**Unit 7 Chapter 22 Illegal Drugs**

**Substance abuse-** is any unnecessary or improper use of chemical substances for non-medical purposes.

**Illegal Drugs-** chemical substances that people of any age may not lawfully manufacture, possess, buy, or sell.

**Illicit drug use-** the use or sale of any substance that is illegal or otherwise not permitted. This includes the sale of prescription drugs to those whom the drugs are not intended.

Factors that influence teens include: peer pressure, family members, role models, media messages, perception of drug behavior (led to believe drug use is higher than it actually is) and misleading information.

**How Drugs affect your health**

**-Physical Health:** serious danger of drug abuse is the risk of an overdose, or a strong sometimes fatal reaction to taking a large amount of a drug. Injecting with a needle increases the risk of contracting diseases like hepatitis B and HIV.

-**Mental Health:**  drug use can impair a teen’s ability to reason and think. The illegal drug Ecstasy alters the brain’s structure and function. May make teens behave against values.

-**Social Health:** Teens who use drugs may lose friendship with teens that chose to live drug-free. Family relationships may change; teens have to deal with illegal effects of drugs.

**Marijuana, Inhalants, and Steroids**

**Marijuana-** plant whose leaves, buds, and flowers are usually smoked for their intoxicating effects. (grass, weed, pot) One of the most widely used illegal drugs. Can also be called hash which is a stronger form of marijuana.

-can be included in some foods and eaten to gain its effects.

- Known as the gateway drug, meaning it may lead to a user trying harder drugs or more dangerous drugs.

- all forms are mind altering and can damage the users health, and some may be combined with other drugs making it that more dangerous.

-Since it is often smoked users face the same risks as those who use tobacco. Marijuana smoke contains more cancer causing chemicals than tobacco smoke. Some users inhale the smoke which can be damaging to respiratory health.

- Can affect the reproductive system in males by interfering with sperm reproduction and lowers levels of testosterone. In females it raises testosterone levels which may lead to infertility or the inability to bear children.

-Marijuana raises levels of a brain chemical called dopamine; this chemical produces a pleasure feeling.

-In some users they experience an intense feeling of well-being called a high and when it wears off they crash.

-It can cause slow mental reflexes and may suffer from sudden feelings of anxiety and paranoia which is an irrational suspicious or distrust of others. User might feel dizzy, or have trouble walking, and have a hard time remembering things that happened. Short term memory is, which can lead to problems at school or work. Users experience loss of coordination and trouble thinking or problem solving.

**Inhalants-** substances whose fumes are sniffed or inhaled to give effect. Some inhalants are prescribed by doctors to treat allergies, asthma, and other medical conditions. Some are inhaled to achieve a high.

-Solvents, aerosols, glues, paints, varnishes, and gasoline can cause brain damage.

-Most inhalants depress the central nervous system. Immediate effects include a glassy stare, slurred speech, impaired judgment, nausea, coughing, nosebleeds, fatigue, and lack of coordination.

-Using inhalants can lead to permanent loss of brain cells.. Long-term use can cause liver and kidney damage, blindness, brain damage, paralysis, cardiac arrest, and death.

-All inhalants are extremely dangerous and many are labeled as poisons. These can be accidentally inhaled while doing household chores.

**Anabolic-androgenic steroids-** synthetic substances similar to male sex hormones. Anabolic refers to muscle building and androgenic refers to male characteristics. These can be prescribed for some medical conditions, but using steroids without supervision is dangerous.

-Steroids can result in unnatural muscle growth. When combined with conditioning, steroids can increase muscle strength, but tendons and ligaments do not get stronger which can lead to injury. Other side effects include weight gain, acne, high blood pressure, and liver and kidney tumors.

- Users who inject the drugs may contract HIV or hepatitis B. These drugs may also cause violent behavior, extreme mood swings, depression, and paranoia.

-Effects on males include shrinking testicles, reduced sperm count, baldness, development of breasts, and increased risk for prostate cancer.

-Effects on females include facial hair, baldness, menstrual cycle changes, and a deepened voice.

-Any non-medical use of steroids is illegal. Athletes who use steroids can face expulsion from a team or event, fines, tarnished reputation, and jail time.

**Psychoactive drugs-** chemicals that affect the central nervous system and alter activity in the brain change the functioning of the CNS. There are four main groups; stimulates, depressants, opiates, and hallucinogens.

-Using psychoactive drugs often leads to poor judgment and behaviors, which may put teens at risk for unintentional injuries, violence, STDs, unintended pregnancy, and suicide.

**Club drugs-** describes drugs found at concerts, dance clubs, and drug parties called raves. These drugs are sometimes disguised in foods, or slipped into drinks and taken without a person’s knowledge. These Include:

**Designer Drugs-** synthetic drugs that are made to imitate the effects of other drugs. Designer drugs can be several hundred times stronger than the drugs they imitate.

**Ecstasy (MDMA)-** this has both stimulant and hallucinogenic effects.

**Hallucinogens-** drugs that alter moods, thoughts, and sense perceptions including vision, hearing, smell, and touch.

**Euphoria-** a feeling of intense well-being or elation. Ecstasy may cause this.

**Rohypnol-** or “roofies” are depressants or sedatives that are colorless, odorless, and tasteless. These drugs tend to slow the central nervous system. This is called the “date rape” drug. Unwanted physical contact, unplanned pregnancies, and exposure to HIV and STDs cab result. It is illegal to give someone a drug without his or her knowledge. Engaging in sexual activity with a person under the influence of a date rape drug is a criminal offense.

**GHB** or gamma hydroxybutyric acid, is another CNS depressant. It is available as a clear liquid, a white powder, and in a variety of tablets and capsules. This too can be used as a date rape drug.

**Ketamine-** is an anesthetic used to treat animals. It causes hallucinations and may result in respiratory failure.

**Methamphetamine-** or meth is a stimulant (speed up the central nervous system.) Meth is a white, odorless, powder that easily dissolves in alcohol or water. Because its nonmedical form is produced in makeshift labs, the drug is readily available but its quality is uncertain. Meth may provide a short-term feeling of euphoria but often its use also causes depression, paranoia, and delusions, or even death.

**LSD (Acid)-** Acid, or lysergic acid diethylamide (LSD) can cause hallucinations and severely distorted perceptions of sound and color. Flashbacks- states in which a drug user experiences the emotional effects of a drug long after its actual use- can also occur. Users may experience emotions ranging from extreme euphoria, to panic, to terror, or deep depression. Behaviors on this can lead to serious injury or death.

Other stimulates include nicotine, caffeine in coffee, tea, soda, and energy drinks, Energy drinks contain four to ten times the amount of caffeine is regular soda.

**Cocaine-** is a rapidly acting, powerful, and highly addictive stimulant. It is a white powder extracted from the leaves of the coca plant. Using cocaine is illegal. Users may experience a surge of self-confidence and euphoria. The confidence you get from using cocaine is usually followed by emotional letdown. Regular use can lead to depression, fatigue, paranoia, and physiological dependence. Cocaine can cause malnutrition and cardiac problems, especially among teens. When cocaine is injected, users risk contracting HIV or hepatitis B from infected needles.

**Crack-** an even more dangerous form of cocaine, and can also be called rock or freebase rock. Crack reaches the brain seconds after being smoked or injected. Once in the blood, it causes the heart rate and blood pressure to soar to dangerous levels. Death may result from cardiac or respiratory failure. Mixing crack (or any drug) with alcohol can be fatal. Both substances combine in the liver, increasing the risk of death from liver failure.

**Amphetamines-** highly addictive. Some people use these to stay alert, improve athletic performance, or to lose weight. It is easy to develop a tolerance, causing the user to ingest more and more of the substance. Regular use can result in an irregular heartbeat, paranoia, aggressive behavior, and heart failure.

**Depressants-** drugs that tend to slow CNS and can have negative and even deadly effects on your health. These are dangerous because they can slow heart rate, respiration rate, and lower blood pressure. Combining depressants can cause shallow breathing, weak or rapid pulse, coma, and death.

**Barbiturates-** are sedatives that are rarely used for medical purposes. Using these can cause mood changes, excessive sleepiness, and coma. Users may feel intoxicated. Combining these with alcohol can be fatal.

**Tranquilizers-** are depressants that relieve anxiety, muscle spasms, sleeplessness, and nervousness. When overused they can cause dependence, coma, and death.

**Hallucinogens-** these can cause serious mental/emotional and physical consequences on a user. These drugs alter mood, impair judgment, thoughts, and sense perception. Users behave in ways they normally would not. A person who uses hallucinogens may believe he or she is invincible. Using these drugs can also cause increase in heart and respiratory rates which can lead to heart or respiratory failure. It can also cause coma. Hallucinogens overload the sensory controls in the brain, causing confusion, intensified sensations, and hallucinations. These altered mental states can last for hours or even days. These drugs are extremely unpredictable and users sometimes harm themselves physically, or behave violently and harm others.

**PCP or angel dust-** one of the most dangerous of all drugs, and its effects vary greatly from user to user. The drug creates a distorted sense of time, increased muscle strength, increased feelings of violence, and the inability to feel pain. Overdoses can cause death, but most PCP related deaths are caused by destructive behavior or disorientation that the drug produces. For example, PCP users have died in fires because they become disoriented and had no sensitivity to the pain of burning. Flashbacks can occur at any time causing, pain, confusion and lack of control.

**DXM or “Tussin”** is a cough suppressant sold as and over-the-counter medicine. When used in the recommended dosage, DXM is not dangerous. When misused, it can cause hallucinations, paranoia, panic attacks, nausea, increased heart rate and blood pressure, seizures, and addiction

**Mushrooms and Peyote-** Psilocybin (shrooms) and mescaline (peyote cactus) are hallucinogens found in nature as a fungus and plant. When eaten, they cause hallucinations, nausea, and flashbacks. Use of these drugs can lead to poisoning and death when dealers harvest toxic species.

**Opiates-** or narcotics, are drugs such as those derived from the opium plant that are obtainable only by prescription and are used to relieve pain. When used appropriately and are prescribed by a health care professional they are an effective pain reliever. Abusing opiates dulls senses, causes drowsiness, constipation, slow and shallow breathing, convulsions, coma, and death. Pharmacists record all sales of opiates because the drug is addictive.

**Codeine-** a highly addictive ingredient in some prescription cough medicines. Even when taken as prescribed drowsiness can occur. It should not be used before driving a vehicle. Can cause dizziness, labored breathing, low blood pressure, seizures, and respiratory arrest.

**Morphine-** is a much stronger drug than codeine. It is sometimes prescribed to treat severe pain, but is generally used for only a short time. Side effects include fast or slow heartbeat, seizures, hallucinations, blurred vision, rashes and difficulty swallowing.

**Heroin-** processed form of morphine that is injected, snorted, or smoked. Heroin comes in many forms, including a white or brownish powder, and a black sticky tar. Dealers may mix heroin with other medicines or household substances to create other forms such as “cheese” or “cheese heroin.” It slows breathing and pulse rate. It can cause infection of the heart lining and valves, as well as liver disease. Large doses can cause coma or death.

**Oxycodone-** when used properly under the supervision of a doctor; oxycodone is a prescription drug that helps to relieve moderate to sever chronic pain. It contains a strong opiate. It is often referred to by the brand name OxyContin. A side effect of this drug is suppression of the respiratory system, which cause death from respiratory failure.