

HEALTH EDUCATION ALCOHOL, TOBACCO, AND OTHER DRUGS

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MENU



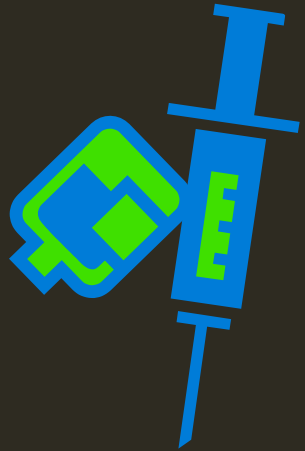
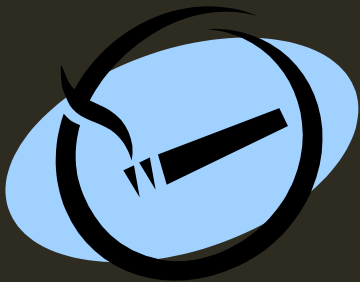
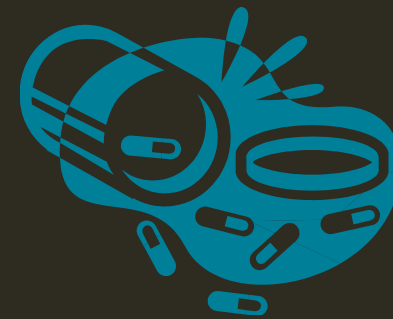
Content

Assessment

Sources



End Slide



Alcohol, Tobacco, and Other Drugs

Essential Standard 9

Understand the health risks associated with alcohol, tobacco, and other drug use.

9.1.1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.

9.1.2 Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.

9.1.3 Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.

9.1.4 Summarize the risks of IV drug use, including blood borne diseases.

9.1.5 Predict the effects of substance abuse on other people as well as society as a whole.

9.1.6 Summarize the consequences of alcohol or tobacco use during pregnancy.



Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports

Short term side-effects in males:

- growth of breast tissues
- shrunken testicles
- painful urination
- swelling of the prostate gland

- severe acne
- baldness
- increased risk of tendonitis
- tendon ruptures

Short term side-effects in females:

- missed menstrual cycles
- shrinking of the uterus
- develop facial hair
- deeper voice
- enlarged genitals
- decreased breast size

- severe acne
- baldness
- increased risk of tendonitis
- tendon ruptures

Long term side-effects that are experienced by both males and females include:

- *infertility
- *liver abnormalities and tumors
- *hypertension
- *heart/circulatory problems
- *rage/aggressive behavior
- *violence
- *psychiatric disorders
- *drug dependence

Also using performance-enhancing drugs as a teen may cause bone growth to stop and stunt growth.

Most sport organizations have banned the use of performance-enhancing drugs.

Consequences for using the drugs are severe. If the athlete is found to be using these drugs or if sufficient evidence exists to prove prior usage then:

- *athlete can be removed from competition
- *previous records and titles (team and individual) are considered disqualified and removed
- *in some cases awards are withdrawn
- *in some cases financial penalties are enacted



Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs

Friends, family, community and cultural norms can be risk factors that promote drug use.

→ However each of these factors can also serve in a protective role preventing an individual from using drugs.

Teens with positive and close relationships with family members are less likely than other teens to misuse and abuse drugs. They respect and value the laws of the community and the citizens of the community.

Young people who have friends who are not accepting of drug misuse and abuse are less likely to abuse substances.

Positive peer pressure and the social expectations to live a drug free lifestyle are also important factors that contribute to resisting drug misuse and abuse



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Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse



Over-the-counter drugs- Chemical compounds that can be purchased without a physician's prescription.

Examples- Tylenol, Claritin, Nyquil, Lamisil and Pepto-Bismol.

(Usually purchased to alleviate symptoms associated with minor illness or discomfort)

Prescription drugs- Chemical compounds that can only be acquired with a physician's prescription.

Examples- Lipitor, Xanax, Amoxicillin and Hydrocodone.

(Prescription is individualized for the user and specific information about how much and how often the drug should be taken are provided to the user)

Illegal drugs- Chemical compounds or substances that have been identified as a threat to an individual or society.

Examples- marijuana, cocaine, heroin, PCP, LSD, methadone, morphine and opiates.

(In the U.S. it is illegal to possess, deliver or manufacture these substances.)

Drugs- Chemical substances that are intended to change the body's functioning and the use of drugs is considered dangerous when it threatens the health of the user.

Drug Use- Refers to the use of a chemical substance for the intended purpose, as designated by the manufacturer.

Drug Misuse- Refers to the unintentional/inappropriate use of prescribed or non-prescribed medicine that results in the impaired physical, mental, emotional, or social well-being of the user.

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Drug Use And Abuse



Summarize the risks of IV drug use, including blood borne diseases.

Drug users of heroin and other opiates, cocaine, amphetamines and anabolic steroids are likely to inject these drugs.

They may use unsterile needles or other contaminated equipment placing themselves at risk for acquiring:

- HIV
- Hepatitis
- Other blood-born pathogens

Approximately 1/10 of all new HIV infections are the result of injection drug use.

When drugs are injected into the blood stream the effects are IMMEDIATE.

→ overdose can occur very quickly

→ effects of IV drug use is quick and intensive this increases the chance for addiction

Scarring and collapsed peripheral veins are also common among intravenous drug users

*track marks- Result of discoloration of the veins due to scarring and build up of toxins.

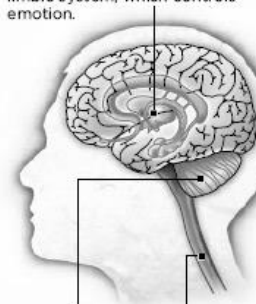


HEROIN IN THE BODY

In the brain, heroin is converted to morphine and binds to opioid receptors. These receptors are proteins on the surfaces of nerve cells, or neurons. Nerve cells communicate with one another by releasing chemicals, which deliver their message by attaching to receptors on nearby neurons. Here's how heroin affects the brain and body:

HOW HEROIN AFFECTS THE BRAIN

It triggers feelings of pleasure by producing charges in the limbic system, which controls emotion.



It depresses breathing, which is controlled by the brain stem.

It blocks pain signals from the body arriving through the spinal cord.

... AND THE BODY

Heroin use causes extremities to feel heavy, flushing of the skin and dry mouth. Users experience alternately wakeful and drowsy states. Because the central nervous system becomes depressed, mental function is cloudy.

Breathing slows and may lead to respiratory failure. Users may stop breathing. Many users who die of overdoses do so in their sleep. Sleep reduces the heart and breath rate. Heroin reduces it further.

Longtime users may suffer collapsed veins, heart lining and valve infections and liver disease. Users are also at risk for pneumonia.

SOURCES: Society for Neuroscience; Office of National Drug Control Policy; Plano police; Dallas Morning News research

JAMES A. BLACK and DEAN HOLLINGSWORTH/Staff Artists



Predict the effects of substance abuse on other people as well as society as a whole

When a person abuses alcohol, tobacco, and other drugs he/she creates a ripple effect that reaches those close to him/her, those in the community, and even beyond.

Costs to the individual user are the critical focus of substance abuse prevention
-however the effects on others can't be avoided or dismissed

Unintentional injuries associated with alcohol and other drugs affect innocent victims in numerous ways;

- Motor vehicle crashes
- Acts of violence
- The cost to everyone who maintains automobile health insurance policies
- Cost to health care facilities
- Employers that suffer productivity loss
- Families that must repair physical and emotional damage caused by user



Summarize the consequences of alcohol or tobacco use during pregnancy.

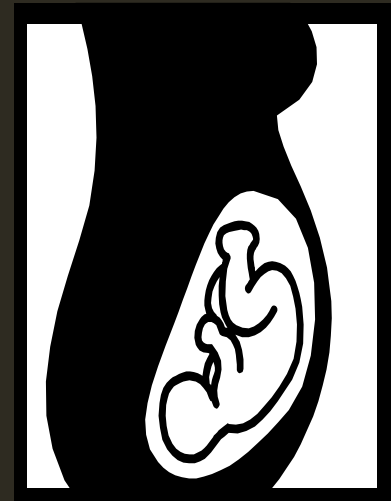
Alcohol in the blood of a pregnant woman is passed through the placental membranes into the system of a developing fetus.

*Fetal Alcohol Syndrome (FAS)- Lifelong and completely preventable set of physical, mental and neurobehavior birth defects associated with alcohol excessive consumption during pregnancy.

FAS diagnosis requires evidence of abnormalities in 3 specific areas:

1. Growth
2. Central Nervous System Functions
3. Facial Characteristics

(FAS is the leading cause of mental retardation/ birth defects in developed countries)



Pregnant women should also avoid tobacco use.

Tobacco use is linked with:

*low-birth weight infants

*premature delivery

*still birth

*complications during pregnancy

*sudden infant death syndrome

A smoking mother decreases the amount of oxygen delivered to the fetus

-the toxins absorbed in the bloodstream are passed through the placenta to the developing fetus

It is critical that all pregnant women should avoid all forms of alcohol, tobacco products and second-hand smoke.



SOURCES

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All pictures retrieved September 29, 2013 from www.google.com or clip art



ASSESSMENT

Question 1

What negative side-effects do both males and females suffer due to short-term usage of performing-enhancing drugs?

- a) Baldness
- b) Increased Risk of Tendonitis
- c) Severe Acne
- d) Tendon Ruptures
- e) All of the Above



ASSESSMENT

Question 2

Young people who have friends who are not accepting of drug misuse and abuse are more likely to abuse substances.

- a) TRUE
- b) FALSE



ASSESSMENT

Question 3

Drugs that are illegal to possess, deliver or manufacture include...

- a) Tylenol, marijuana and PCP.
- b) Opiates, methadone and cocaine.
- c) Cocaine, Xanax and Pepto-Bismol.
- d) Nyquil, morphine and Claritin.
- e) None of the above.



ASSESSMENT

Question 4

When IV drug users use unsterile needles or other contaminated equipment, it places themselves at risk for acquiring...

- a) HIV
- b) Hepatitis
- c) Other blood-born pathogens
- d) A & C only
- e) A, B & C



ASSESSMENT

Question 5

The effects of using drugs **ONLY** affects the user.

- a) TRUE
- b) FALSE



ASSESSMENT

Question 6

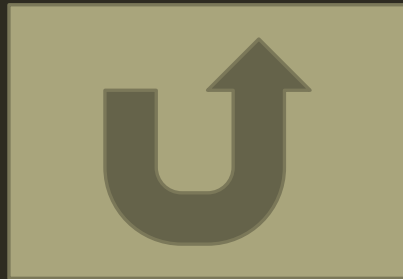
Fetal Alcohol Syndrome (FAS) diagnosis requires evidence of abnormalities in 3 specific areas. Which specific areas?

- a) Growth
- b) Central Nervous System Functions
- c) Facial Characteristics
- d) All of the above
- e) None of the above

END OF ASSESSMENT



CORRECT! Good Job!



Incorrect... Try again.

