



Drugs

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What are Drugs?

- Any substance (other than food) that is used to prevent, diagnose, treat, or relieve symptoms of a disease or abnormal condition. Drugs can also affect how the brain and the rest of the body work and cause changes in mood, awareness, thoughts, feelings, or behavior. Some types of drugs, such as opioids, may be abused or lead to addiction.



Alcohol

- Large societal problem
 - 20-30% of college students encounter alcohol problems
- Varies by Dosage
 - Measured by Blood Alcohol Level (BAL) by # of grams of alcohol/100 ml of blood as a percentage
 - Lower BAL = stimulant
 - Above 5% BAL you begin sedation
 - Drinking 1+ drink/hour causes BAL to rise
- Drinking Wheel



Alcohol Levels

- 2.5% = energetic and animated
- 5% = rowdy and boisterous aka getting buzzed
- 5-8% = beginning to lose coordination, clear thinking, and judgement
- Above 8% = severe loss of coordination and sleep

Death via Alcohol

- Nausea (see recovery position)
- BAL of 30% or higher can cause alcohol poisoning
 - Inability to wake, slow and shallow breathing, rapid and weak pulse, cool or damp skin, cyanosis, and can fall asleep to die of respiratory paralysis
- Contact medical help or take the person to the emergency room



Binge Drinking

- Drinking more than 4 for females or 5 for males (check that site for specifics)
- Associated problems:
 - Poor class performance, illegal behavior, violence, memory problems, drunk driving, regrets, vandalism, and STD's
- Places for Help
 - Self-Help programs such as Alcoholics Anonymous and other groups
 - Magnolia Chapter meets at 914 Vice St.
 - “secret” code is “Are you a friend of Bill’s?”



Tobacco

- Highly Addictive
- Heart disease, cancer, and lung problems
- Stats show 30% of college students smoke
- Many students begin in college
- Minor symptoms:
 - Prone to respiratory infection
 - Prone to asthma
 - Causes bad breath and stained teeth
 - Regret from how much money you lose



DON'T Abuse Prescription Drugs



- Prescription Drugs
 - Opioids – strong pain relief (Morphine, Vicodin, Fentanyl, etc.)
 - CNS Depressants – anxiety or sleep disorders (Barbiturates and Benzodiazepines)
 - Stimulants – diet control, asthma, staying awake, and focus (Adderall, Ritalin, etc.)

Drug Abuse Continued

- Anabolic Steroids – treat victims of testicular cancer, pituitary problems, and build muscle after surgery
 - Can cause testicle shrinking, infertility, baldness, breast development, and high risk for prostate cancer
- Marijuana – creates a pleasant high similar to low BAL percentages
 - Legal in some states



Illegal Drugs

- Illegal drugs are those that are not prescribed by a doctor or bought at a drugstore. They are sometimes called "street drugs." Some examples include heroin (also called smack, junk, or dope), cocaine (coke or crack), PCP, ecstasy (MDMA), and meth (crank or speed).
- The effects of illegal drugs can be hard to predict because:
- People respond differently to the same drugs.
- The strength or potency of the drug may be uncertain.
- They may contain unknown substances or dangerous chemicals, such as fentanyl. There is no quality control for street drugs like that required for prescription drugs.
- They may interact with other drugs or alcohol in harmful or unpredictable ways.

