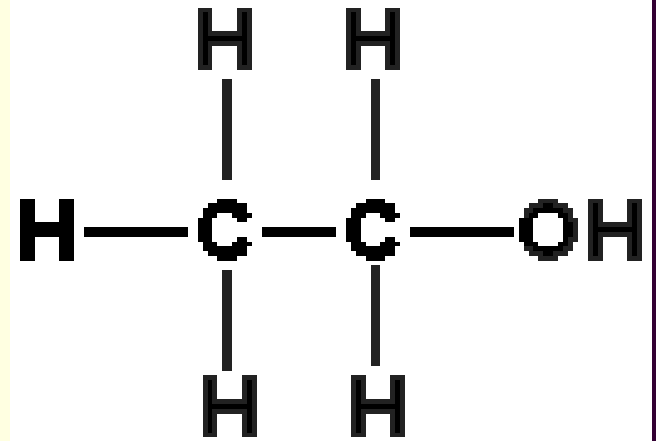


Alcohol and Other Drugs

Effects
and
Dangers

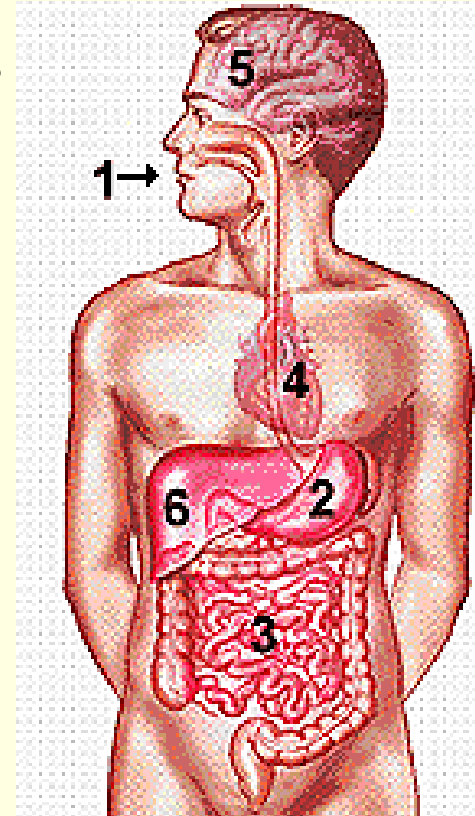


General Information

- 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.
5. Brain: alcohol reaches the brain.
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.

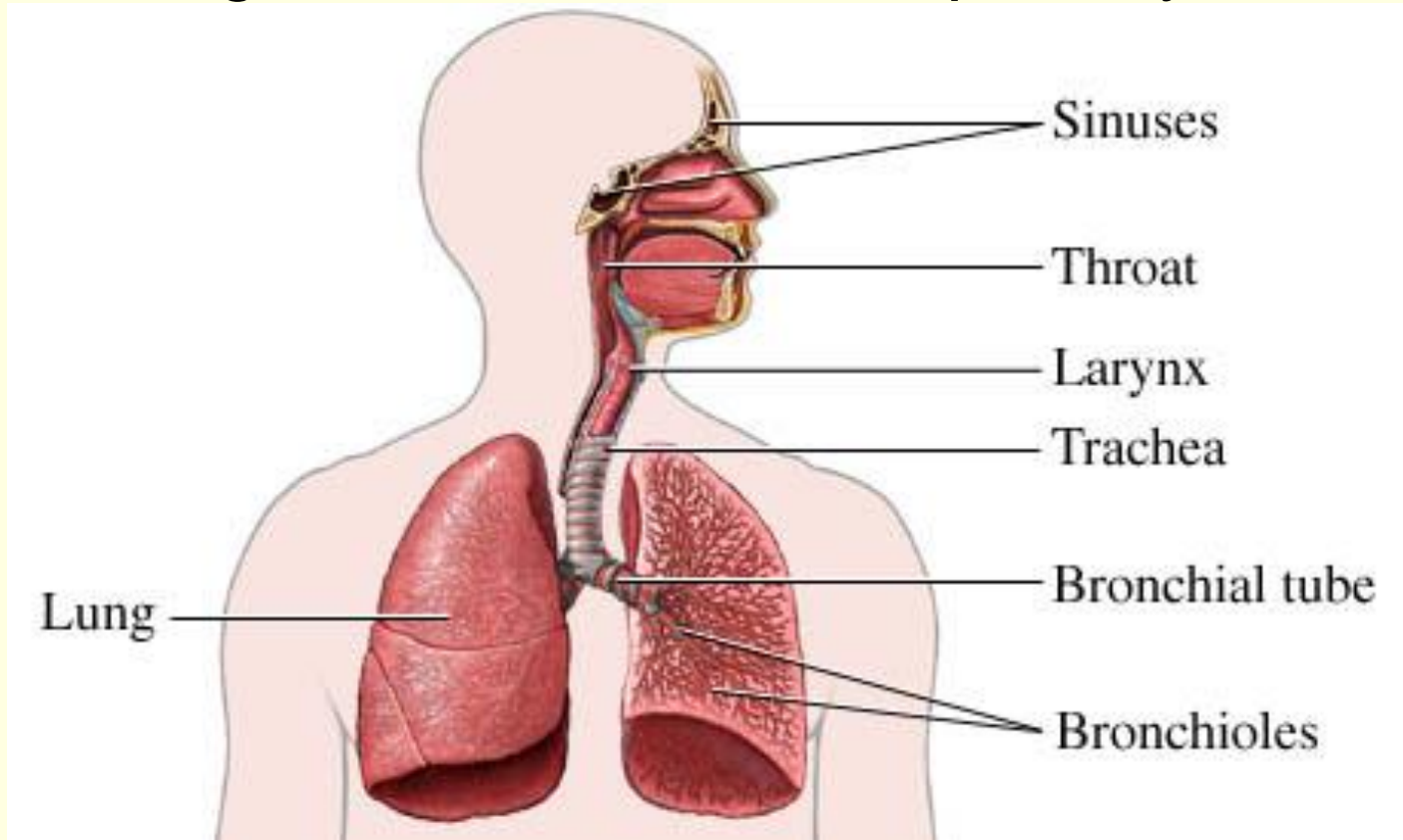
Drug Abuse - Why do people start?

■ Feel older/young	■ Feel cool	■ Feel different
■ Peer pressure	■ Fit in	■ Fun
■ Media: advertising, TV, movies, music		
■ Friends / family	■ Relieve stress / relax	

- **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