

Health Risks Associated with Drug & Alcohol Use

The consumption of drugs and alcohol can have a negative impact on one's health and personal life. The effects of drug and alcohol use can occur after prolonged use, at high doses, or in some cases, after just one use.

Virtually every organ system is affected by alcohol. Drinking in moderation may cause problems to one's body, and drinking heavily over the years can cause irreversible damage. Short term use of alcohol can lead to mood and personality changes, anxiety, depression, sleep disturbances, shortened attention span, coordination problems, coma, & even death. Long term use of alcohol can affect your brain, heart, lungs, pancreas, kidney, and stomach. Persons under the influence of drugs and alcohol are also at increased risk of assault, injuries, accidents, sexual abuse, unsafe sex, & academic problems.

Drug use can also have far reaching effects on personal health. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all occur due to drug abuse. Other possible side effects from non-therapeutic drug use include: convulsions, memory loss, psychosis, anxiety, delusions, hallucinations, and even death.

Other consequences related to drug and alcohol abuse:

Health: High blood pressure, malnutrition, cirrhosis of the liver, delirium tremors, deterioration of brain cells, lethargy, depression, irritability and collapse of heart and other major organ systems.

Work Performance: Poor job performance, absenteeism, increased risk of injury or accidents on the job to self or others, and lower employee morale.

Academic Performance: Can lead to failing grades, low class attendance, poor memory retention and concentration.

Finances: Tend to have more financial problems due to money spent on drugs or alcohol and/or handle finances improperly.

Relationships: Can disrupt families emotionally and economically. Employees may resent fellow coworkers that have poor job performance. Angry outbursts or unreasonable behavior by the troubled employee may also cause friction at the worksite. Can also lead to problems in relationships with friends and significant others.

Source: NIH: National Institute of Drug Abuse

Health Risks Associated with Alcohol and Other Drug Use

<u>DRUG NAME</u>	<u>EFFECTS OF DRUG</u>
<p>Alcohol (Beer, wine, liquor, malt liquor)</p>	<p>Decreased hand/eye coordination; Increased irritability; Increased aggressive behavior; Decreased performance; Impaired reasoning; Drowsiness/mood swings; Increased health problems, and Increased accidents.</p>
<p>Bath Salts (Synthetic Cathinones) (Bloom, Cloud Nine, Cosmic Blast, Ivory Wave, Lunar Wave, Vanilla Sky, White Lightening)</p>	<p>Short term use: Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behavior; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking.</p> <p>Long term: Breakdown of skeletal muscle tissue; kidney failure; death. Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p>
<p>Marijuana (Blunt, dope, pot, weed, joint)</p>	<p>Short term: Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis.</p> <p>Long term: Mental health problems; chronic cough; frequent respiratory infections.</p>
<p>Cocaine/Crack (Blow, C, candy, Charlie, rock, snow)</p>	<p>Short term: Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.</p> <p>Long term: Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite.</p>

<u>DRUG NAME</u>	<u>EFFECTS OF DRUG</u>
<p>Opiates (Heroin, Morphine, Opium, Codeine, Vicodin)</p>	<p>Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate.</p>
<p>Hallucinogens (PCP, LSD, Ecstasy, Mescaline, Psilocybin)</p>	<p>Impaired reasoning; Feeling of enhanced mental activity; Inability to follow directions; and sadness and anxiety.</p>
<p>Amphetamines (Benzedrine, Dexedrine, speed, crystal, crank)</p>	<p>Short term: Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heart beat. Long term: Anxiety, confusion, insomnia, mood problems, violent behavior; paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching.</p>
<p>Sedatives (Valium, Quaalude, reds, phennies)</p>	<p>Slowed reflexes; Lower productivity; Slowed mental processes; and Depression.</p>
<p>Synthetic Cannabinoids (K2, Spice)</p>	<p>Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure and reduced blood supply to the heart; heart attack.</p>