

# **Alcohol & Drug Abuse**

# Know the Facts About Alcohol!

- Alcohol is a contributing factor in at least half of all murders, suicides, and car accidents.
- Heavy drinking along with drunk driving increases your chances of serious injury or death.
- Heavy drinking along with sex increases your chances of getting a sexually transmitted disease (STD) and HIV or AIDS.
- Heavy drinking is also linked with physical fighting, destroyed property, school and job problems, and trouble with law enforcement authorities.

# It won't affect me...

- Drinking alcohol leads to:
  - Loss of coordination
  - Poor judgment
  - Slowed reflexes
  - Distorted vision
  - Memory lapses
  - Blackouts
  - Lowered inhibitions
  - Impaired judgment



# Say Cheeeeeese.....



- Drinking alcohol can make you gain weight and give you bad breath as well as...

**Liver Failure caused  
by Alcoholism**



**36 year old, sores caused by  
diabetes and alcohol abuse.**



# Effects of Alcohol Use...



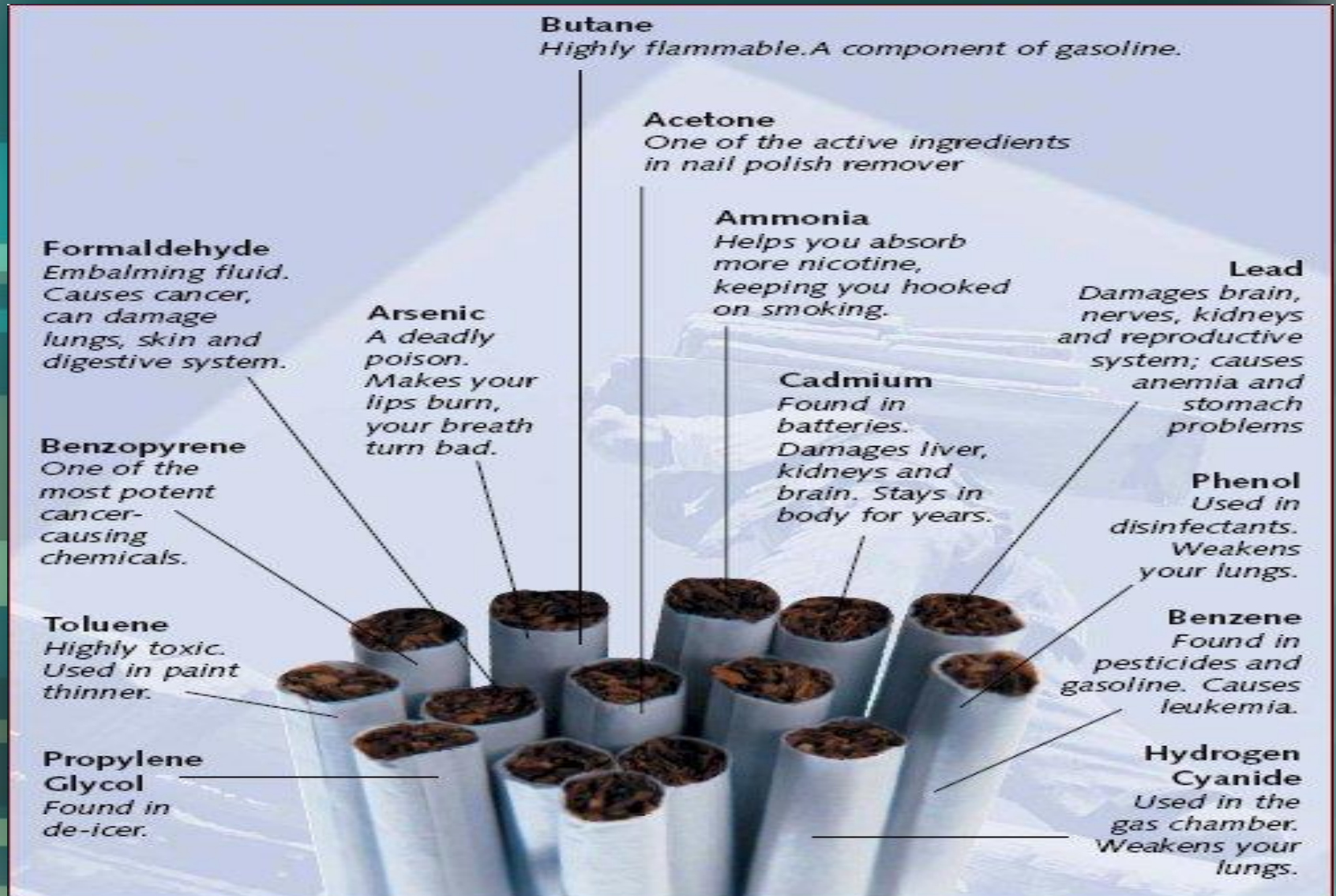
**Bleeding Pancreas of an Alcoholic,  
he's now dead!**

**How do you think these people turned out?**

# Signs of Alcohol Abuse

- Problems remembering things you recently said or did
- Getting drunk on a regular basis
- Lying about how much alcohol you are drinking
- Thinking that alcohol is necessary to have fun
- Having frequent hangovers
- Feeling run-down, depressed, or even suicidal
- Having "blackouts"--forgetting what you did while drinking
- Having problems at school or getting in trouble with the law

# Some of the chemicals in tobacco



## Effects of tobacco

Associated with coronary heart disease,  
Stroke,  
Stomach ulcers  
Respiratory infections,  
encourages formation of blood clot in the  
vessels impeding blood flow  
(thrombosis)  
Causes many types of cancers e.g.  
mouth, throat, lung etc



**Tobacco can cause oral cancer.**



# SMOKING CAUSES MOUTH AND THROAT CANCER

Health Authority Warning



Quitline  
131 848

MOUSE CANCER

Smoking is the major cause of cancers affecting the mouth and throat. These cancers can result in extensive surgery, problems in eating and swallowing, speech problems and permanent disfigurement.

You CAN quit smoking. Call **Quitline** 131 848, talk to your doctor or pharmacist, or visit [www.quitnow.info.au](http://www.quitnow.info.au)

# SMOKING CAUSES CANCER OF THE THROAT



# SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Health Authority Warning



## GANGRENE

Smoking damages your blood vessels, which can prevent blood circulation, particularly to your legs or feet. This can result in blood clots, infection, gangrene, even amputation.

You CAN quit smoking. Call **Quitline 131 8488**, talk to your doctor or pharmacist, or visit [www.quitnow.info.au](http://www.quitnow.info.au)

# SMOKING CAUSES CANCER OF THE LUNGS



# Marijuana



- Street names include *pot, herb, weed, boom, Mary Jane, and chronic*
- Average age of first use is 14
- The amount of tar inhaled and the level of carbon monoxide absorbed are 3-5 times greater than cigarette smokers.

# Effects of Marijuana Use

- **Physical Effects of use:** Dry mouth, nausea, headache, decreased coordination, increased heart rate, reduced muscle strength, increased appetite and eating
- **Mental Effects of use:** Anxiety, paranoia, confusion, anger, hallucinations, tiredness, possible suicidal thoughts

# Other effects of Marijuana

- **Reproductive Problems in Guys:** smaller testicular size, lower testosterone hormone levels, impotence, decreased sexual desire, change in sperm size, amount and strength.
- **Reproductive Problems in Girls:** Period problems, abnormal eggs, decreased sexual desire, reduced fertility in your future children
- **If used during pregnancy,** it can decrease the size of the baby and increase the risk of the baby developing leukemia later in life.





# Inhalants

- Chemicals that are “huffed” or “sniffed” like paint thinners, gasoline, glue, butane lighters, propane tanks, aerosol sprays, nail polish remover, etc.
- **Effects of Use:** Slows down the body’s functioning, loss of body control, passing-out, permanent hearing loss, permanent muscle spasms and twitches, cancer, brain damage, bone damage, liver & kidney damage, heart failure and possible death.

# Club Drugs



- MDMA (Ecstasy), Rohypnol (date rape drug-Roofies), GHB, and Ketamine (Special K or Vitamin K) are among the drugs used in nightclubs, bars, raves, or the trance scene.
- These are man-made drugs that can cause seizures, amnesia, anxiety, tremors, sweating, coma, high body temperature that can lead to death and long term brain damage that affects the parts of the brain that involve thought, memory and pleasure.

# Hallucinogens



- *LSD, Acid, PCP, Angel Dust, Mushrooms or Shrooms* are all hallucinogens that alter the time, reality and environment around you.
- Long term effects can include flashbacks, schizophrenia and severe depression.



# Methamphetamine



- *Meth, Speed or Chalk* is taken by mouth, by snorting the powder, by needle injection, and by smoking.
- **Effects of Use:** Brain damage, confusion, anxiety, paranoia, anger, stroke, high body temperature, and convulsions which can lead to death.
- Everybody doesn't think it's okay to take methamphetamine. A 1999 National High School Survey indicates that over 80% of teens disapprove of using meth even once or twice.

# Cocaine & Heroin

- Both drugs can be snorted, smoked or injected by needle into a vein.
- Prolonged cocaine snorting can result in sores of the inside of the nose and can damage the cartilage enough to cause it to collapse.
- Heroin is ranked second as the most frequently mentioned drug in drug-related deaths.



# Cocaine & Heroin

- The IV drug user is at risk for transmitting or acquiring HIV infection/AIDS if needles or other injection equipment are shared.
- **Bad Effects:** Infected veins, hepatitis liver disease, pneumonia, heart infections, paranoia, depression, miscarriage, overdose and even death!



# Physical Effects of Drug Use

1990



1995



Same user of Methamphetamines 5 years later



Infection from IV drug use

THANK YOU