

## A L C O H O L

Alcohol is a liquid distilled product of fermented fruits, grains and vegetables.

### Short-term Effects:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- impaired judgment
- bad breath; hangovers

### Long-term Effects which would be the result of alcoholism:

- liver disease
- heart disease
- certain forms of cancer
- pancreatitis

**Alcoholism**, also known as “alcohol dependence,” is a disease that includes four symptoms:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The inability to limit one’s drinking on any given occasion.
- **Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- **Tolerance:** The need to drink greater amounts of alcohol in order to “get high.”

## H E R O I N

Heroin is a highly addictive drug and is processed from morphine, a naturally occurring substance extracted from the seedpod of the Asian poppy plant.

### Short-term Effects:

- appear soon after a single dose and disappear in a few hours. After an injection of heroin, the user reports feeling a surge of euphoria ("rush") accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities.
- following this initial euphoria, the user goes "on the nod," an alternately wakeful and drowsy state. Mental functioning becomes clouded due to the depression of the central nervous system.

### Long-term Effects:

- appear after repeated use for some period of time. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver disease. Pulmonary complications, including various types of pneumonia, may result from the poor health condition of the abuser, as well as from heroin's depressing effects on respiration.

## C O C A I N E O R ' C R A C K '

Cocaine is a powerfully addictive stimulant that directly affects the brain.

### Short Term Effects:

- increased heart rate, blood pressure, metabolism
- feelings of exhilaration, energy
- increased mental alertness
- increased temperature

### Long Term Effects:

- rapid irregular heart beat
- reduced appetite, weight loss
- heart failure
- chest pain
- respiratory failure
- nausea
- abdominal pain
- strokes
- seizures
- headaches
- malnutrition

Physical effects of cocaine use include constricted peripheral blood vessels, dilated pupils, and increased temperature, heart rate, and blood pressure. The duration of cocaine's immediate euphoric effects, which include hyper-stimulation, reduced fatigue, and mental clarity, depends on the route of administration. The faster the absorption, the more intense the high! On the other hand, the faster the absorption, the shorter the duration of action. The high from snorting may last 15 to 30 minutes, while that from smoking may last 5 to 10 minutes. Increased use can reduce the period of stimulation.

High doses of cocaine and/or prolonged use can trigger paranoia. Smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. When addicted individuals stop using cocaine, they often become depressed. This also may lead to further cocaine use to alleviate depression. Prolonged cocaine snorting can result in ulceration of the mucous membrane of the nose and can damage the nasal septum enough to cause it to collapse. Cocaine-related deaths are often a result of cardiac arrest or seizures followed by respiratory arrest.

## MARIJUANA

All forms of marijuana are mind-altering. In other words, they change how the brain works. Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant.

### Short Term Effects:

- euphoria
- slowed thinking and reaction time
- confusion
- impaired balance and coordination

### Long Term Effects:

- cough
- frequent respiratory infections
- impaired memory and learning
- increased heart rate, anxiety
- panic attacks
- tolerance
- addiction

### Effects of Heavy Marijuana Use on Learning and Social Behavior

A study of college students has shown that critical skills related to attention, memory, and learning are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours. Seven researchers compared 65 "heavy users," who had smoked marijuana a median of 29 of the past 30 days, and 64 "light users," who had smoked a median of 1 of the past 30 days. After a closely monitored 19- to 24-hour period of abstinence from marijuana and other illicit drugs and alcohol, the undergraduates were given several standard tests measuring aspects of attention, memory, and learning. Compared to the light users, heavy marijuana users made more errors and had more difficulty sustaining attention, shifting attention to meet the demands of changes in the environment, and in registering, processing, and using information. These findings suggest that the greater impairment among heavy users is likely due to an alteration of brain activity produced by marijuana.

## METHAMPHETAMINE or 'METH'

Methamphetamine is a powerfully addictive stimulant that dramatically affects the central nervous system.

### Short Term Effects:

- increased heart rate, blood pressure, metabolism
- feelings of exhilaration, energy
- increased mental alertness;
- aggression, violence or psychotic behavior

### Long Term Effects:

- memory loss
- cardiac and neurological damage
- impaired memory and learning
- tolerance
- addiction

Methamphetamine releases high levels of the neurotransmitter dopamine, which stimulates brain cells, enhancing mood and body movement. It also appears to have a neurotoxic effect, damaging brain cells that contain dopamine and serotonin, another neurotransmitter. Over time, methamphetamine appears to cause reduced levels of dopamine, which can result in symptoms like those of Parkinson's disease, a severe movement disorder.

## P R E S C R I P T I O N   D R U G S

Prescription medications such as pain relievers, tranquilizers, stimulants, and sedatives are very useful treatment tools but sometimes people do not take them as directed and may become addicted. The inappropriate or non-medical use of prescription medications is a serious public health concern. The most common forms are:

**Opioids** - often prescribed to treat pain

**Ex:** Oxycontin, Demerol or Vicodin

**CNS Depressants** - used to treat anxiety and sleep disorders

**Ex:** Nembutal and Valium

**Stimulants** - prescribed to treat narcolepsy and attention deficit/hyperactivity disorder

**Ex:** Dexedrine and Ritalin

### Long Term Effects:

- Opioids or CNS depressants  
    lead to physical dependence and addiction
- Stimulants (taken in higher doses)  
    lead to compulsive use  
    paranoia  
    dangerously high body temperatures  
    irregular heartbeat

## S T E R O I D S

Human-made substances related to male sex hormones. Some athletes abuse anabolic steroids to enhance performance. Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible.

### **Short Term Effects:**

- increased heart rate, blood pressure, metabolism
- feelings of exhilaration, energy
- increased mental alertness
- aggression, violence or psychotic behavior

### **Long Term Effects:**

- hypertension
- blood clotting and cholesterol changes
- liver cysts and cancer
- kidney cancer
- hostility and aggression
- acne
- adolescents, premature stoppage of growth
- in males, prostate cancer, reduced sperm production, shrunken testicles, breast enlargement
- in females, menstrual irregularities, development of beard and other masculine characteristics

Source: United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, [www.smlhsa.gov](http://www.smlhsa.gov).

## HELPFUL RESOURCES

Addiction Recovery Guide	<a href="http://www.addictionrecoveryguide.org">www.addictionrecoveryguide.org</a>
Addiction and Psychological Services, Inc. (located in South Jordan, UT)	
1-801-302-1155	
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org/">www.alcoholics-anonymous.org/</a>
702-598-1888	<a href="http://www.lvcentraloffice.org">www.lvcentraloffice.org</a>
1-801-484-7871	<a href="http://www.salakeaa.org">www.salakeaa.org</a>
American Council for Drug Education (ACDE)	
1-800-drughelp	<a href="http://www.acde.org/">www.acde.org/</a>
Chemical Dependency Intensive Outpatient (CDIOP)-via Monte Vista Hospital	
1-702-364-1111 ext 3134	Morning and Evening Meetings Offered
1-801-562-1940	
Cocaine Anonymous	<a href="http://www.ca.org">www.ca.org</a>
College Drinking - Changing the Culture	<a href="http://www.collegedrinkingprevention.gov">www.collegedrinkingprevention.gov</a>
Drugs and Alcohol Live Support Chat	
1-800-559-9503	<a href="http://www.heroin.org">www.heroin.org</a>
Resources on Drug and Alcohol Prevention/Rehabilitation/Intervention	
FACE Resources, Training and Action on Alcohol Issues	
1-888-822-3223	<a href="http://www.faceproject.org">www.faceproject.org</a>
Heroin Information	<a href="http://www.herion-information.org">www.herion-information.org</a>
Marijuana Anonymous	<a href="http://www.marijuana-anonymous.org">www.marijuana-anonymous.org</a>

Narconon-Drug and Alcohol Education and Rehabilitation Services 1-775-726-3948 <a href="http://www.rainbowcanyon.us">www.rainbowcanyon.us</a> (holistic approach to treatment) brochures available in library
Narcotics Anonymous (Southern Nevada) 1-702-369-3362-24 hours <a href="http://www.snasc.org">www.snasc.org</a>
Narcotics Anonymous (Salt Lake City area) 1-801-296-4044 <a href="http://www.wsona.org">www.wsona.org</a> 1-801-296-4045 <a href="http://www.utahna.info">www.utahna.info</a>
National Association of State Alcohol/Drug Abuse Directors (NASADAD) <a href="http://www.nasadad.org/about1.htm">www.nasadad.org/about1.htm</a>
National Clearinghouse for Alcohol and Drug Information (NCADI) 1-800-729-6686 <a href="http://www.health.org">www.health.org</a>
National Council on Alcoholism and Drug Dependence 1-800-NCA-CALL <a href="http://www.ncadd.org">www.ncadd.org</a>
National Institute on Drug Abuse (NIDA) <a href="http://www.nida.nih.gov">www.nida.nih.gov</a>
National Drug Information Treatment and Referral Hotline 1-800-662-HELP Online alcohol test and resources on drugs and alcohol Substance Abuse Treatment Facility Locator <a href="http://www.dasis3.samhsa.gov">www.dasis3.samhsa.gov</a>
Nevada State Board of Nursing 1-775-688-2620 <a href="http://www.nursingboard.state.nv.us">www.nursingboard.state.nv.us</a>
Nevada State Board of Pharmacy 1-775-850-1440 <a href="http://www.state.nv.us/pharmacy">www.state.nv.us/pharmacy</a>
The U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention 1-800-676-1730 <a href="http://www.higheredcenter.org/">www.higheredcenter.org/</a>

Utah State Board of Nursing

1-801-530-6628

[www.dopl.utah.gov/licensing/nurse.html](http://www.dopl.utah.gov/licensing/nurse.html)

1-866-275-3675-toll free in Utah

Utah State Board of Pharmacy

1-801-530-6179

[www.dopl.utah.gov](http://www.dopl.utah.gov)