



# Unit V – Wellness, Fitness and First Aid

## Chapter 9 - Drug Awareness

### Section 2 – Drugs: Part 1



# What You Will Learn to Do

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Assess the effects of drug and substance abuse on life today

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# Objectives

1. Identify the risks associated with alcohol and various drugs
2. Explain the effects of alcohol and drug use, misuse and abuse on daily life



# Key Terms

**Dependency -** Addiction to a substance

**Stimulant -** Drugs, drinks, or other substances that speed up the activity of the mind or body; a drug that speeds up the activities of the central nervous system, the heart, and other organs

**Narcotic -** A drug used medically to relieve pain, produce sleep and dull the senses



# Drugs

A drug is neither good nor bad; it is what a person does with a drug that makes the difference.



Taking drugs is a serious matter. There is no such thing as recreational drug use.



# Drugs



Addiction and drug dependency mean basically the same thing. However, the term addict tends to make people think of a desperate individual living in the back alleys of a big city.



# Drugs



A person who has nausea, vomiting, anxiety, watery eyes/nose and an overwhelming desire to use a drug has become **physically dependent** on it.

He/she may also be **psychologically dependent**. Because the body and mind work together very closely, it's often hard to tell the difference between physical and psychological addiction.





# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

Marijuana use is illegal in the United States but in the past, it was used medicinally to help glaucoma and some cancer patients.

Tetrahydrocannabinol (THC) is the main psychoactive substance that produces marijuana's mind-altering effect.

It is quickly absorbed into the lungs and then travels through the blood to affect the brain.







# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

THC affects sleep patterns and remains in the body fat for at least a month after only one joint has been smoked.



The active chemicals in marijuana affect the brain, altering hearing, taste, touch, smell and sense of time and space. People may experience anything from a mild euphoria to uncontrollable laughter and hallucinations.



# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

Marijuana can also contain dangerous substances such as **pesticides** and **molds** and is sometimes mixed with PCP to make the user believe it's more potent.



Because marijuana has been around for thousands of years, people believe that it poses no harm. However, research studies prove this notion wrong.



# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

### The effects of marijuana use can include

- Short-term memory loss and shortened attention span
- Increased heart rate and irregular heartbeat
- Weakening of the immune system
- Reduced hormone levels
- Development of “amotivational syndrome,” the loss of ambition and drive
- Lung damage and increased risk of lung cancer
- Possible depression and moodiness
- Intense fear or anxiety (“pot panic”); paranoia or psychosis
- Development of tolerance to marijuana requiring greater amounts in order to feel any effects



# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

Some users feel tired and unhappy the morning after smoking marijuana and may smoke another joint to feel better. This cycle may lead to psychological **dependency**.

In extreme cases, marijuana abuse can result in paranoia and psychosis.

Like alcohol, marijuana can affect driving ability.





# Marijuana

## (Pot, Grass, Weed, Dope, Reefer)

Because of all the effects marijuana has on the mind, the body and the ability to learn, its use may be **particularly harmful to young people**, since they are still maturing physically, sexually and mentally.







# Cocaine, Crack and Bazuco

Cocaine hydrochloride is an illegal drug that looks like white crystalline powder. It is often diluted with other ingredients, then inhaled through the nose, injected, or smoked.



It is a stimulant that affects the nervous system. People often use it to increase mental activity; however, the intense high of cocaine is followed by an intense low.

As the effects of cocaine wear off the user feels exhausted, depressed and sometimes paranoid. Cocaine is considered to be one of the most potentially addictive drugs.



# Cocaine, Crack and Bazuco

Injecting cocaine or any other drug, with a shared needle may spread AIDS, hepatitis and other diseases.

Dealers cut cocaine with other substances, usually table sugar, mannitol, lactose, dextrose, or other drugs.







# Cocaine, Crack and Bazuco

Cocaine use can become uncontrollable, leading to dependence so strong that users will not quit even when it severely damages their lives.



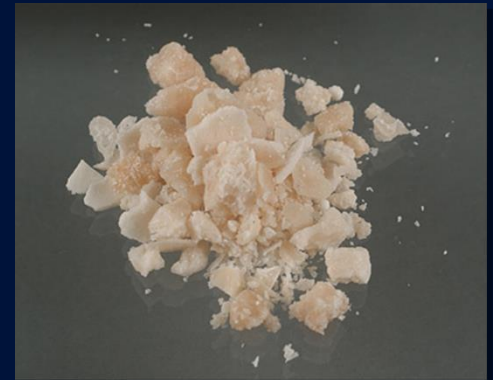


# Cocaine, Crack and Bazuco

**Crack** looks like brown pellets or crystalline rocks that resemble lumpy soap. **Bazuco**, another form of cocaine, is similar to crack.

The effects and risks of addiction to crack are so great, however, that it is like a completely different drug.

Its effects are felt within 20 seconds. The user experiences an incredible low after the high is worn off, making them seek more of the drug... which starts the **compulsive cycle**.

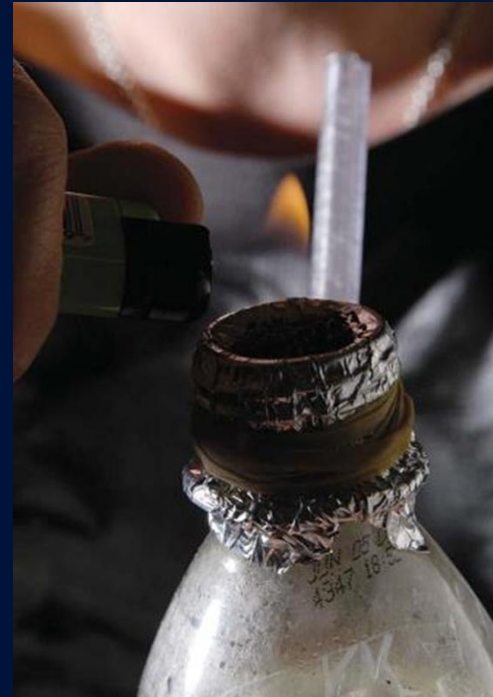




# Cocaine, Crack and Bazuco

## The physical side effects of crack include

- Dilated pupils
- Increased pulse rate
- Elevated blood pressure
- Insomnia
- Loss of appetite
- Hallucinations of touch
- Paranoia
- Seizures





# Cocaine, Crack and Bazuco

Bazuco is equally if not more dangerous and addictive than crack.



It is made from the intermediate step between the coca leaf and the cocaine hydrochloride, called cocaine sulfate.

It is mixed with substances like marijuana, methaqualone and acetone.





# Amphetamines and Methamphetamines (Speed)

Amphetamines look like capsules, pills or tablets.



Methamphetamines can be in the form of a white powder, pills or rock.





# Amphetamines

Similar to cocaine, amphetamines are **stimulants**. They stimulate the nervous system, increasing physical activity, energy, mental alertness and self-confidence producing euphoria.





# Amphetamines

Many people abuse amphetamines to increase energy and alertness, and in some cases to combat fatigue brought on by the use of alcohol, marijuana or depression.



After an injection of amphetamines, the user experiences an intense, short-lived euphoria. An addict may inject the drug several times a day for several days feeling little need for food or sleep.





# Amphetamines

In addition to fatigue and depression, the side effects of amphetamine abuse include:

- Extreme anxiety
- Temporary mental illness
- Malnutrition





# Methamphetamine

Methamphetamine is a stimulant similar to amphetamine. It is also abused to produce heightened awareness, alertness and self-confidence.

Like crack, it produces a high without the use of needles and is extremely addictive.





# Methamphetamine

Methcathinone is a designer drug similar to methamphetamine, that can cause:

- Paranoia
- Slurred speech
- Tremors
- Increased body temperature
- Extreme weight loss
- Sleeplessness



It is derived from the khat plant, native to Africa and Arabia.



# Barbiturates, Methaqualones, and Tranquilizers



**Barbiturates** look like red, yellow, blue, or red and blue capsules. **Methaqualones** look like tablets. **Tranquilizers** look like tablets or capsules.



# Barbiturates

Barbiturates are a group of depressant drugs that lower body temperature and blood pressure, slow breathing and heart rate, and as such, have many medical uses.







# Barbiturates

The symptoms of barbiturate abuse are similar to the effects of alcohol.



Small amounts can produce calmness and relaxed muscles; larger doses cause slurred speech and staggering walk.



# Barbiturates

## Signs of barbiturate abuse include

- Fatigue
- Blurred vision
- Confused or slurred speech
- Lack of coordination and balance
- A reduction of mental and physical activity
- Decreased breathing





# Barbiturates

An **overdose** can cause coma and death. Because barbiturates cause confusion and forgetfulness, accidental death occurs when a person has taken barbiturates, becomes confused, forgets, and takes more barbiturates.



Barbiturates are one of the leading causes of drug-related deaths.

The **combination** of barbiturates and alcohol can multiply the effects of both, multiplying the risks as well.



# Methaqualone

Methaqualone has side effects including:

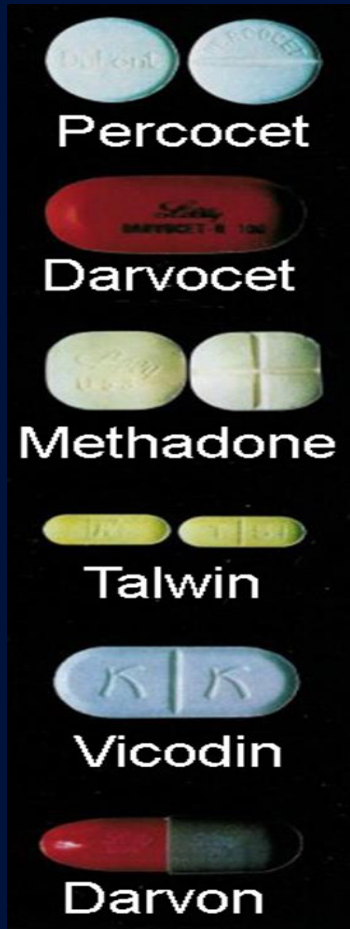
- Headaches
- Nosebleeds
- Dizziness
- Loss of coordination

If used with alcohol,  
it can cause death.





# Narcotics



Most **narcotics** are opiates and are used medically to treat insomnia and relieve pain.

When abused they produce euphoria followed by drowsiness, nausea and vomiting.

Tolerance develops quickly, and dependence is likely.



# Narcotics

**Opium:** Usually grown in the Middle East, opium is one of the weaker narcotics



**Codeine:** Also one of the weaker narcotics, codeine is usually prescribed by doctors for coughs or to relieve pain

**Morphine:** Derived from opium; a very strong painkiller. Because it is so addictive, mostly used medically in the late stages of terminal cancer.





# Narcotics – Heroin and Methadone

Heroin looks like a white to dark brown powder.



Methadone comes in the form of a solution.







# Heroin

Heroin is a concentrated form of morphine, and is so addictive that it is illegal in the United States, even for medical use.

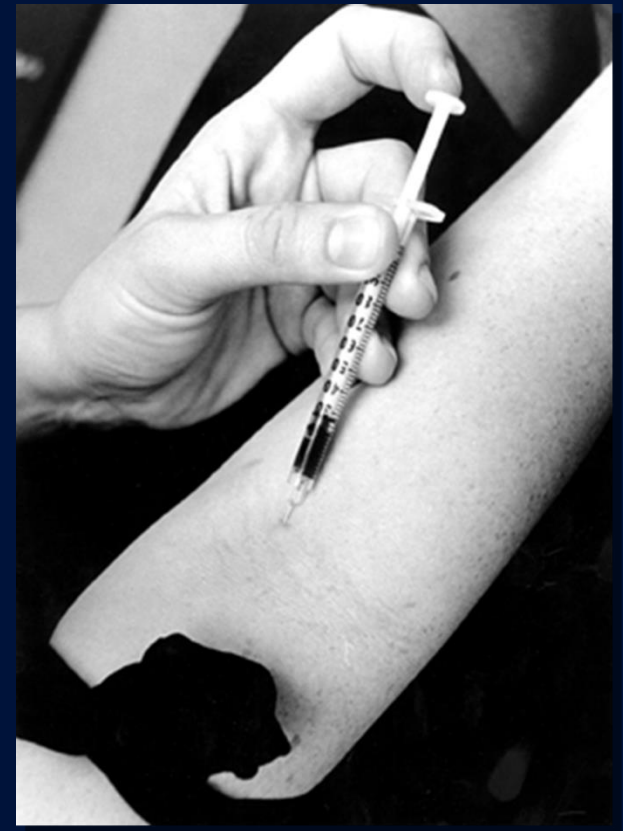
Because tolerance develops quickly, heroin users often turn to “mainlining,” the practice of injecting a heroin solution into their veins to intensify the drug’s effects.





# Heroin

People addicted to heroin often die young, some from overdoses caused by unreliable drugs, and others because they cannot distinguish between safe and dangerous doses.





# Heroin

Signs of an **overdose** include shallow and slow breathing, clammy skin, and convulsions.

An overdose can result in coma and death.





# Questions?

