

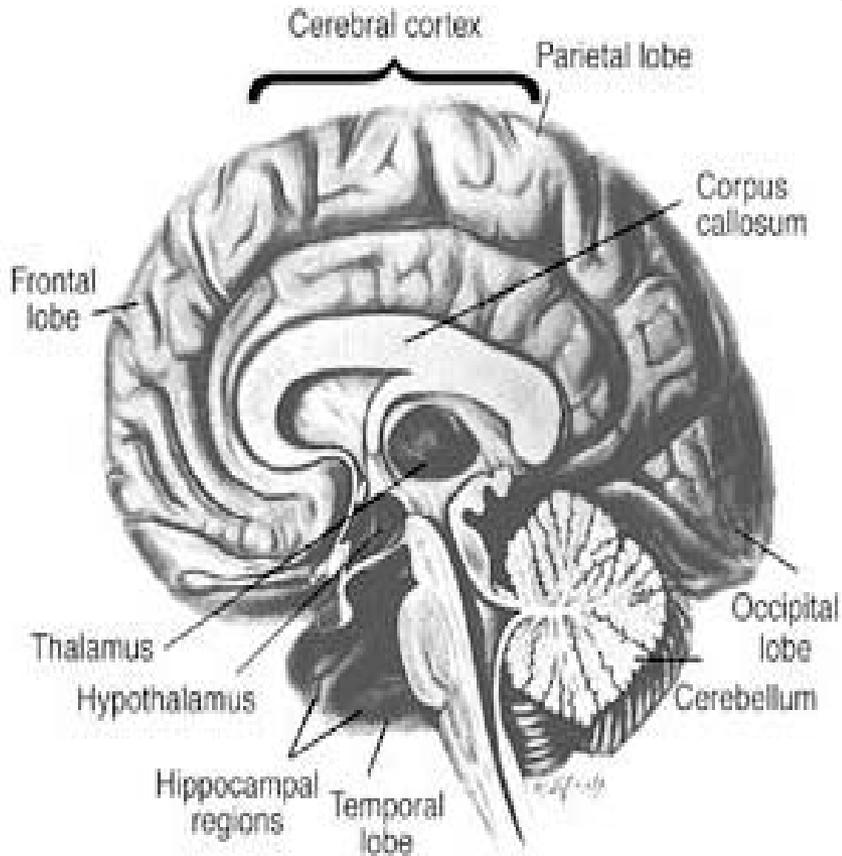
# Effects Of Alcohol & Recreational Drugs



# Alcohol & Recreational Drugs

- Can interfere with messages to your
  - Brain and alter your perceptions.
  - Emotions.
  - Vision.
  - Hearing.
  - Coordination.
  - Alcohol and drugs affect your judgment and can lead to dangerous behavior that puts you at risk for
    - Accidental Injuries (MV As, boating accident).
    - STDs.
    - Unwanted pregnancies.
    - Fights.
    - Trouble with the Law.

# How does alcohol affect the body?



- **Small amounts of alcohol:**
  - Relaxes the body.
  - Reduces tension.
  - Lowers inhibitions.
  - Impairs concentration.
  - Slows reflexes.
  - Impairs reaction time.
  - Reduces coordination.
- **Medium amounts of alcohol:**
  - Slurs speech.
  - Causes drowsiness.
  - Alters emotions.
  - Increase anxiety, aggression.
- **Large amounts of alcohol:**
  - Induces vomiting .
  - Causes breathing difficulties.
  - Alcohol poisoning.
  - Coma.

# Alcohol

- **Liver disease**

- Heavy drinking can cause fatty liver, hepatitis, cirrhosis and cancer of the liver. The liver breaks down alcohol at the rate of only one drink per hour.

- **Alcohol Poisoning**

- Drinking large amounts can result in alcohol poisoning.
- Respiratory depression.
- Heart or respiratory failure.
- Causes unconsciousness and even death.

# Alcohol

- Other long-term effects include
  - Loss of appetite .
  - Vitamin deficiencies .
  - Skin problems.
  - Sexual impotence.
  - Central nervous system damage.
  - Memory loss.
- Alcoholism cannot be cured, but it can be treated, you can be predisposed if + family history.
- **Alcohol is the #1 misused drug among young people in the U.S. (Kann et al., 2000)**

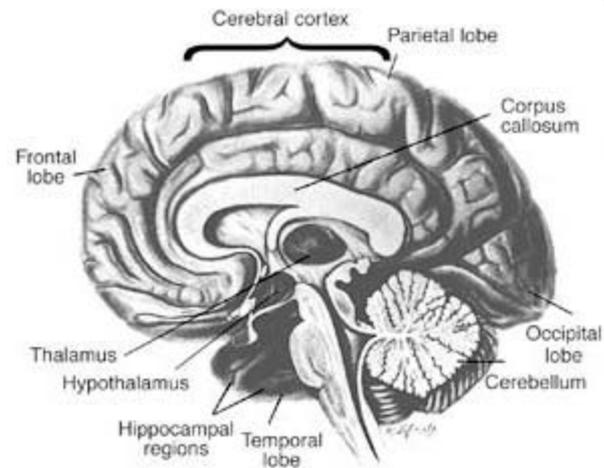
# Withdrawal Symptoms

- **Mild to Moderate**

- Psychological Symptoms**

- Feeling of jumpiness or nervousness
    - Feeling of shakiness
    - Anxiety
    - Irritability or easily excited
    - Emotional volatility, rapid emotional changes
    - Depression
    - Fatigue
    - Difficulty with thinking clearly
    - Bad dreams

# Why Teens Choose To Try Drugs



# ADDICTION

- **Risk for developing substance abuse**
  - A family history of substance abuse.
  - Depression.
  - Low-self esteem.
  - Feeling like an outcast or out of the mainstream.

# Teens try drugs for many reasons other than the physical feelings...

- Physical affects: it “feels good” to get high.
- The limbic system in the brain, often described as the “pleasure center”, is the cause of this euphoric feeling.
- Dopamine, the “happy” chemical released in your brain increases in this area when you take drugs.
- It causes feeling “high” or “good”.
- With constant drug use or addiction, permanent damage can occur in your brain, messing up the limbic system and your body’s ability to produce and use dopamine.
- Body becomes “physically dependent” A physical dependency is apparent because of withdrawal symptoms
  - “Need for the drug” –When drug use is discontinued. ([www.nida.nih.gov](http://www.nida.nih.gov))

# Recreational drugs

- **LDS**
  - Nausea, rapid heart rate, depression, and disorientation.
  - Long-term effects include
    - Paranoia and Psychosis.
- **Cocaine** can cause such long-term problems
  - Tremors seizures, psychosis, and heart or respiratory failure.

# Recreational Drugs

- **PCP**

- In addition to triggering unpredictable behavior
  - Can cause dizziness, numbness, high heart rate and blood pressure, convulsions.
  - In high amounts fatal heart and lung failure or ruptured blood vessels.

- **Marijuana and Hashish**

- Rapid heart rate.
- Memory impairment soon after use.
- Long-term effects include
  - Cognitive problems, infertility, weakened immune system, and possible lung damage.
- Recent studies show that marijuana can precipitate or exacerbate latent or existing mental disorders.

# Recreational Drugs

- **Stimulants** such as Amphetamines have health effects
  - High heart rate and blood pressure, headache, blurred vision, dizziness, impotence, skin disorders, tremors, seizures, and psychosis.
- **Narcotics** such as Heroin can bring on
  - Respiratory and circulatory depression, dizziness, impotence, constipation, and withdrawal sickness
  - Overdoses can lead to
    - Seizures
    - Death

# Party drugs info.....

- Everyone knows that taking illicit drugs can be harmful. You don't have to take drugs to have a good time. However, if you are going to take drugs to party, here is some advice:
- Start with a small amount.
- Tell a friend what you take.
- Avoid mixing drugs.
- Drink plenty of water.
- If you feel unwell, go to the medical room for help.
- If you plan to inject drugs, use a new fit for every hit.
- Plan to stick to your rules about safe sex.
- On the [HIV Drugs](#) page on this site, you can find information about the ways in which some recreational drugs can interact dangerously with HIV Drugs.

# References

- National Institute on Alcohol Abuse and Alcoholism (NIAAA, 2008)
- Addiction Recovery Institute, 2008 Conference
- [www.nida.nih.gov](http://www.nida.nih.gov)
- Kann et al., 2000
- Chudler, 2005