

Drug Use and Abuse

How much do you know about drugs?

<https://www.justthinktwice.gov//facts/quiz-facts-and-fiction>

What are drugs?

prohibition of
substances that
slacken the
mind...
—this can
cause a string
of sins



Any chemical you take that affects the way your body works. Alcohol, caffeine, aspirin and nicotine are all drugs. A drug must be able to pass from your body into your brain. Once inside your brain, drugs can change the messages your brain cells are sending to each other, and to the rest of your body. They do this by interfering with your brain's own chemical signals: neurotransmitters that transfer signals across synapses.

—Science Museum

Drug Abuse

- Some people intentionally abuse drugs
 - Diuretics, laxatives, and appetite suppressants in an effort to lose weight
 - Anabolic steroids in order to gain muscle mass
- Some drug users develop an **addiction**
 - Feel compelled to use the substance
 - Have difficulty quitting
 - Develop withdrawal symptoms when they stop using

Types of Drugs

- **Tobacco**
 - second hand smoker
 - smokeless tobacco (plug/spit tobacco)
 - shisha
 - e-cigarette
- **Alcohol**



Types of Drugs

- **Over-the-counter drugs (OTC)** and prescription drugs —> benefit people
- **Risks:**
 - ***Dependence:*** condition in which the body needs the drug in order to function normally. Without the drug, the user experiences withdrawal; he or she feels sick and can even die from quitting “cold turkey.”
 - ***Tolerance:*** condition in which higher doses of a drug are required to produce the same effect as during initial use. Tolerance increases the risk of dangerous or fatal overdose.
 - ***Overdose:*** taking too much of a drug. It can cause a serious toxic reaction or death.

Drugs Most Likely to be Abused



- **Opioids**

- opiates (drugs made from the opium poppy)
- medications to relieve pain
- morphine, cocaine and heroin, codeine (present in cough syrups)

- **Stimulants**

- stimulate the nervous system
- boosts alertness, or to decrease appetite
- increase blood pressure, heart rate, and breathing rate
- caffeine and nicotine are mild stimulants — cocaine is a strong stimulant
- stimulants include a group of prescribed drugs called **amphetamines** (*street name: uppers*)

Drugs Most Likely to be Abused

- **Depressants**

- opposite of stimulants; they slow down the nervous system, depress heart rate, blood pressure and breathing
- alcohol is a depressant slows down CNS
- ie. Valium and Xanax
- street name: **downers**

- **Cannabis**

- produces mood changes and distorted perceptions; reactions vary
- stimulates appetite and reduces pain — can be prescribed for medicinal reasons
- marijuana, hashish aka pot or weed



Drugs Most Likely to be Abused



- **Hallucinogens**
 - psychedelic drugs, dramatically alter thought and often cause hallucinations
 - produced from plants including magic mushrooms
 - ones made in labs include LSD, PCP, DMT

Addiction

Facts on Drugs: The Brain
and Addiction

p. 130

p. 132 (take note of answers)

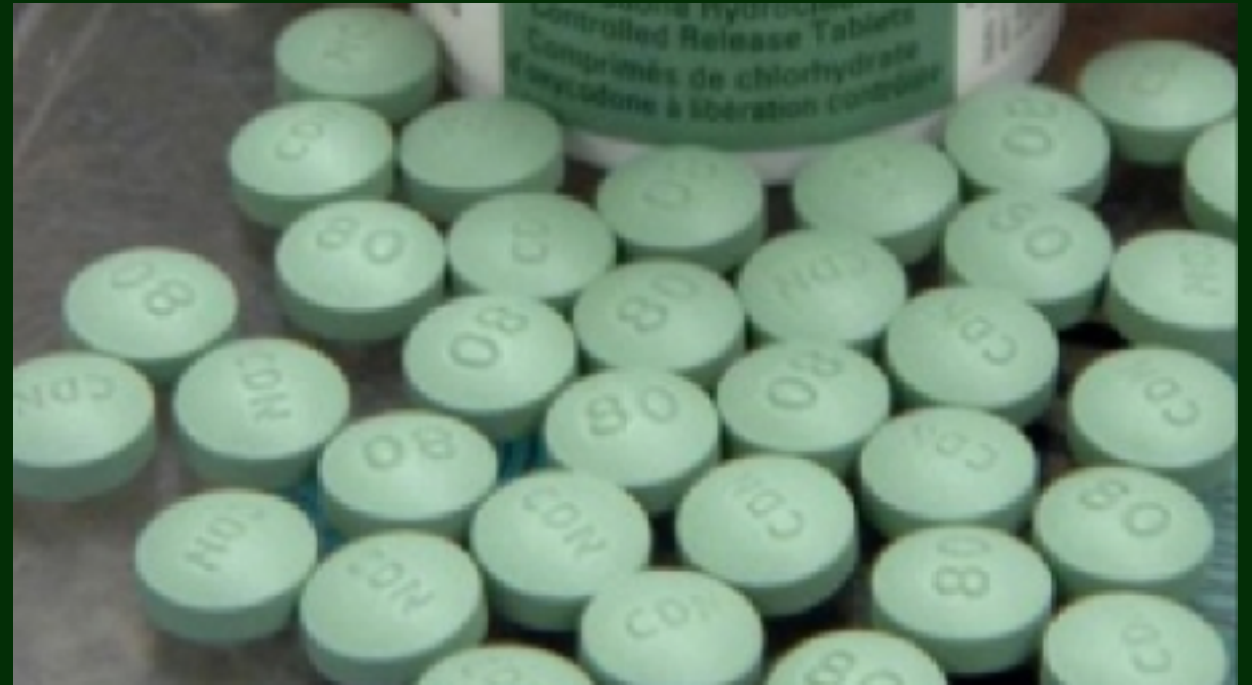


Current Drug Crises

- In groups of 3, choose a news story on a current drug issue in Calgary, Alberta, or Canada
 - What type of drug is it?
 - Death/Users statistics, street value
 - Assess the effects & risks of the substance's use and abuse—tobacco, alcohol, drugs—on health
 - Explain the media role and influence over [peer pressure and] the use of alcohol and drugs

Presentations: Friday

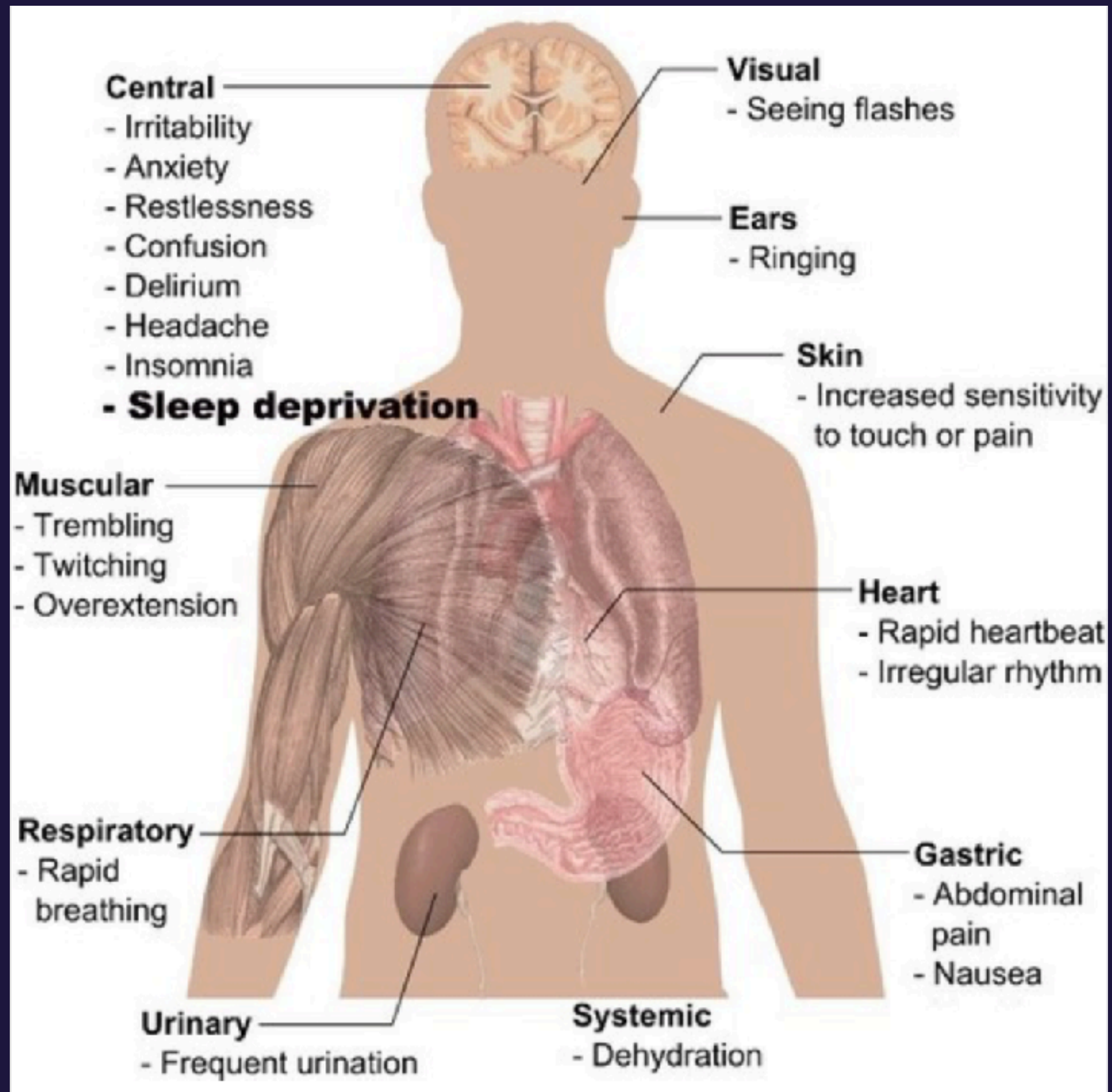
— Ppt/Prezi + 1/2 poster infographic



Fentanyl, a synthetic opioid painkiller, is estimated to be 80 times as powerful as morphine and hundreds of times more powerful than heroin. It is often sold as fake OxyContin pills (CBC)

<http://globalnews.ca/news/2948781/fentanyl-overdose-paralyzes-calgary-teen-he-has-a-life-sentence-now/>

Side Effects of Caffeine



Long-term effects of Heroin

- Central**
- Addiction
 - Tolerance
 - Dependence

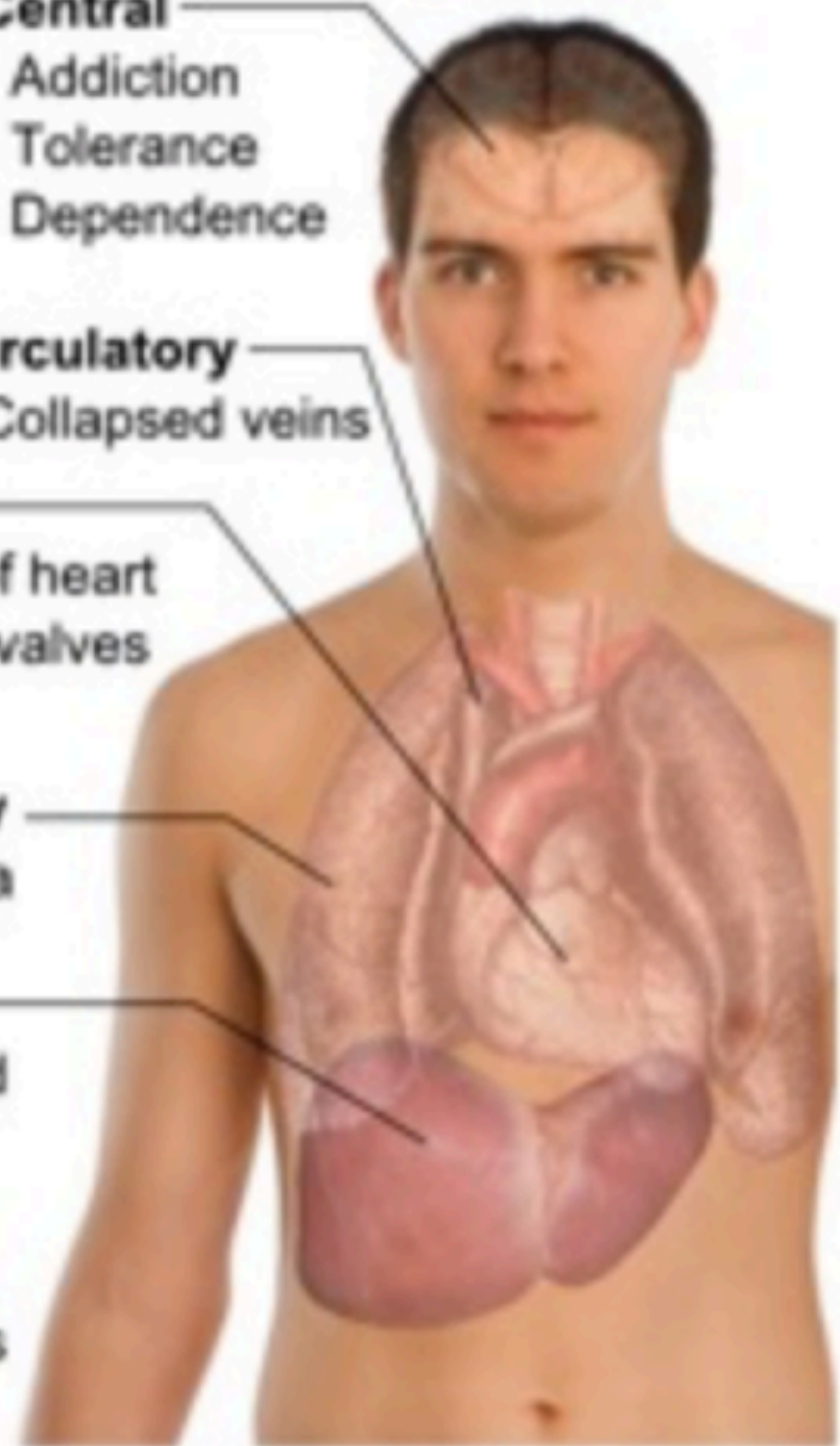
- Circulatory**
- Collapsed veins

- Heart**
- Infection of heart lining and valves

- Respiratory**
- Pneumonia

- Liver**
- Decreased function

- Systemic**
- Abscesses



Side effects of chronic use of Cocaine

Brain:

- Increased risk of strokes
- Reduced attention
- Insatiable hunger
- Insomnia/Hypersomnia
- Lethargy

Throat:

- Soreness
- Hoarse voice

Lungs:

- Hemoptysis
- Bronchospasm
- Dyspnea
- Infiltrates
- Eosinophilia
- Chest pain
- Asthma

Systemic:

- Fever
- Eosinophilia

Nose:

- Rhinorrhea (discharge)

Teeth:

- Bruxism (abrasion)

Heart:

- Increased risk of infarction

Skin:

- Pruritus

