# DRUG AWARENESS AND PREVENTION

A PRESENTATION FOR
DEPARTMENT OF MEDICAL BIOLOGY
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WHAT ARE DRUGS

- A drug is something that affects your body. Drugs must be able to pass through the body and into the brain ;interferes with brain's neurotransmitters .

- Drug is any chemical you take that effects the way your body works .

- Not all the drugs are illegal.

- Drug like cannabis, ecstasy, cocaine are illegal. Other which are against the law include ,heroin, weed, magic mushrooms, alcohol etc.
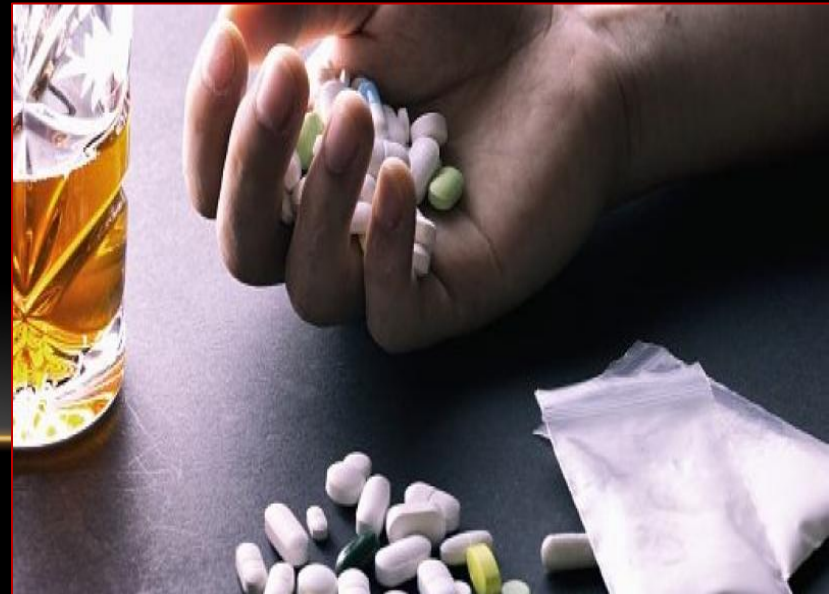
TYPES OF DRUGS :

There are 3 main types of drugs:

1. **Depressants** : Depressants are drugs that inhibit the function of the central nervous system (CNS) and are among the most widely used drugs in the world. These drugs operate by affecting neurons in the CNS, which leads to symptoms such as drowsiness, relaxation, decreased inhibition, anesthesia, sleep, coma, and even death.

These are include:

- Alcohol.
- Barbiturates.
- Benzodiazepines.
- Many sleeping pills.
- Opioids.

-

STIMULANTS

Stimulants are a class of drugs that speed up the messages between the brain and the body. They can make a person feel more awake, alert, confident or energetic. Large doses of stimulants can cause over-stimulation, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

These are include:

* Caffeine,

* nicotine,

* amphetamines,

* cocaine.

HALLUCINOGENIC

Hallucinogens are a diverse group of drugs that alter a person's awareness of their surroundings as well as their own thoughts and feelings. They are commonly split into two categories: classic hallucinogens (such as LSD) and dissociative drugs (such as PCP)

These are include

* LSD.

* Psilocybin (magic mushrooms).

* peyote (mescaline).

* DMT.

* Ketamine (Special K).

* PCP (phencyclidine).

DRUG ADDICTION

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes.

The risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others.

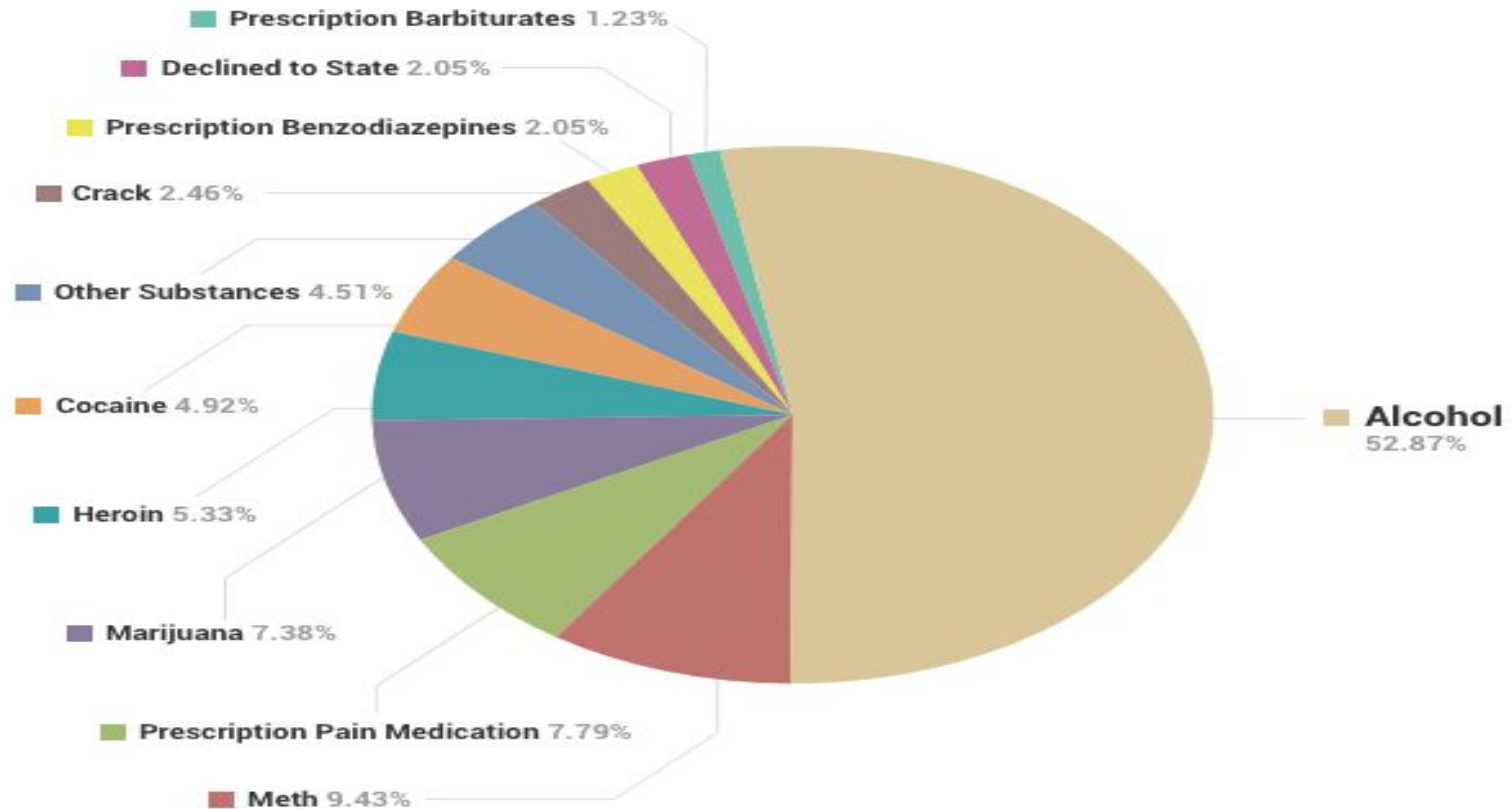# WHY DO PEOPLE GET ADDICTED TO DRUGS AND ALCOHOL .

- Because of the extra dopamine, the brain chemistry changes.
- The brain stop making enough of its dopamine.
- Without enough dopamine, the user fill flat, depressed and lifeless.
- The user needs more and more drugs to feel good.
- The brain changes make the user need the drug just to feel normal.

MOST TREATED DRUGS

Most Treated Substances
(n = 244)

- Prescription Barbiturates 1.23%
- Declined to State 2.05%
- Prescription Benzodiazepines 2.05%
- Crack 2.46%
- Other Substances 4.51%
- Cocaine 4.92%
- Heroin 5.33%
- Marijuana 7.38%
- Prescription Pain Medication 7.79%
- Meth 9.43%
- Alcohol 52.87%

RECOVERY BRANDS

Data Collected and Sourced By: Recovery Brands, 2017

CAUSE OF DRUG ADDICTION

UNDERLYING CAUSES OF STUDENT SUBSTANCE ADDICTION

STRESS

PEER PRESSURE

FAMILY HISTORY OF ABUSE
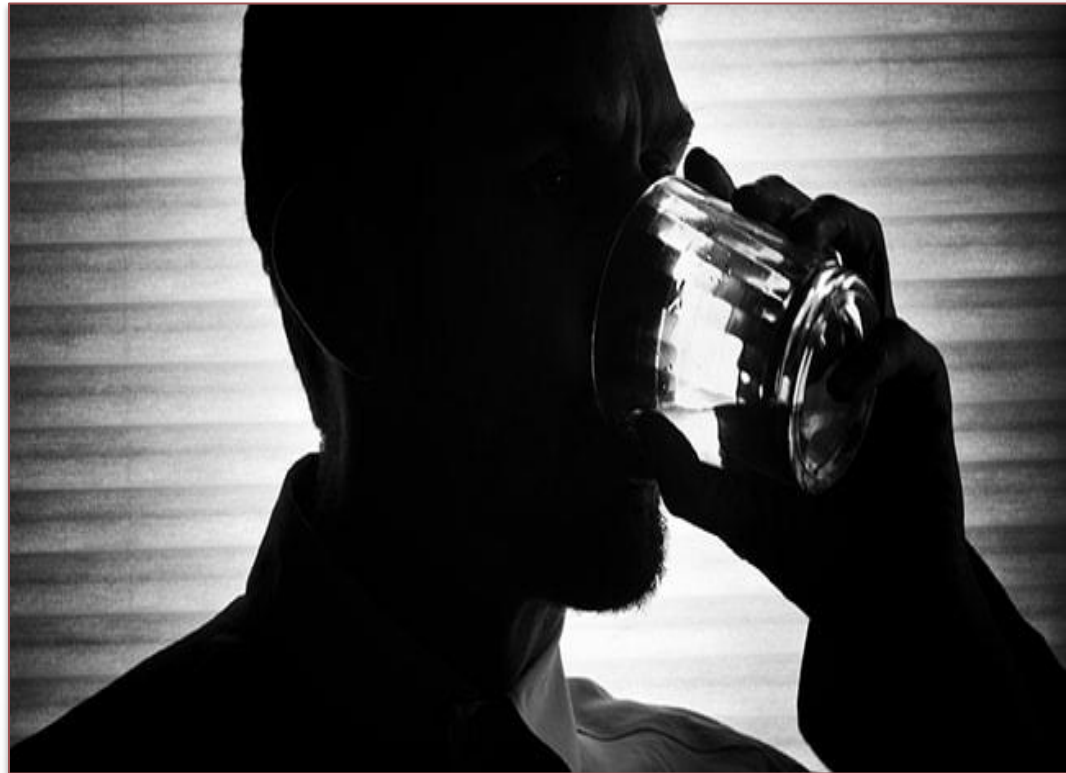
MENTAL DISORDER

WHY DO PEOPLE USE DRUGS

People use alcohol and other drugs (AOD) for a variety of reasons:

- To relax
- For enjoyment
- To be part of a group
- Sometimes to avoid physical and/or psychological pain
- Experiment out of a sense of curiosity
- Excitement
- Rebellion.[1]

Alcohol and other drugs may also be used to:

- Cope with problems
- Relieve stress
- Overcome boredom.

*EFFECT OF DRUG USAGE

*Damaged immune system, which increases susceptibility to infection

*Cardiovascular conditions, including heart attacks and collapsed veins

*Nausea, vomiting, and abdominal pain

*Liver overexertion or liver failure

*Seizures and strokes

*Widespread brain damage that can interfere with memory, attention, and decision-making, as well as permanent brain damage

Side effects of chronic use of
Cocaine

Brain:
- Increased risk of strokes
- Reduced attention
- Insatiable hunger
- Insomnia/Hypersomnia
- Lethargy

Throat:
- Soreness
- Hoarse voice

Lungs:
- Hemoptysis
- Bronchospasm
- Dyspnea
- Infiltrates
- Eosinophilia
- Chest pain
- Asthma

Systemic:
- Fever
- Eosinophilia

Nose:
- Rhinorrhea (discharge)

Teeth:
- Bruxism (abrasion)

Heart:
- Increased risk of infarction

Skin:
- Pruritus
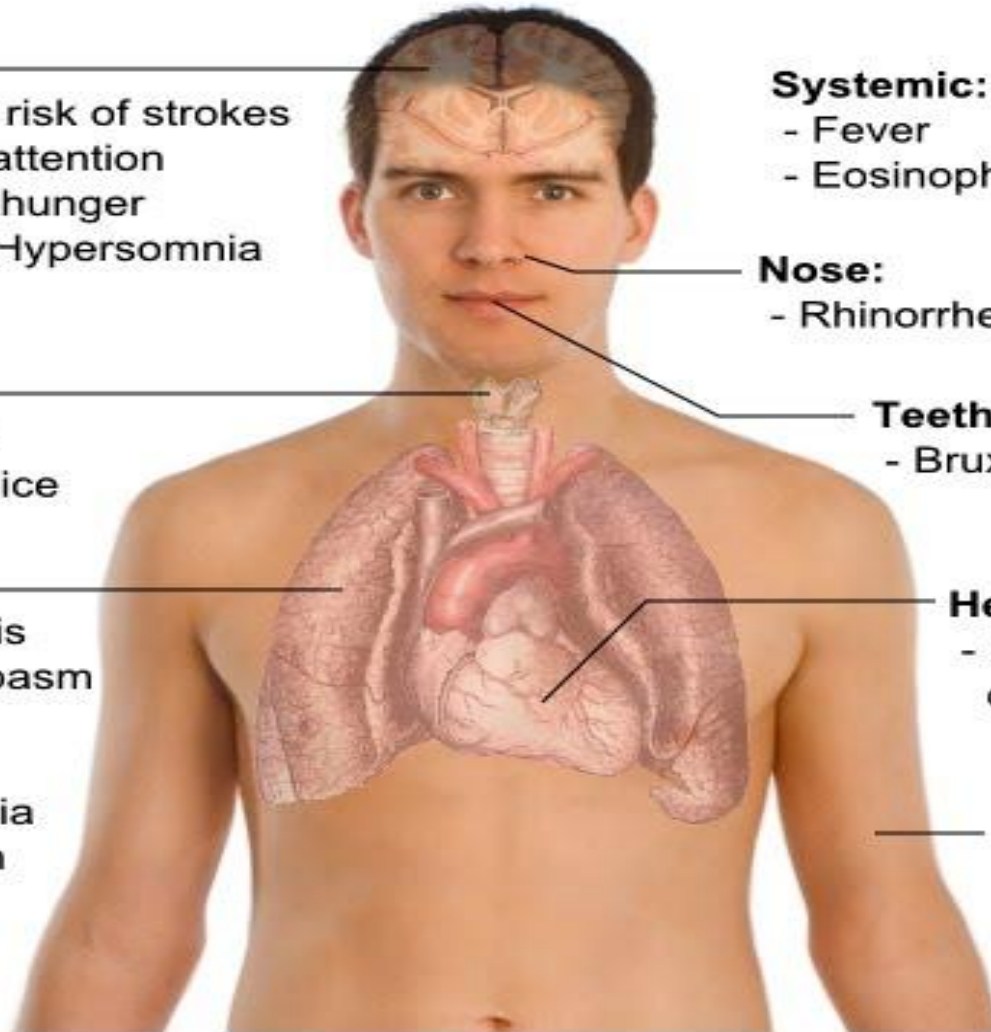
Physical effects of
Lysergic acid diethylamide (LSD)

Systemic:
- Increased temperature

Pupils:
- Dilation

Mouth:
- Dryness
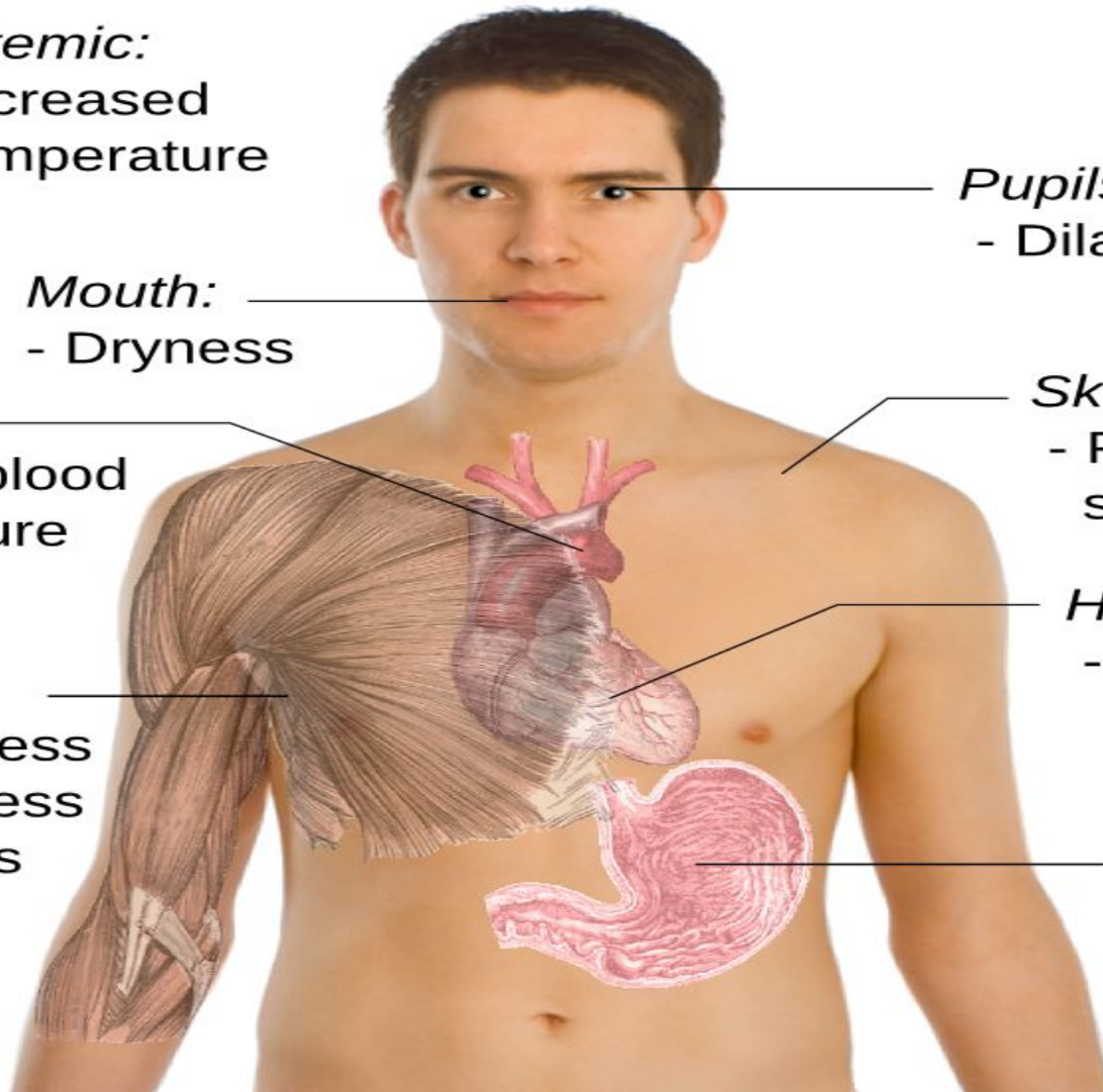
Blood:
- High blood pressure

Skin:
- Profuse sweating

Muscles:
- Numbness
- Weakness
- Tremors

Heart:
- Increased heart rate

Gastric:
- Nausea

9 Ways Tobacco Companies Make Cigarettes More Addictive, More Attractive to Kids and More Deadly

Bronchodilators
Added chemicals expand the lungs' airways, making it easier for tobacco smoke to pass into the lungs.

Increased Nicotine
Tobacco companies control the delivery and amount of nicotine to ensure addiction

Ventilated Filters
Ventilation holes in the filters cause smokers to inhale more vigorously, drawing carcinogens more deeply into the lungs.

Menthol
Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.
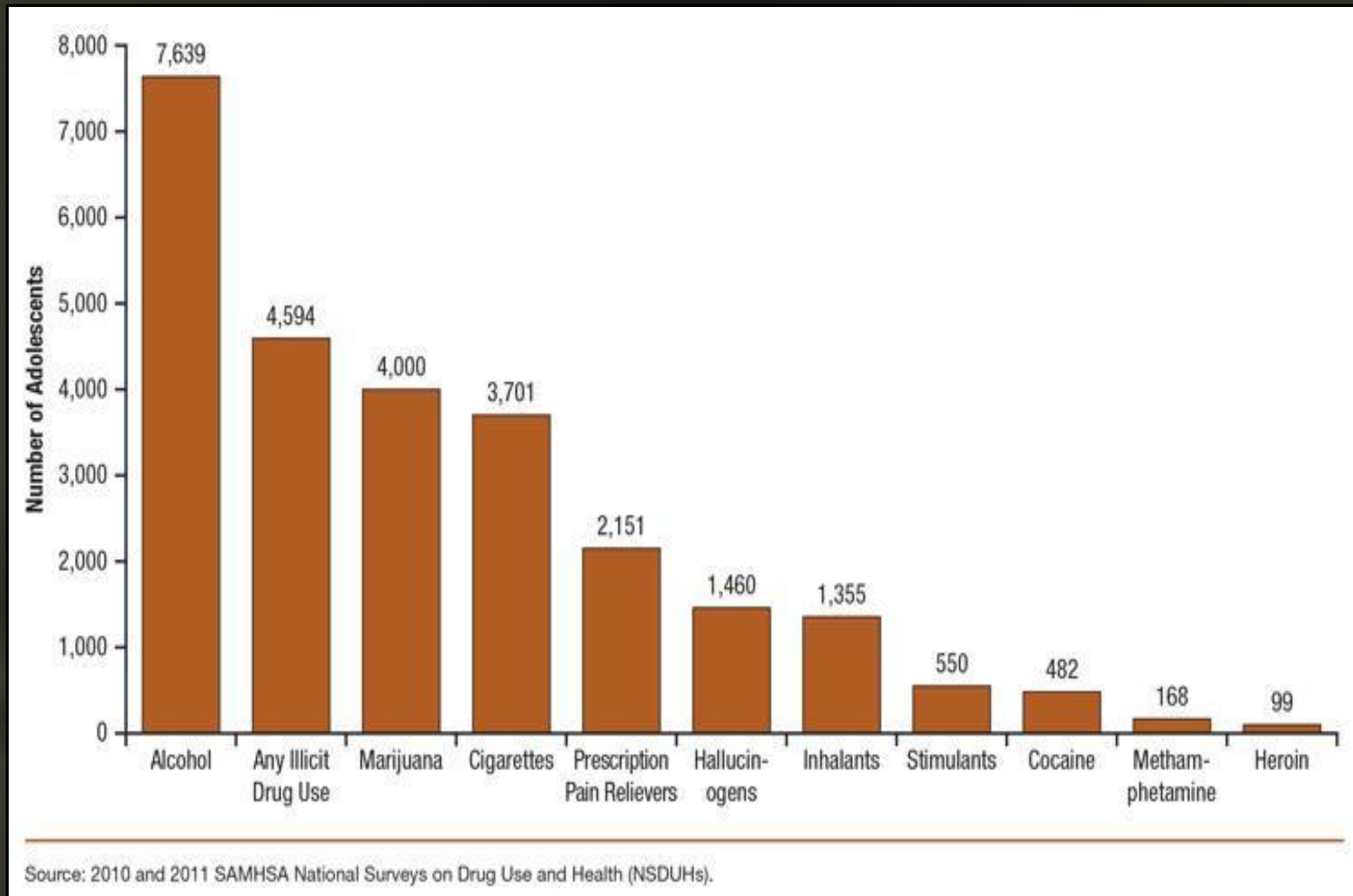
Sugars and Acetaldehyde
Added sugars make tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine's addictive effects.

Flavorings
Added flavors like liquorice and chocolate mask the harshness of smoke and make products more appealing to new users, especially kids.

Tobacco-specific Nitrosamines
American-style cigarettes are made with blended tobacco that has much higher levels of cancer-causing nitrosamines.

Ammonia Compounds
Adding ammonia compounds increases the speed with which nicotine hits the brain.

Levulinic Acid
Added organic acid salts reduce harshness of nicotine and make smoke smoother, less irritating.

CAMPAIGN for TOBACCO-FREE Kids®

NUMBER OF ADOLESCENTS VS DRUGS

Source: 2010 and 2011 SAMHSA National Surveys on Drug Use and Health (NSDUHs).

SIGN & SYMPTOMS OF DRUGS

- Bloodshot eyes and frequent bloody noses.
- Shakes, tremors, or slurred speech.
- Change in their daily routines.
- Lack of concern for personal hygiene.
- Unusual need for money; financial problems.

Extreme drowsiness | Blueish tinge to lips and nails | Limp muscles | Dry mouth

Low blood pressure and slow pulse | Disorientation | Confusion | Shallow breathing

Stomach spasms | Muscle spasms | Delirium

PREVENTION OF DRUGS

- Making a legislation control over narcotic and drugs
- Controlling the production and dispensing these drugs
- Controlling the availability of these drugs.
- Dispensing only according to a registered physicians prescription.
- Motivate people to stop using drugs.

PREVENTION IS ITSELF CURE TO DRUGS

QUOTES

DONT FALL INTO THE DEATH TRAP

SLOGANSHUB.ORG

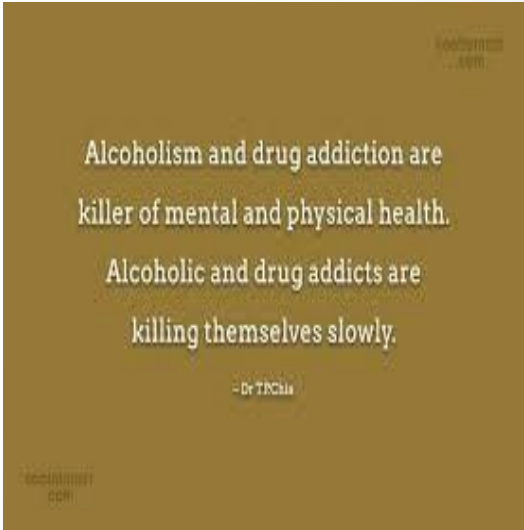"Drugs Aren'T Cool, They Make You Look Like A Fool"

The Fresh Quotes

"DRUGS ARE A WASTE OF TIME. THEY DESTROY YOUR MEMORY AND SELF RESPECT, AND EVERYTHING THAT GOES ALONG WITH YOUR SELF ESTEEM." –KURT COBAIN~

DRUGS TAKE YOU TO HELL, DISGUISED AS HEAVEN
-Donald Lyn Frost

recoveryexperts.com

Alcoholism and drug addiction are killer of mental and physical health. Alcoholic and drug addicts are killing themselves slowly.

- Dr T.P.Chia

THANKS