

alcohol, drugs, Smoking is
harmful to your health



ALCOHOL

- Alcoholism is the most common bad habit, often turns into a serious disease characterized by painful addiction to alcohol, with mental and physical dependence from him, accompanied by the systematic consumption of alcoholic beverages despite the negative the consequences.

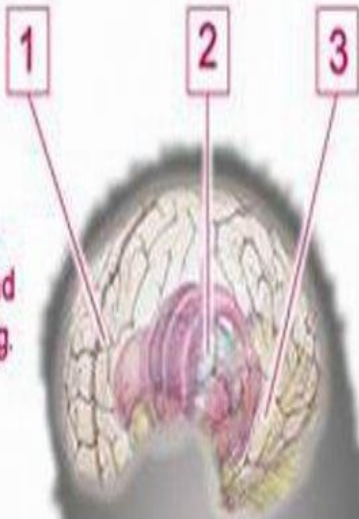


INFLUENCE of ALCOHOL ON the BRAIN

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and **assaults motor coordination and decision making.**
2. Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**
3. Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.**

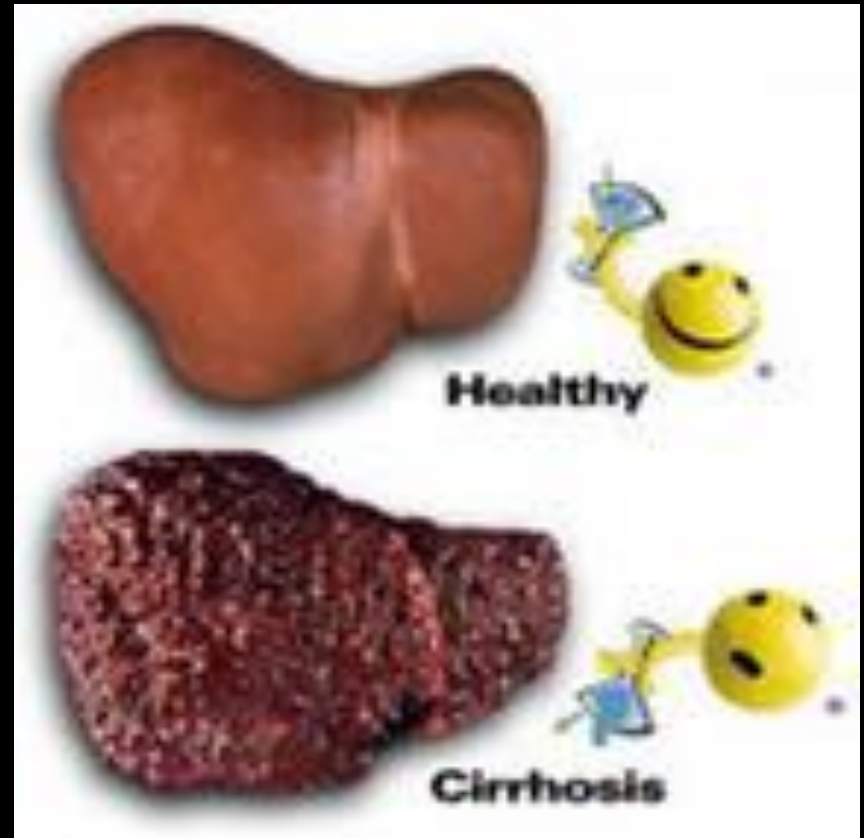


alcohol-enemy of the reason

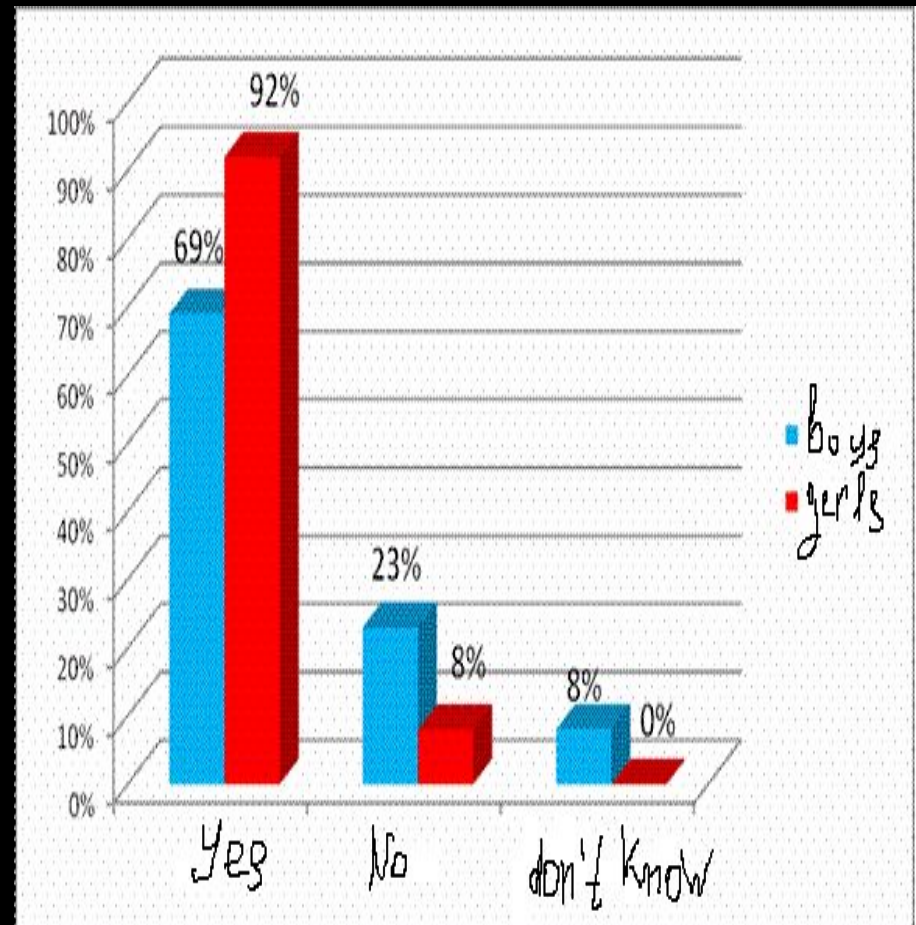


- First of all, alcohol is dangerous for the brain, because here its concentration is much higher than in the rest of the bodies. It is for the brain tissue of alcohol is particularly toxic - and that is why so clearly state of intoxication with alcohol consumption. In fact, everything is much more matter-of-factly and sad - alcohol leads to the destruction of the cerebral cortex, numbness and subsequent death of his plots.

- The liver also is a particularly defenseless in the face of alcohol. Under the influence of alcohol are dying liver cells - in place of them formed a scar, which do not perform the functions of the liver, which leads to all kinds of infringements of a metabolism. With time under the influence of alcohol liver shrink, reduced in size, which leads to pressure vessels, stagnation of blood and increase of pressure in them. Logical in this case, the breach of vessels leads to bleeding.



- the survey showed that a great number of children to the question "will you drink alcohol in the future?", answer "Yes"



Drugs



- All the drugs in the independence of the type and method of entry into the body have a negative impact on health. From any kind of drug suffer: the nervous system, brain, immune system, liver, heart, lungs, kidneys, stomach, teeth, i.e. the whole body.



AKA: herb, resin, weed, skunk, puff, dope, ganj, marijuana, hemp, resin, black, hash, sensi

Popularity

48% of under 30's have used at least once
16% used in last month

Method of Use: smoked in 'spliffs' with tobacco, in pipes, bongs; also eaten and drunk

Duration: smoked 1-2hr eaten: 3-6hr

Effects: +ve: relaxation, calm, hilarity, altered perception
Munchies, drowsiness
-ve Anxiety, panic attacks, nausea

Law: Class C, Schedule 1

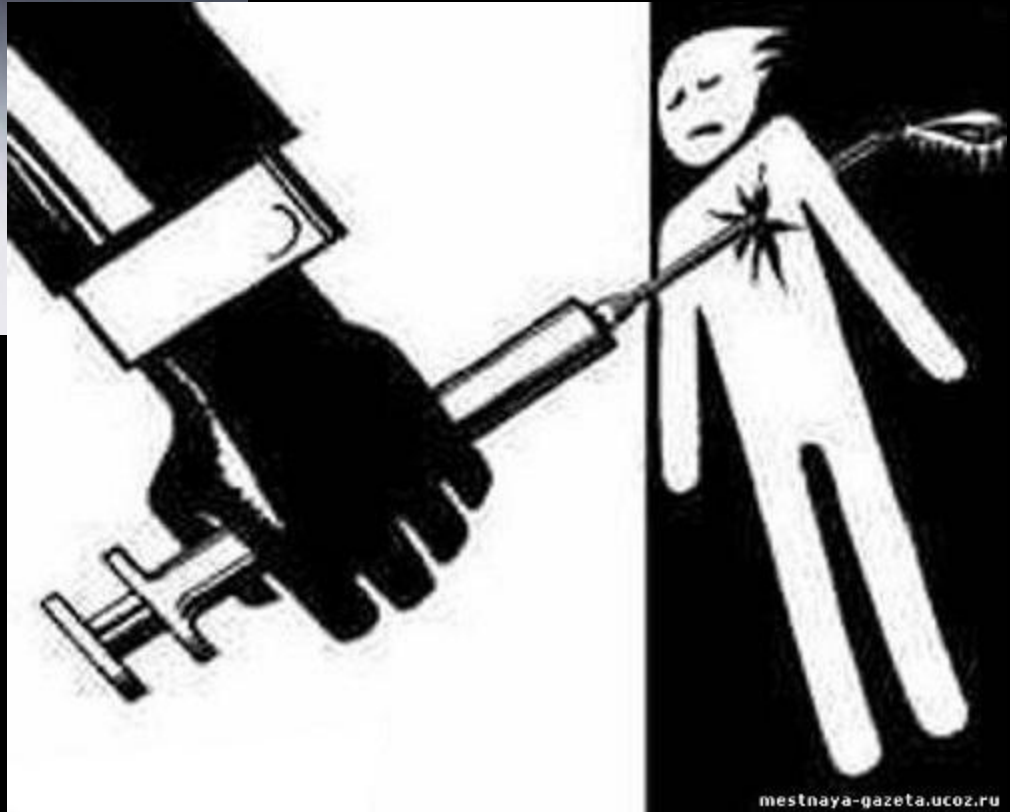
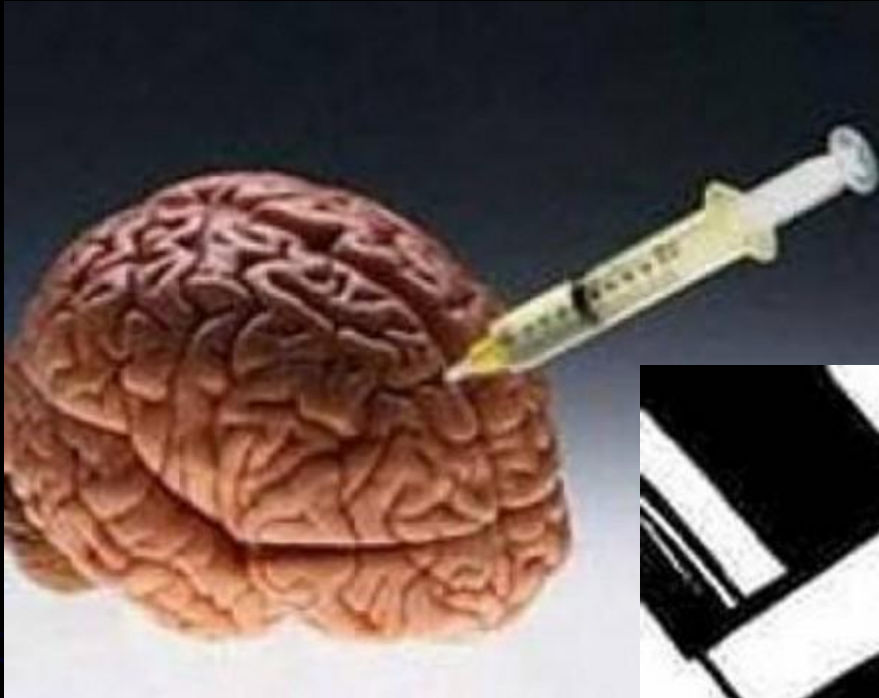
Cost: £10 – 1/16th oz
£60-120oz

Source: Homegrown, Imported from Europe, Africa, Asia

Indicators: red eyes, husky voice, smell of burning, dismantled cigarettes, torn card, munchies

Risks: Apathy, lethargy, short term memory loss, increased risk of mental health problems, lung problems





Smoking

- Smoking is one of the most common bad habits, characterized by regular consumption of tobacco products. Most of all from exposure to tobacco smoke suffers the pulmonary system. Poisonous substances tobacco smoke gradually destroy the mechanisms of protection of the lungs, causing pulmonary disease. Apart from irritation of mucous membrane of the larynx, trachea, bronchi, and developing chronic disease of the respiratory tract - chronic bronchitis smoker. They suffer 80% of smokers



