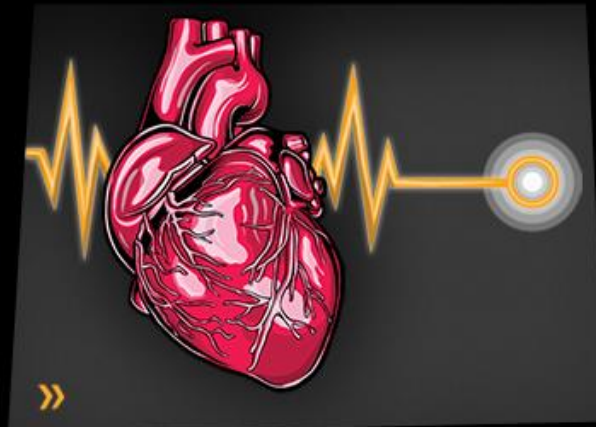
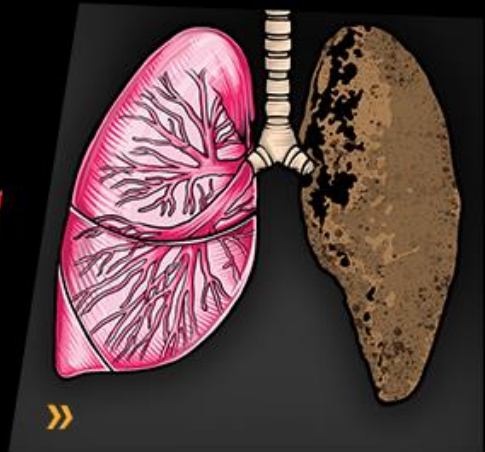


DRUGS + YOUR BODY

It Isn't Pretty!



Addiction

Addiction is a brain disease because drugs actually change the brain and how it works. People who are addicted can't stop using drugs even when they really want to and even after it causes terrible consequences to their health and other parts of their lives. Addiction can be treated, but it is common for people to need treatment more than once after relapsing (starting to use again).

Rewiring

Over time, drugs change the brain's wiring and become less pleasurable. Areas of the brain involved in decision making, learning, memory, sleep, emotion, and control over behavior are affected. **Marijuana** use that begins during teen years and continues into adulthood has been linked to poor grades and lower IQs.

Out of Control

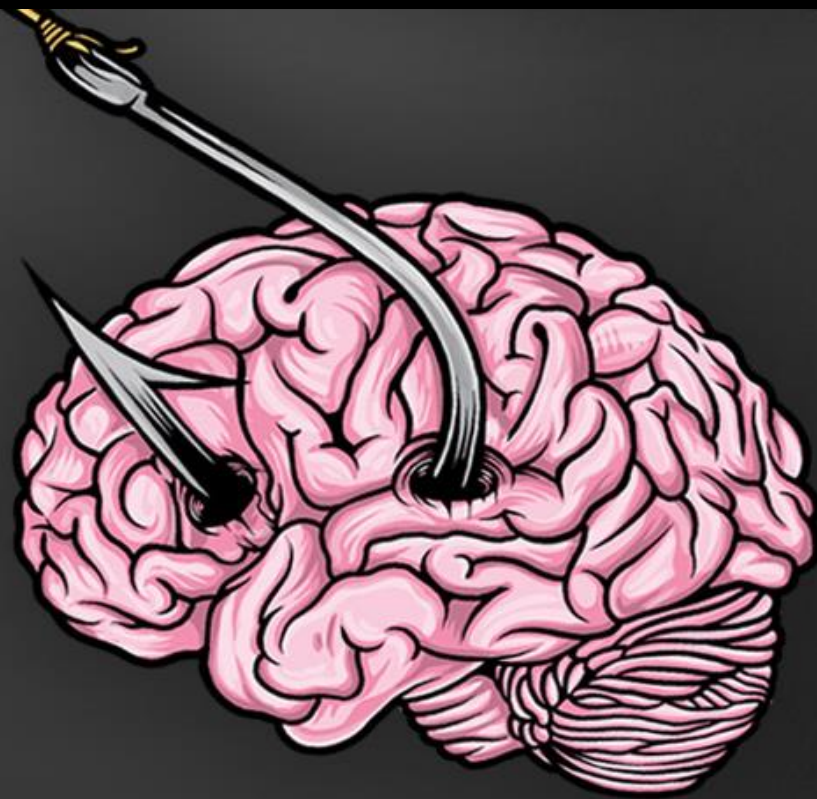
Marijuana and **alcohol** can affect a person's coordination and impair sports and driving abilities. Intoxicated people risk losing control of what happens to them and can find themselves in danger.

Fear and Rage

Abusing **cocaine**, **methamphetamine**, **steroids**, or **prescription stimulants** can cause anxiety, hostility, and paranoia.

Memory Meltdown

Smoking or ingesting **marijuana** can make it hard to remember what you just said or did. Drinking large amounts of **alcohol** quickly (known as binge drinking) can cause a "blackout"—when you can't remember key details about a specific event or the event itself.



BRAIN

Drugs can get you hooked. And addiction is a devastating brain disease.

Breakouts

Anabolic androgenic **steroids** mimic the hormone *testosterone*, which stimulates the skin's oil glands. This leads to outbreaks of pimples on the face and body. Abusing steroids can cause baldness in males and facial hair and baldness in females.

Not a Good Look

Heavy **methamphetamine** users can develop acne, dull skin, and self-inflicted wounds caused by picking at their faces and bodies to relieve the feeling of insects crawling under their skin. Because methamphetamine use also decreases appetite by interrupting the brain's normal hunger response, users can become very thin and develop a skeletal appearance.

Wrinkles

Nicotine in **cigarettes** causes blood vessels at the skin's surface to narrow, reducing blood flow and depriving the skin of important nutrients and oxygen.

Aging Skin

Chemicals in **cigarettes** cause skin to sag by damaging collagen and elastin, proteins important for smooth, young-looking skin.



SKIN

Steroids, methamphetamine, and tobacco can seriously mess with your skin.

Ready for Cancer?

Smoking **cigarettes** fills the lungs with more than 7,000 chemicals—hundreds are harmful, and about 70 can cause cancer.¹ Cigarette smoking has been linked to about 90% of all cases of lung cancer.²

Lung Disease

Smoking **cigarettes** is associated with increased risk of respiratory (breathing) diseases, including emphysema, bronchitis, chronic cough, and asthma.

Out of Breath

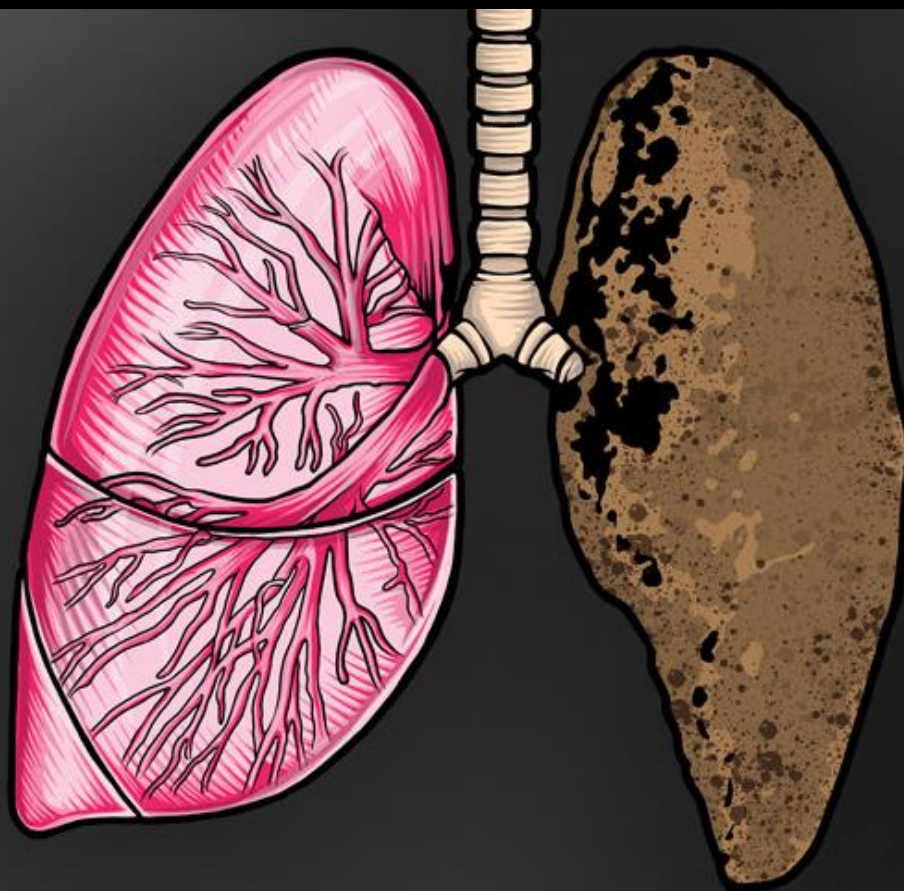
Smoking **cigarettes** injures alveoli—tiny air sacs in the lungs that help you breathe. This is what causes smokers to feel out of breath.

Lung Irritation

Marijuana smoke, like **tobacco** smoke, contains many different damaging chemicals that irritate the lungs. These irritants can cause lung inflammation, phlegm buildup, frequent coughing, bronchitis, and other lung infections.

Serious Statistics

Cigarette smoking causes about one out of every five deaths in the United States each year.³ On average, adults who smoke cigarettes die 10 years earlier than nonsmokers.⁴



LUNGS

Tobacco products can cause cancer. Smoking cigarettes or marijuana can cause bronchitis and lung infections.

Sticky Situation

Tar from **tobacco** is a sticky substance that builds up on the teeth and tongue. Chewing tobacco causes a buildup of plaque and tartar that also harbors bacteria. This can lead to bad breath, gum disease, brown and yellow teeth, and tooth loss.

Cancer

Cigarettes and **chewing tobacco** also contain cancer-causing chemicals that flood the mouth and throat, increasing the risk of cancer in the mouth, vocal cords, and throat. On average, only 62% of those with oral cancer survive beyond five years after diagnosis.⁵

Lot of Rot

Methamphetamine rots teeth through dry mouth, teeth clenching, and a craving for sugary drinks and foods. This, combined with poor dental hygiene, can result in "meth mouth," which can include rotting teeth, gum disease, and bad breath.



MOUTH

Methamphetamine rots teeth. Tobacco can cause gum disease, bad breath, and cancer.

Heart Attacks

Stimulants like **cocaine** and **methamphetamine** can constrict blood vessels and cause the heart to beat irregularly as if you were panicked even when you're not. Too much heart stimulation can lead to heart attack, stroke, blood clots, heart damage, or sudden death.

Sharing the Pain

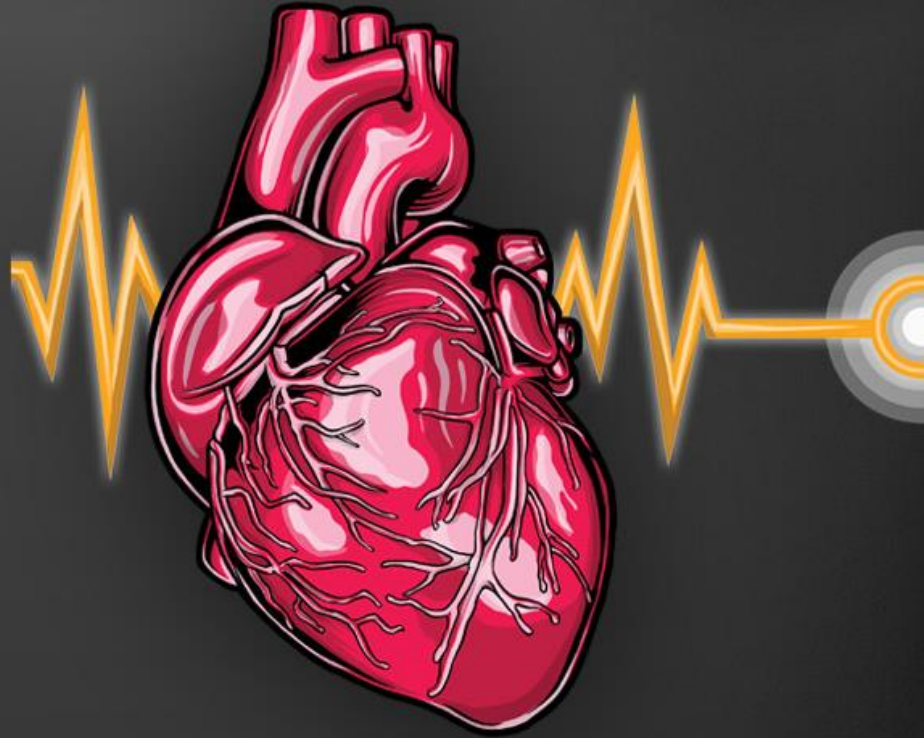
Each year about 46,000 nonsmokers who have been exposed to someone else's **cigarette** smoke die from coronary heart disease.⁶

Flatline

Sniffing household chemicals like **solvents** (e.g., paint thinners and removers), **aerosols** (e.g., spray paint, hair spray), or **gases** (e.g., butane lighters, nitrous oxide) can cause rapid, irregular heartbeats and lead to heart failure and death, within minutes.⁷

Fatal Slowdown

Heart rates can slow to dangerous levels under the influence of **sedatives**, as well as **prescription pain medication** or other **opioids**. Mixing any of these drugs with **alcohol** increases the risk of coma or death.



Cocaine and methamphetamine can damage the heart and cause heart attacks.

HEART

Fatal Slowdown

Abusing prescription **sedatives** (like Xanax® or Valium®), **prescription pain medication** (like Vicodin® or Oxycontin®), or other **opioids** (like heroin) can slow breathing and heart rate to dangerous levels, which could lead to coma or death. Combining them with alcohol increases these risks.

Toxic Breath

Sniffing household chemicals like **solvents** (e.g., paint removers), **aerosols** (e.g., hair spray), or **gases** (e.g., nitrous oxide) can result in death within minutes from heart attack ("sudden sniffing death"). Inhalants can also cause death because inhaling these chemicals takes the place of oxygen in the lungs and brain, causing breathing to stop.⁸

Crash Warning

Drivers ages 16–20 are 17 times more likely to die in a crash when alcohol is involved.⁹

Overdose

In 2010, 60% of drug overdose deaths in the United States were related to prescription drug abuse.¹⁰



DEATH

Combining prescription pain medication or sedatives with alcohol can slow heart rate and breathing, leading to death.

Adapted from

From Scholastic and the scientists of the National Institute on Drug Abuse (NIDA),
National Institutes of Health, U.S. Department of Health and Human Services

<http://www.scholastic.com/drugs-and-your-body/index.htm>