

# Alcohol and Drugs

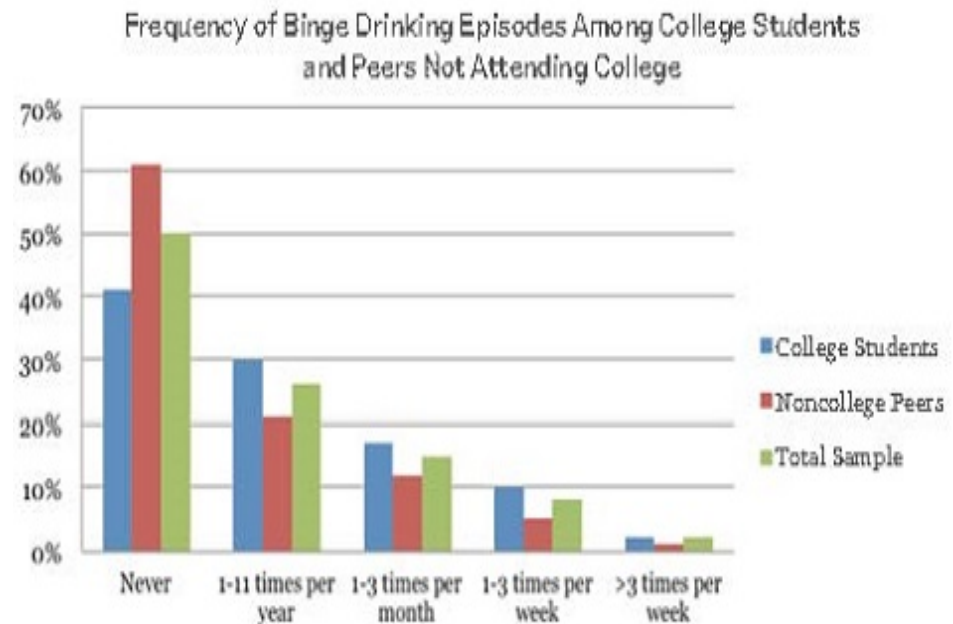
Bailey and Rhett

# Intro to ALCOHOL

Alcohol is a recurring problem in society

<http://www.hazeldenbettyford.org/education/butler-center-for-research/research-updates/1605-college-binge-drinking>

**\*\*20-30% of college students report alcohol related problems**



# Alcohol dosage

- Alcohol's effects vary by dosage
  - measured by Blood Alcohol Level or Concentration (BAL or BAC)
    - number of grams of alcohol per every 100 milliliters of blood (as a percentage)
- At lower BALs alcohol is a stimulant (hyper-minded)
- After .05 BAL, sedation begins
- Drinking more than one drink per hour will cause BAL to rise
- Drinking Wheel shows relationship between dosage and body weight and helps determine BALs

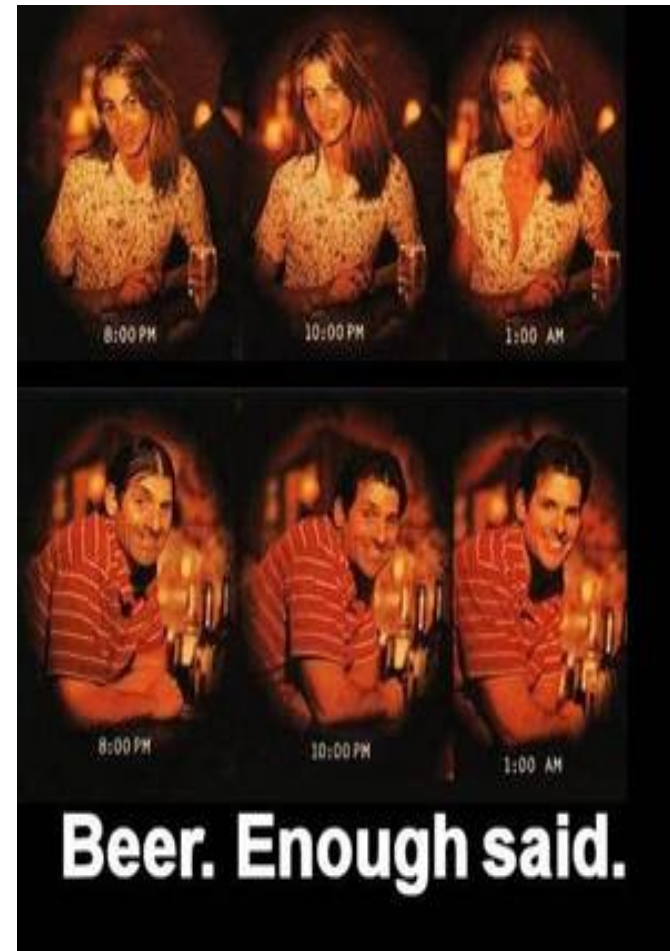


<https://www.alcopro.com/product/combo-bac-wheel/>

These are for sale. Notice the “for men” and “for women” descriptions. There is a disclaimer because different bodies handle different drinks at different rates. This wheel is not an accurate measure of one’s BAC.

# Behavior

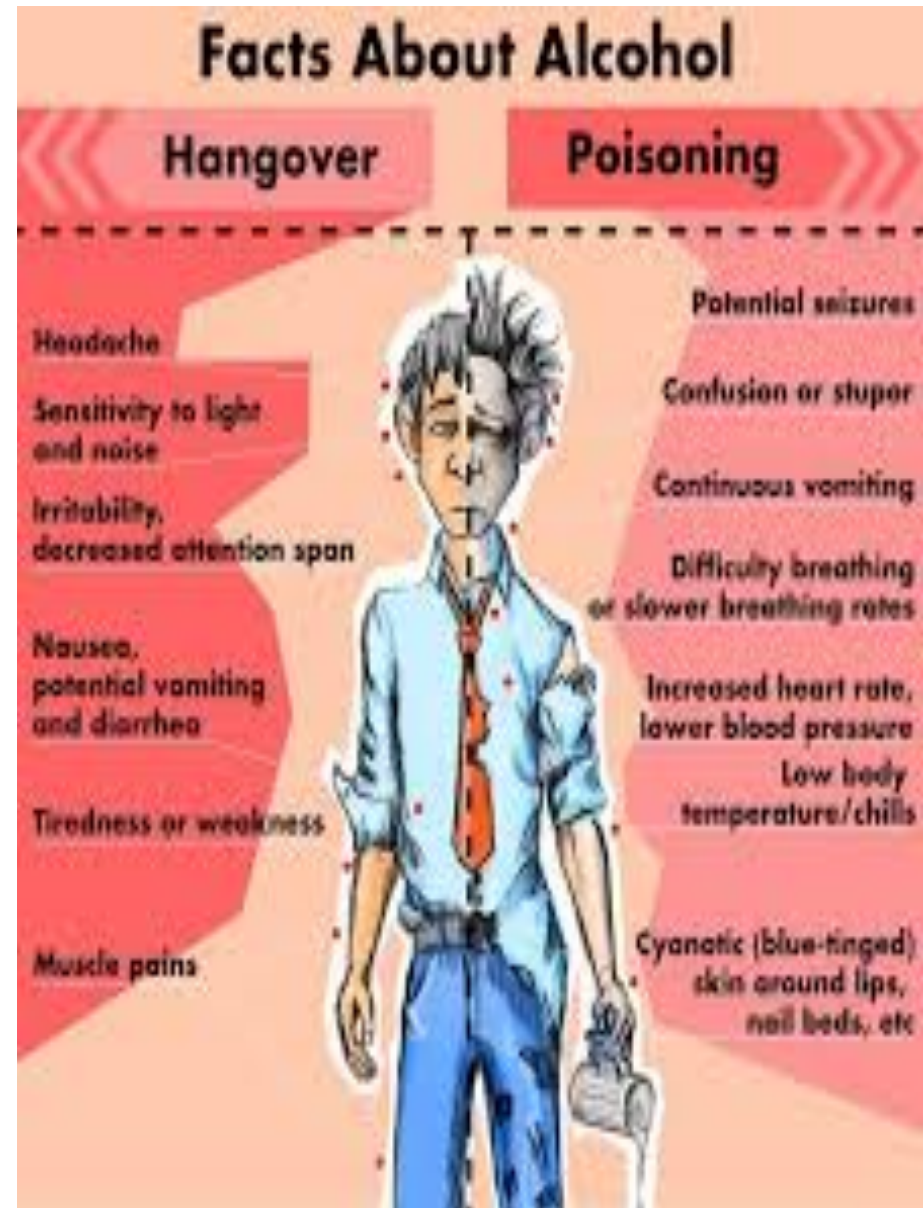
- BAL = .025, energetic and animated
- BAL = .05, rowdy and boisterous (getting buzzed)
- BALs from .05 to .08, threshold for loss of coordination, clear thinking, and judgment
- BALs greater than .08 lead to severe loss of coordination and sleep



# Death from Alcohol

- Nausea –can potentially choke on vomit while asleep
- BALs of .30 or higher can cause alcohol poisoning
- inability to wake
- slow, shallow breathing
- rapid, weak pulse
- cool or damp skin
- cyanosis (blue skin)
- fall asleep and die of respiratory paralysis

<https://healdove.com/misc/The-Difference-Between-a-Hangover-and-Alcohol-Poisoning>

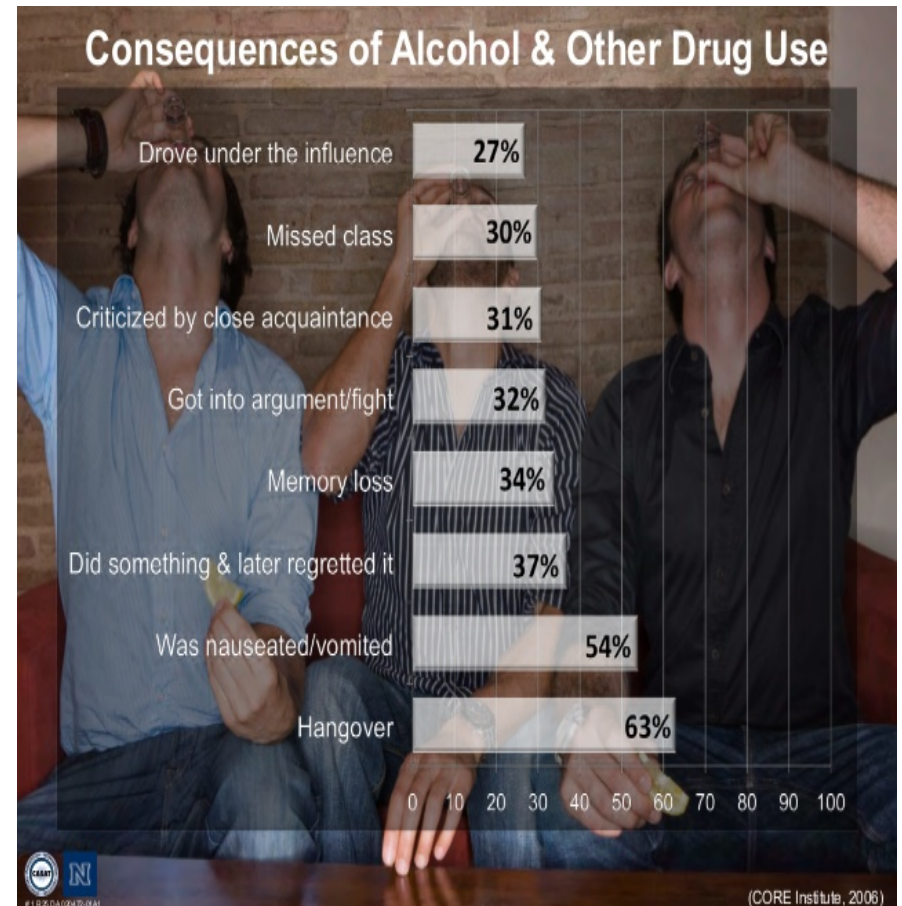




# Binge Drinking

<https://www.slideshare.net/mikewilhelm/nida-mod-1>

- Defined by drinking more than 4-5 drinks at a time depending on gender
- Core Institute at Southern Illinois University studies binge drinking:
  - poor test performance
  - missing classes
  - illegal behavior
  - violence
  - memory problems
  - drunk driving
  - regrets
  - vandalism
  - STDs (poor decision making)



# Binge Drinking (continued)

- Alcoholism and Problem Drinking
  - "Are you a friend of Bill's?"
    - Bill Wilson and Dr. Bob Smith founded AA. Holding to anonymity, members drop their last names, making Bill W. the 'proper' way to refer to Mr. Wilson. This is the 'Bill' in friend of Bill. And anyone who is a friend of Bill is a member of alcoholics anonymous by extension.  
<http://www.12step.com/articles/alcoholics-anonymous/what-friend-bill>
  - Alcoholics Anonymous code





# TOBACCO

<https://quitsmokingcommunity.org/smokers-lungs/>

- HIGHLY addictive
- Leads to heart disease, cancer, and lung problems
- About 30% of college students smoke
- Many students begin smoking while in college
- Minor problems include:
  - more respiratory infections
  - exacerbates asthma
  - causes bad breath and stained teeth
  - expensive



# Drug Abuse

This is the reality for many Americans



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# Opioids

- For pain relief (analgesia)
- Stronger than over-the-counter analgesics (aspirin, Tylenol, Ibuprofen, etc.)
  - Morphine
  - Codeine
  - OxyContin
  - Darvon
  - Vicodin
  - Demerol
  - Dialudid



# Depressants

**Depressants lower neurotransmission levels in the central nervous system. Depressants can be used on those with Psychotic issues.**

Types of Depressants:

- Cannabis
- Benzodiazepines
  - GHB
- Rohypnol
- Alcohol
- Opioids

# Stimulants

**The complete opposite of a depressant, this causes a lot of activity in the nervous system. Heart attacks and other heart issues are symptoms of abuse from these substances.**

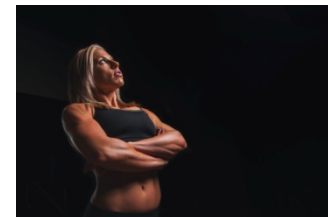
Types of Stimulants:

- Amphetamines
- Cocaine
- Khat
- Methamphetamine



# Anabolic Steroids

- Legally used to treat victims of testicular cancer, male pituitary malfunctions, and to build up muscle tissue after surgery
- Illegal when not prescribed – commonly seen use by sports athletes looking to get bigger fast.
- Side effects (in males)
  - testicle shrinking
  - reduced sperm count
  - infertility
  - breast development
  - higher risk for prostate cancer

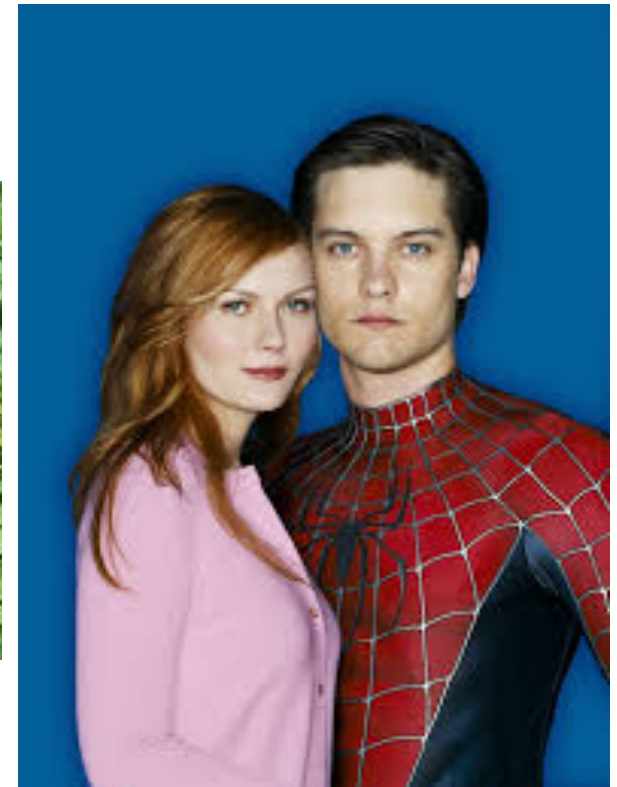




# Mary Jane

- Marijuana contains three times the amount of tar found in cigarette smoke and 50% more carcinogens. Users can experience issues within their brain, heart, and lungs from using this substance.

- THC is active ingredient
- Produces pleasant high (similar to low doses of alcohol)
- Chronic use can lead to lethargy, lung infections, and cancer



## Ecstasy

- Can cause a long list of psychological problems and physical problems, from sleep anxiety, nausea, blurred vision, and increased heart rate and to high blood pressure. This drug can be commonly found in raves, clubs, and parties, given that MDMA can change your behavior to a much happier one.

- Gives a pleasant high for several hours
- Street MDMA can contain other drugs
- Chronic use can lead to obsessive behavior, increased anxiety, paranoia, and sleep problem







# Heroin

- Heroin related deaths have spiked since 2003, specifically in men.
- In 2014, there were 15,000 deaths nationwide due to heroin.
- Highly addictive, with some of the worst known withdraws. Withdraws can take place only 8 hours since the last hit.

- Users develop tolerance (so more heroin is need to achieve same effect)
- HIV risk because of shared needles
- Chronic users may be medically at risk



# Cocaine

- Being a stimulant, cocaine use can lead to a heart attack, whether it is your first time using or your 30<sup>th</sup>. Taking large amounts of cocaine is associated with erratic and possibly violent behavior. The drug has been known to keep users up for days at a time.

- Powder cocaine is snorted
- Crack cocaine is smoked
- Both cause euphoria
- Sudden cardiac arrest followed by death is possible



# Meth

- Methamphetamines has the most visible effects out of the other commonly used illegal drugs. The dependency rating for meth is at a 2.24, where heroin is a 2.89. The drug is very addictive and gives the user a huge surge of dopamine. Oral is an issue for users, because over time one may develop a “meth mouth”.



- Easily "cooked" from common ingredients
- Produces euphoria, wakefulness, activity, and appetite
- Chronic use may lead to binges, psychotic behavior, intense paranoia, hallucinations, rage, and violent behavior

