturates – Oxycodone, Morphine, Codeine, Valium
  - GHB, Rohypnol (Date Rape Drug)
Effects On the Body

Heroin
- collapsed veins
- infection of the heart lining and valves
- Abscesses
- Cellulitis
- liver disease
- Pulmonary complications, pneumonia

Marijuana
- Panic, Anxiety
- Increased heartbeat and risk of heart attack
- Suppression of the immune system
- Rapid destruction of lung fibers
- Lesions (injuries) to the brain
- Inability to understand things clearly
Effects On the Body

- **Barbiturates**
  - Hallucinations
  - Unusual bleeding or bruising
  - Unusual tiredness or weakness
  - Yellow eyes or skin
  - Confusion
  - Mental depression
  - Shortness of breath
  - Slow heartbeat

- **Date Rape Drug (GHB, Rohypnol)**
  - Two of the most common substances used in drug-facilitated sexual assaults
  - Respiratory depression
  - Unconsciousness
  - Coma
Inhalant Use

Inhalants generally fall into three categories:
- **Solvents** - paint thinner, nail polish remover, gasoline, and glue
- **Gases** - whipped cream dispensers, spray paint, hair spray, deodorant spray, nitrous oxide, ether
- **Nitrites** - room deodorizers

17.3 percent of 8th-graders, 12.4 percent of 10th-graders, and 11.9 percent of 12th-graders have tried inhalants at least once in their life.
Drug Abuse - Why do people start?

- Idea that it’s easy to quit.
- “Just want to try it”
- Social crutch: feel confident in social situations, something to handle or hold
- Deal with problems: escape, pressure, depression, boredom
- Don’t know how to say no.
Smoking

- Organs Affected by Smoking:
  - Nose, throat, larynx, trachea, bronchi, and lungs. Also called the respiratory tract.
Smoking

- **Prevalence**: 22.3% of Americans smoke. Equivalent to 67.2 million people in USA.
- **Lifetime risk of Smoking**: 1 in 2 chance of dying from a smoking-related disease.
- **Worldwide prevalence**: 1.3 billion people smoke worldwide.
- **Average life years lost for Smoking**: 12 years.
Smoking

- **Conditions:**
  - Chronic bronchitis
  - Emphysema
  - Wide variety of cancers
  - Linked to heart disease
  - Linked to artery disease

- **Deaths:** 440,000 annual deaths in US each year are smoking-associated (CDC). Equivalent to 36,666 per month, 8,461 per week, 1,205 per day, 50 per hour, almost 1 per second.
Why You Should Not Smoke

- Smoking gives you bad breath
- Smoking makes your clothes and hair smell
- Smoking turns your teeth and fingernails yellow
- Smoking makes your skin look grey and unhealthy
- Smoking can produce a hacking cough with lots of phlegm.
- Smoking zaps your energy for sports and other activities.
Additional Information

- Additional information is available at www.memphisseminary.edu
  - Student Resources – Campus Security
  - Annual Security Reports and Annual Fire Safety Report
  - List of Campus Security Authorities
  - Biennial Review – information on Hotlines and Recovery Help