

Children of drug users are often neglected and abused because their addicted parents cannot properly care for them. These children may suffer a lifetime of physical and emotional problems and may need to seek help from health professionals later in life.

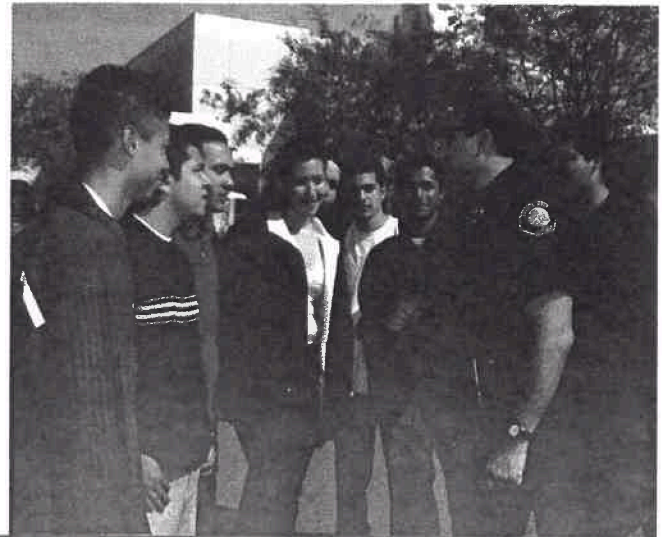
Costs to Society

Drug abuse has consequences beyond the individual and family. One of the biggest burdens placed on society is a rise in drug-related crime and violence because the use of drugs decreases inhibitions, increases aggressiveness, and clouds judgment. Driving under the influence of an illegal substance can result in vehicle collisions and cause countless injuries and deaths.

Drug abuse also affects the nation's economy. According to a recent study by the Office of National Drug Control Policy, illegal drugs cost the American economy \$160 billion per year. The costs result from lost work hours and productivity caused by drug-related illnesses, jail time, accidents, and deaths; health costs and legal fees resulting from illegal drug use; and law enforcement costs and insurance costs from drug-related damages, injuries, and deaths.

The consequences of drug abuse—physical, mental/emotional, social, and legal—are 100 percent preventable. By choosing a drug-free lifestyle, you avoid these consequences.

▼ These teens recognize that using illegal drugs results in suspension or expulsion from school as well as legal consequences. How can these consequences interfere with a teen's goals?



Lesson 2 Review

Reviewing Facts and Vocabulary

1. What are *substance abuse* and *illegal drugs*?
2. What are the factors that influence a teen's decision about substance abuse?
3. Analyze and explain the harmful effects of drugs on the fetus.

Thinking Critically

4. **Synthesizing.** List three costs of drug use to society, and give examples of how each of these costs might affect you.
5. **Evaluating.** What are some of the reasons that a substance abuser may have difficulties in achieving long-term goals?

Applying Health Skills

Advocacy. With classmates, analyze the physical, mental/emotional, social, and legal consequences of drug use. Put your ideas in the form of a video or public service announcement to advocate a drug-free lifestyle.



PRESENTATION SOFTWARE

Presentation software can help give your antidrug message a professional look. Find help in using presentation software at health.glencoe.com.



health.glencoe.com

Marijuana, Inhalants, and Steroids

VOCABULARY

marijuana

paranoia

inhalants

anabolic-androgenic

steroids

YOU'LL LEARN TO

- Analyze the harmful effects of marijuana, inhalants, steroids, and other substances, such as physical, mental, social, and legal consequences.
- Analyze and apply strategies for avoiding the use of marijuana, inhalants, and steroids.
- Explain the relationship between alcohol and other drugs and other substances used by adolescents.

QUICK START

Knowing the risks of substance abuse can help you stay drug free. Write three reasons for saying no to drugs. Then modify these reasons into effective refusal statements that you could use if someone offered you drugs.



- ▲ Marijuana is an illegal drug. It affects your memory, concentration, coordination, and reaction time. What strategies do you have for avoiding marijuana use?

Suppose that someone dared you to go into your school's chemistry lab and swallow a mixture of unfamiliar chemicals. You'd think the idea was pretty crazy, wouldn't you? Yet this is exactly what people do when they experiment with illegal drugs and other substances. No government agency inspects these substances, as is done with medicines, to make sure they're safe and pure. People who take illegal drugs are gambling with their lives.

Marijuana

Marijuana, the common name for the Indian hemp plant *cannabis*, is a plant whose leaves, buds, and flowers are usually smoked for their intoxicating effects. It is one of the most widely used illegal drugs and is also known as grass, weed, and pot. It is often the first drug teens experiment with after alcohol. Hashish, or hash, is a stronger form of marijuana. Studies have shown that an individual who uses marijuana is 17 times more likely to use cocaine than one who has never used marijuana. Contrary to popular opinion, this drug is not harmless. All forms of marijuana are mind altering and can damage the user's health. When combined with other drugs and other substances, such as alcohol, marijuana can be deadly.

Marijuana and Addiction

As with other mood-altering drugs, marijuana raises levels of a brain chemical called dopamine. This chemical produces a pleasurable feeling. In some users the drug triggers the release of so much dopamine that a feeling of intense well-being or elation is reached. When the drug wears off, however, the pleasure sensation stops, often dramatically. This abrupt letdown is called a crash. Marijuana contains *more* cancer-causing chemicals than tobacco smoke and carries the same health risks as smoking tobacco. Marijuana also interferes with the immune system, so the user becomes more susceptible to infections. Many of the physical effects of marijuana use are summarized in **Figure 23.3**.

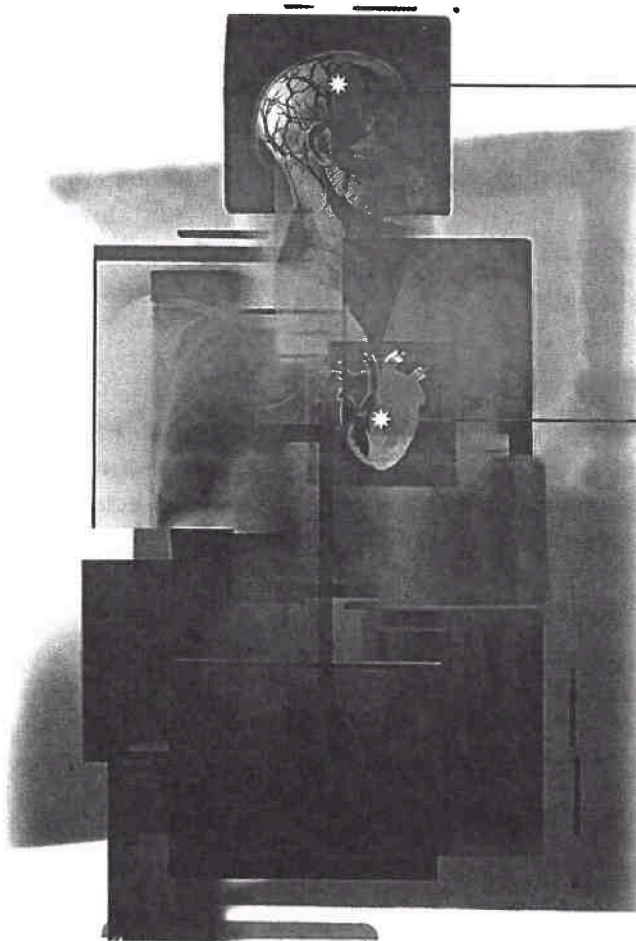
Did You Know?

Marijuana contains 421 different chemicals, including d-alpha-tetrahydrocannabinol (THC), the main psychoactive ingredient in marijuana. THC is stored in body fat, and traces of it can be present in the blood for as long as a month. It has a lasting effect on the brain. This means that a marijuana user can fail a drug test weeks after using the drug.

FIGURE 23.3

THE HEALTH RISKS OF MARIJUANA

The effects of marijuana use vary from person to person and can be influenced by an individual's mood and surroundings. In all cases, however, marijuana poses serious health risks.



- Hallucinations and paranoia
- Impaired short-term memory, reaction time, concentration, and coordination
- Distorted sense of time, sight, touch, and sound
- Decreased initiative and ambition
- Bloodshot eyes
- Dry mouth
- Lung irritation, coughing
- Heart and lung damage
- Increased risk of lung cancer
- Weakened immunity; increased susceptibility to colds, flu, and viral infections
- Increased appetite, leading to weight gain
- In pregnant females, increased risk of stillbirths and birth defects
- Changed hormone levels, affecting normal body development in teens
- In females, increased testosterone levels and risk of infertility
- In males, lowered sperm count and testosterone levels

Mental/Emotional Health Consequences

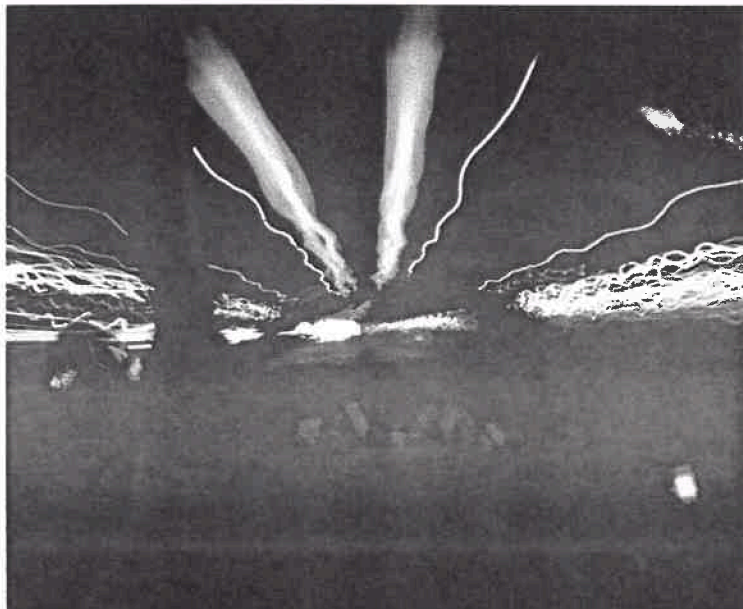
Marijuana users experience slow mental reflexes and may suffer sudden feelings of anxiety and **paranoia**, *an irrational suspiciousness or distrust of others*. The user may feel dizzy, have trouble walking, and have difficulty remembering events that just happened. Because short-term memory is adversely affected, problems at school and at work may develop. Users often experience distorted perception, loss of coordination, and trouble with thinking and problem solving.

hot link

reproductive organs For more information on keeping the reproductive organs healthy, see Chapter 18, pages 470 and 475.

Physical Consequences

For teens, marijuana poses physical risks to the **reproductive organs**. In males, regular use interferes with sperm production and lowers levels of testosterone, the hormone responsible for the development of adult male characteristics such as voice change, growth of body hair, and broadened shoulders. Females experience the opposite effect—an increase in testosterone levels. This may result in unwanted facial hair and can lead to infertility.



Risks and Consequences of Driving Under the Influence

Driving under the influence of marijuana can be as dangerous as driving under the influence of alcohol because marijuana interferes with depth perception, impairs judgment, and slows reflexes. The penalties and legal consequences of driving under the influence of any drug, including marijuana, are strict. These include suspension of a driver's license, a fine, and often a jail term. Insurance premiums are increased when the driver's license is restored. If injury or death results from a drug-related accident, the impaired driver may face serious legal prosecution.

A Driving under the influence of marijuana can be dangerous. What are some effects of marijuana use that could impair a person's ability to drive safely?

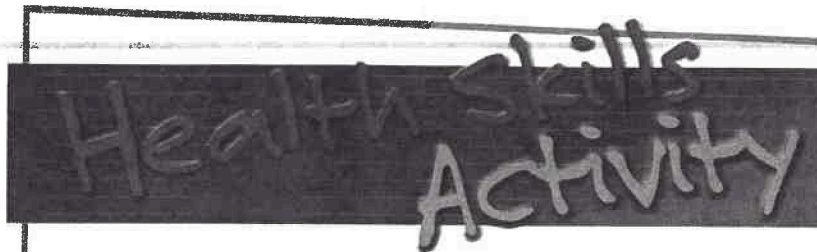
Inhalants

Inhalants are substances whose fumes are sniffed and inhaled to achieve a mind-altering effect. Most inhalants go immediately to the brain, causing damage and actually killing brain cells that will never be replaced. Inhalants include solvents and aerosols such as glues, spray paints, gasoline, and varnishes. They also include nitrates and nitrous oxides, which have medical uses. All inhalants are extremely dangerous, and many are labeled as poisons. These substances were never designed to be taken into the body, and they cause permanent nervous system and brain damage.

Most inhalants depress the central nervous system and produce effects that include a glassy stare, slurred speech, and impaired judgment. Inhalant use or huffing, inhaling the fumes from aerosol cans, can cause sudden death by increasing heart rate, resulting in cardiac arrest, or it can cause death by suffocation.

Anabolic-Androgenic Steroids

Anabolic-androgenic steroids are synthetic substances that are similar to the male sex hormone testosterone. Anabolic refers to muscle building, and androgenic refers to increased male characteristics. When used under a doctor's guidance, these substances help build muscles in patients with chronic diseases. Steroid use



Refusal Skills: No Means No!

At a recent wrestling competition, Chris lost to an opponent he had beaten several times before.

Afterward, his teammate Josh pulled him aside and said, "You know, that guy has been getting help to build muscles. You need steroids to make State."

Josh held out a pill. Chris shook his head. "No way!"

"You'll definitely take home the title if you just help yourself to a few of these pills," Josh said.

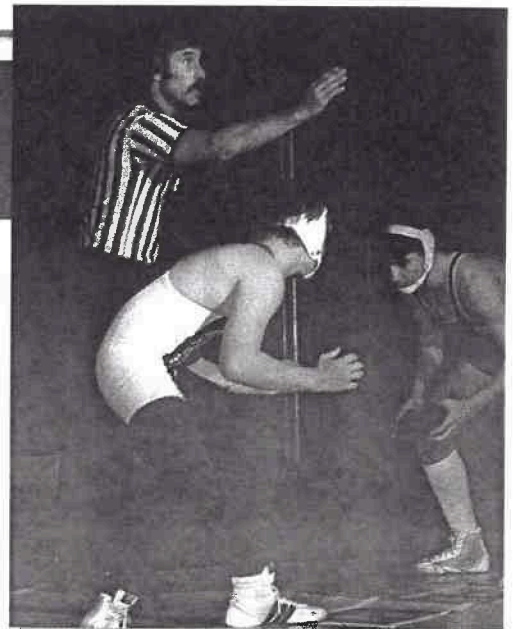
Chris repeated, "I said no and I mean no."

Josh persisted, "If you don't, you won't make State."

"The title is not so important that I should risk my health," Chris reasoned.

"It would just be for this season," Josh continued.

Chris changed the subject, "Hey, look. Jason's match is on. I'm going to check it out." Then Chris walked away.




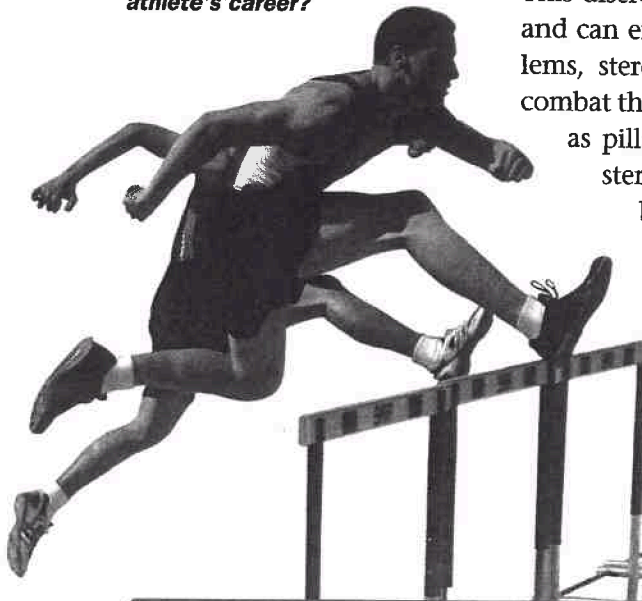
What Would You Do?

Write your own dialogue for this situation. Analyze and apply at least four refusal strategies for avoiding drugs.

Successful Refusal Techniques:

1. Say no in a firm voice.
2. Explain why you are refusing.
3. Suggest alternatives.
4. Back up your words by using body language.
5. Leave if necessary.

 Improving athletic performance through hard work and practice shows that you are a healthy, responsible person. How could use of steroids harm rather than help an athlete's career?



can cause mood swings; impaired judgment resulting from feelings of invincibility; and paranoia.

Legal and Social Consequences of Steroid Use

All steroid use other than that prescribed by a licensed physician is illegal and dangerous. Although steroids can increase muscle strength, the associated tendons and ligaments don't get stronger. This discrepancy can result in injuries that take a long time to heal and can end an athlete's career. In addition to causing health problems, steroid users often turn to other illegal, addictive drugs to combat the side effects of steroids. Abusers may take anabolic steroids as pills or by injection. If needles are shared or contaminated, steroid users run the risk of exposure to disease-causing bacteria and viruses, including HIV.

Serious health risks are not the only consequences of steroid use. According to the Anabolic Steroids Control Act of 1990, the nonmedical use of steroids is illegal for people of all ages in the United States. As drug testing for athletes becomes more prevalent, athletes who fail a drug test for steroids can face exclusion from an event, expulsion from the team, monetary fines, and jail time.

Lesson 3 Review

Reviewing Facts and Vocabulary

1. Explain the relationship between marijuana use, alcohol use, and the use of other drugs and substances.
2. How does marijuana interfere with driving ability?
3. Analyze and examine the harmful effects of inhalants and steroids on body systems.

Thinking Critically

4. **Analyzing.** Analyze the harmful effects of marijuana and other substances, such as the physical, mental, social, and legal consequences of using marijuana.
5. **Synthesizing.** Why are younger students especially at risk for inhalant use? What can you do to help prevent younger students from trying inhalants?

Applying Health Skills

Practicing Healthful Behaviors. Write a short story in which a teen is being pressured to use one of the drugs discussed in this lesson. Your story should show how the teen effectively analyzes and applies strategies to avoid the dangers associated with drug use.



PRESENTATION SOFTWARE You can use presentation software to incorporate appropriate art and graphics to illustrate your story. Find help in using presentation software at health.glencoe.com.

Lesson 4

Psychoactive Drugs

VOCABULARY

psychoactive drugs
stimulants
euphoria
depressants
narcotics
hallucinogens
designer drugs

YOU'LL LEARN TO

- Examine the harmful effects of psychoactive drugs on body systems.
- Explain the role psychoactive drugs and other substances play in unsafe situations such as HIV, STDs, unplanned pregnancies, and motor vehicle accidents.
- Analyze the importance of alternatives to drug and substance use.
- Analyze and apply strategies for avoiding drugs.

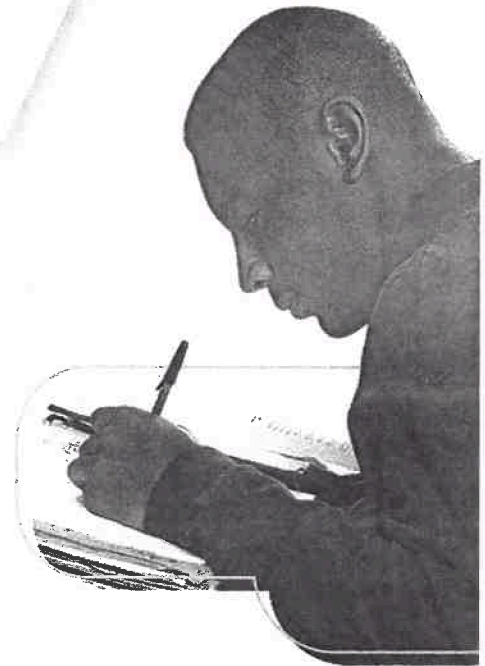


QUICK START Teens have the opportunity to live healthy lives—to be the healthiest they can be. The best way to make the most of that opportunity is to make wise choices that have a positive effect on your health. On a sheet of paper, write three ways you can safeguard your health and avoid the harmful effects of drug use.

The central nervous system (CNS), which includes the brain and the spinal cord, is an amazingly complex part of the body. Every form of activity, from bending a finger to solving abstract problems, involves the central nervous system. **Psychoactive drugs**, chemicals that affect the central nervous system and alter activity in the brain, change the functioning of the CNS.

Classification of Psychoactive Drugs

There are four main groups of psychoactive drugs: stimulants, depressants, narcotics, and hallucinogens (huh-LOO-suhn-uh-juhzn). Some of these drugs have medicinal value when properly used. However, even under a doctor's supervision, they carry risks. When psychoactive drugs are misused or abused, a person's health and the proper function of all body systems are seriously affected. **Figure 23.4** on page 604 shows the health risks of these drugs on body systems. The effects on the developing brain and body of a teen can be especially damaging.




 **Your decision to stay healthy and drug free will help you succeed in school.**

FIGURE 23.4

HEALTH RISKS OF PSYCHOACTIVE DRUGS

Types of Drugs	Consequences for Your Health
STIMULANTS	
Cocaine	<ul style="list-style-type: none"> • Nausea, abdominal pain, malnutrition • Chest pain, respiratory failure • Headache, stroke, seizure, heart attack, death • Exposure to HIV through contaminated needles, addiction
Crack	<ul style="list-style-type: none"> • Extreme addiction, with the same effects as pure cocaine • Rapid increase in heart rate and blood pressure can cause death
Amphetamines	<ul style="list-style-type: none"> • Decreased appetite, weight loss, malnutrition • High blood pressure, rapid heartbeat, heart failure, death • Loss of muscle coordination, delirium, panic • Aggressiveness, increased tolerance, addiction
Methamphetamine	<ul style="list-style-type: none"> • Memory loss, heart and nerve damage • Increased tolerance, addiction
DEPRESSANTS	
Barbiturates	<ul style="list-style-type: none"> • Reduced heart rate and blood pressure • Fatigue, confusion, impaired muscle coordination • Impaired memory, loss of judgment • Reduced respiratory function, respiratory arrest, death
Tranquilizers	<ul style="list-style-type: none"> • Depression, unusual excitement, fever, irritability • Loss of judgment, dizziness
Rohypnol	<ul style="list-style-type: none"> • Confusion, inability to remember what happened • Decreased blood pressure, drowsiness, gastrointestinal disturbances
GHB	<ul style="list-style-type: none"> • Drowsiness, nausea, vomiting, loss of consciousness • Impaired breathing, coma, death
NARCOTICS	
Opium	<ul style="list-style-type: none"> • Nausea, constipation
Morphine	<ul style="list-style-type: none"> • Rapid onset of tolerance, addiction
Heroin	<ul style="list-style-type: none"> • Confusion, sedation, unconsciousness, coma
Codeine	<ul style="list-style-type: none"> • Reduced respiratory function, respiratory arrest, death • Exposure to HIV through contaminated needles
HALLUCINOGENS	
PCP	<ul style="list-style-type: none"> • Loss of appetite, depression • Panic, aggression, violent actions • Increased heart and respiratory function
LSD	<ul style="list-style-type: none"> • Delusions, illusions, hallucinations, flashbacks, convulsions, coma, death
Ecstasy (MDMA)	<ul style="list-style-type: none"> • Confusion, depression, paranoia, muscle breakdown
Ketamine	<ul style="list-style-type: none"> • Kidney and cardiovascular system failure, death • Memory loss, numbness, impaired motor function • Nausea, high blood pressure, fatal respiratory reaction

Health Risks of Stimulants

Stimulants are *drugs that speed up the central nervous system*. Some foods, such as coffee, tea, and cola, contain small amounts of a stimulant called caffeine. The **nicotine** in tobacco products is also a stimulant. Sometimes stimulants are prescribed for specific medical conditions, for example, the medication used to treat hyperactivity. Although some stimulants have medical uses, many of these substances are used illegally. The most dangerous of the illegal stimulants are cocaine, amphetamines (am-FE-tuh-meenz), and methamphetamine (me-tham-FE-tuh-meen).

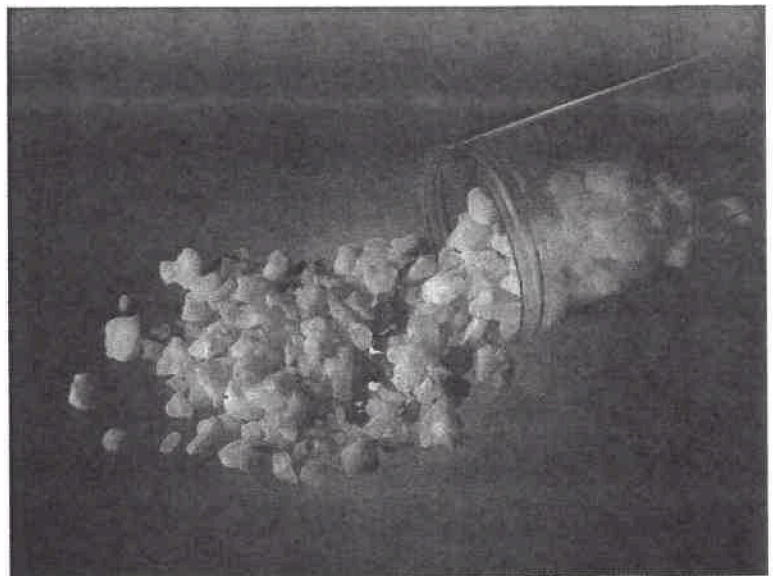
Cocaine

Cocaine is a rapid-acting, powerful, highly addictive stimulant that interrupts normal functioning of the central nervous system. The purchase and possession of cocaine is illegal everywhere in the United States. Cocaine is a white powder extracted from the leaves of the coca plant. Cocaine users can experience a surge of self-confidence and **euphoria**, *a feeling of intense well-being or elation*. Effects of cocaine use can last from 20 minutes to several hours.

The feeling of confidence induced by cocaine use is followed by an emotional letdown. Regular use can lead to depression, fatigue, paranoia, and physiological dependence. Cocaine use can cause malnutrition and, especially among teens, cardiac problems. When cocaine is snorted, it shrinks the tiny blood vessels in the nose. Repeated use can lead to collapse of the nasal septum, the wall dividing the two halves of the nose. When users inject cocaine, they risk contracting HIV or hepatitis B from infected needles. Overdosing can result in cardiac arrest, respiratory failure, seizures, and death.

Crack

An even more dangerous form of cocaine is crack. Also known as crack cocaine, rock, or freebase rock, crack is one of the most deadly drugs available. It is a very pure form of cocaine that reaches the brain seconds after being smoked or injected. Once in the blood, it causes heart rate and blood pressure to soar to dangerous levels. Death may result from cardiac or respiratory failure. Mixing cocaine and alcohol is extremely dangerous. These substances are combined in the liver, increasing the risk of death from liver failure.



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nicotine For more information on nicotine and tobacco products, see Chapter 21, page 540.

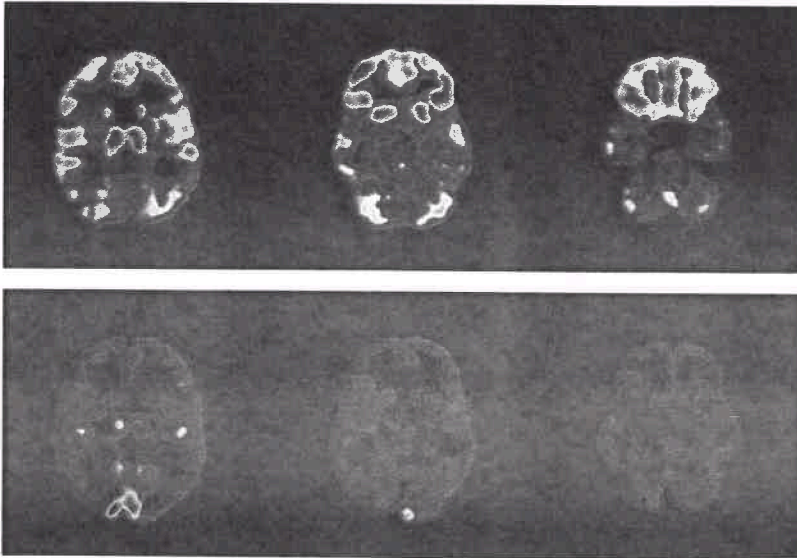
Y Crack cocaine is a concentrated form of cocaine that can cause death. *What are the dangers of mixing cocaine with other drugs such as alcohol?*

TOPIC Dangerous Drugs

Go to health.glencoe.com for links to more information about the dangers of drug use.

ACTIVITY Using the information provided at these links, create a chart listing the drugs identified on those sites and three facts about each drug.

Source: National Institute on Drug Abuse



A The red areas in the normal brain scan (top) show memory and motor skill control. The brain scan on the bottom, taken one month after the subject's use of methamphetamine, indicates loss of memory and of motor control.

Amphetamines

Amphetamines are stimulants used in prescription medicines to reduce fatigue and drowsiness and to suppress the appetite. However, some people use amphetamines illegally to stay awake and alert, to improve athletic performance, and to lose weight. The easily developed tolerance to amphetamines causes a user to ingest more of the substance. Regular use of amphetamines can result in twitching, irregular heartbeat, paranoia, and heart and blood vessel damage.

Methamphetamine

Methamphetamine, or meth, is a stimulant used in treating certain diseases, including Parkinson's disease and obesity. It is a white, odorless powder that easily dissolves in alcohol or water. Because it is produced in makeshift labs, the drug is readily available, but its quality is uncertain. In recent years, this drug has been identified as one of the many dangerous and illegal substances called club drugs, drugs associated with concerts and all-night parties called

raves. Meth may provide a short-term feeling of euphoria. Often the use of this drug results in depression, paranoia, damage to the central nervous system, increased heart rate and blood pressure, and damage to brain cells. It can also cause death.

Health Risks of Depressants

Depressants, or sedatives, are drugs that tend to slow down the central nervous system. Depressant drugs relax muscles, relieve feelings

of tension and worry, and cause drowsiness. They can be dangerous because they slow the heart rate, lower blood pressure to dangerous levels, and interrupt the normal rate of breathing. One of the most commonly used depressants is alcohol. Two types of sedative medications are barbiturates (bar-BICH-uh-ruhts) and tranquilizers. Other widely used depressants include Rohypnol and GHB. Combining depressants, even in small amounts, produces a *synergistic* effect. For example, a user combining alcohol and tranquilizers can overdose, causing shallow breathing, weak and rapid pulse, coma, and even death.



Barbiturates

Barbiturates belong to a family of sedative-hypnotic drugs, or drugs that induce sleepiness. Barbiturate use can result in mood changes, sleeping more than normal, and coma. Barbiturates are rarely used for medical purposes. They are used illegally to produce a feeling of intoxication and to counteract the effects of stimulants. Combining barbiturates with alcohol can be fatal.

Tranquilizers

Tranquilizers are depressants that reduce muscular activity, coordination, and attention span. Tranquilizers are prescribed to relieve anxiety, muscle spasms, sleeplessness, and nervousness. However, when tranquilizers are overused, physiological and psychological dependence occurs. Withdrawal from tranquilizers causes severe shaking. In extreme cases, coma or death can result.

Hands-On Health ACTIVITY

Refusing Drugs

Learning to say no to drugs is an important component in maintaining a drug-free life. By practicing refusal skills, you will find it easier to uphold your commitment to a substance-free lifestyle. In this activity you will practice effective ways to say no to drugs.

What You'll Need

- pencil and paper
- one classmate

What You'll Do

1. Divide a sheet of paper into two columns. In the left column, list five pressure lines someone might use to persuade you to use drugs.
2. Trade your paper with a classmate. Read your partner's list. In the right column, write an effective refusal statement responding to each

pressure line. Possibilities include: "No thanks, I don't do drugs"; "I'm on medication"; or "That stuff makes me sick."

3. Working with your partner, review your lists and role-play some of the most realistic scenarios. Take turns practicing refusal skills.
4. Which refusal statements did you find to be most effective? Remember and practice them to be prepared when someone tries to offer you drugs.

Apply and Conclude

With your partner, plan a public service announcement that emphasizes the importance of refusal skills. Your announcement should demonstrate how to say no to drugs effectively.

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date-rape crimes For more information about protecting yourself from date rape, see Chapter 13, page 350.



What is OxyContin?

OxyContin is a prescription drug that contains oxycodone, a strong narcotic. When used properly under a doctor's supervision, it helps relieve moderate to severe chronic pain. When used illegally and in combination with alcohol or other depressants, however, OxyContin can be deadly. A side effect of this drug is suppression of the respiratory system, which can cause death from respiratory failure.

Rohypnol

Rohypnol is a widely available club drug. This depressant, which is ten times as strong as tranquilizers, is better known as the date rape drug, used in crimes of dating violence. Rohypnol comes in tablet form and looks like ordinary aspirin. The drug's harmless appearance has made it a dangerously effective drug in **date-rape crimes**. The victims may be given the tablets without their knowledge. Rohypnol dissolves in carbonated beverages and may easily be slipped into a soft drink. The victim wakes up much later with no recollection of what may have happened during the last several hours. Unplanned pregnancies and exposure to HIV and STDs can result from such unsafe situations.

GHB

Another club drug is gammahydroxy butyric acid (GHB). Like Rohypnol, it has been in used in date-rape crimes. GHB is available as a clear liquid, a white powder, and in a variety of tablets and capsules. A person can easily overdose on GHB. The drug leaves the blood relatively quickly, making it hard for emergency room personnel to determine that an overdose has occurred.

Narcotics

Narcotics are *specific drugs that are obtainable only by prescription and are used to relieve pain*. Morphine, OxyContin, and codeine are examples of narcotics. Morphine is sometimes prescribed by medical professionals, and codeine is an ingredient in some cough medications. These drugs relieve pain by blocking pain messengers in the brain. Narcotic use can cause euphoria, drowsiness, constipation, pinpoint pupils, slow and shallow breathing, convulsions, coma, and death. Abuse of narcotics can cause addiction. Because narcotics are so addictive, pharmacists are required to keep records of all sales of these drugs.

Heroin

Heroin, a highly addictive narcotic, is a processed form of morphine that is injected, snorted, or smoked. Heroin depresses the central nervous system and slows breathing and pulse rate. Heroin abuse can cause infection of the heart lining and valves, as well as liver disease. Infectious diseases such as pneumonia, HIV, and hepatitis B can result from the use of infected needles. Large doses may result in coma or death. Users easily develop tolerance, prompting increased usage. Withdrawal can be very painful. Fetal death may occur if the user is pregnant.

Hallucinogens

Hallucinogens are drugs that alter moods, thoughts, and sense perceptions including vision, hearing, smell, and touch. These drugs have no medical use. Phencyclidine (PCP), lysergic acid diethylamide (LSD), ketamine, and ecstasy are examples of powerful and dangerous hallucinogens. These drugs overload the sensory controls in the brain. The brain then confuses and intensifies sensations and hallucinates. Hallucinogens also impair judgment and reasoning and increase heart and respiratory rates. The altered mental states caused by hallucinogens can last for several hours or several days. The effects are extremely unpredictable, and users sometimes harm themselves physically or demonstrate other violent behaviors.

PCP

PCP is considered one of the most dangerous of all drugs, and its effects vary greatly from user to user. Users report distorted sense of time and space, increased muscle strength, and inability to feel pain. Overdoses of PCP can cause death, but most PCP-related deaths are caused by the destructive behavior that the drug produces. PCP users have died in fires because they became disoriented and had no sensitivity to the pain of burning. Flashbacks can occur at any time, causing panic, confusion, and lack of control.

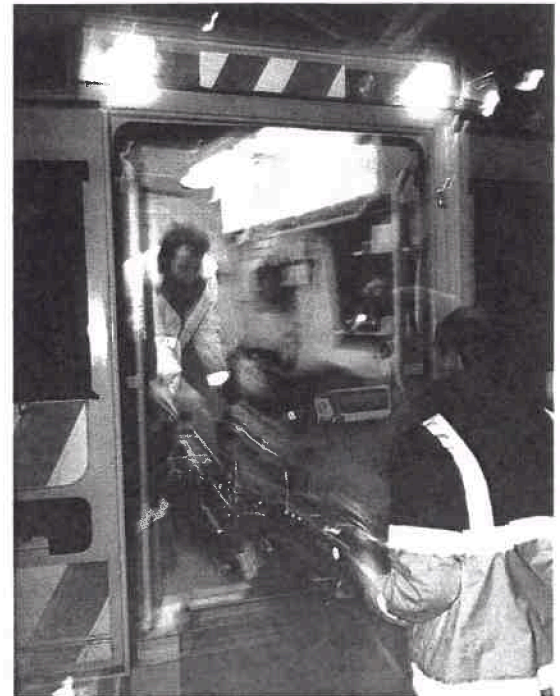
LSD

LSD is an extremely strong hallucinogen. Even a tiny amount can cause hallucinations and severe distorted perceptions of sound and color. Higher doses increase the risk of convulsions, coma, heart and lung failure, and death. Because LSD affects the brain's emotional center and distorts reality, users may experience emotions ranging from extreme euphoria to panic to deep depression. Flashbacks can involve a frightening range of emotions long after actual use of the drug.

Ketamine

Ketamine is an anesthetic used for medical purposes, mostly in treating animals. Misused as a club drug, ketamine is often sold as a white powder to be snorted, like cocaine, or injected. The drug is also smoked with marijuana or tobacco. Ketamine causes hallucinations and dreamlike states. Its use may result in death by respiratory failure. The misuse of ketamine and the use of all other hallucinogens is illegal.

V Illegal drugs can affect the human body in unpredictable ways. What are some of the life-threatening effects of hallucinogens?



Did You Know?

The use of ecstasy among teens appears to be increasing, probably because teens are being led to think that no significant risks are involved in the use of this drug. However, ecstasy is extremely dangerous. Over 4,500 visits to emergency rooms for ecstasy-related incidents were reported in one year.

Ecstasy can cause dramatic increases in body temperature and may lead to muscle breakdown, kidney failure, and cardiovascular system damage.

Ecstasy and Other Dangerous Drugs

Designer drugs are synthetic substances meant to imitate the effects of hallucinogens and other dangerous drugs. Designer drugs vary greatly in potency and strength and can be several hundred times stronger than the drugs they are meant to imitate. One of the most recognized designer drugs is *ecstasy*, or MDMA. A combination stimulant and hallucinogen, ecstasy may give a short-term feeling of euphoria but often causes confusion, depression, paranoia, psychosis, and even long-term damage to brain cells. Overdoses are common. Use can also result in uncontrollable tremors, paralysis, and irreversible brain damage.

Consequences of Drug Use

Illegal drugs and other substances play a role in unsafe situations and negative consequences, including health problems, addiction, and difficulties in school. Furthermore, drug use often leads to poor judgment, which may put teens at risk for unintentional injuries, motor vehicle accidents, violence, STDs, unplanned pregnancies, and suicide. The best way to avoid these consequences is to refuse to use drugs and to avoid places where they are used. If you find yourself in a situation where drugs are present, leave. Choosing a drug-free life is one of the most important decisions you can make to protect your health.

Lesson 4 Review

Reviewing Facts and Vocabulary

1. Examine and identify the body systems most affected by psychoactive and designer drugs.
2. Examine and explain the harmful effects of stimulants and hallucinogens on the central nervous system.
3. What are the health risks of narcotic abuse?

Thinking Critically

4. **Synthesizing.** Analyze the importance of alternatives to drug and substance use. Develop and explain your strategy for preventing the use of addictive substances and for avoiding psychoactive drugs.
5. **Analyzing.** Explain the role psychoactive drugs and other substances play in unsafe situations, such as HIV, STDs, unplanned pregnancies, and motor vehicle accidents.

Applying Health Skills

Accessing Information. Choose one of the drugs you learned about in this lesson. Research to evaluate its medical uses (if any), possible effects, and damage to body systems. Organize your findings in a chart similar to Figure 23.4. Share the chart with your class.



INTERNET RESOURCES You may want to use the Internet for your research. Be sure to use reliable sources when accessing information on the Web. See health.glencoe.com for Internet resources.