

Drugs + Your BODY:

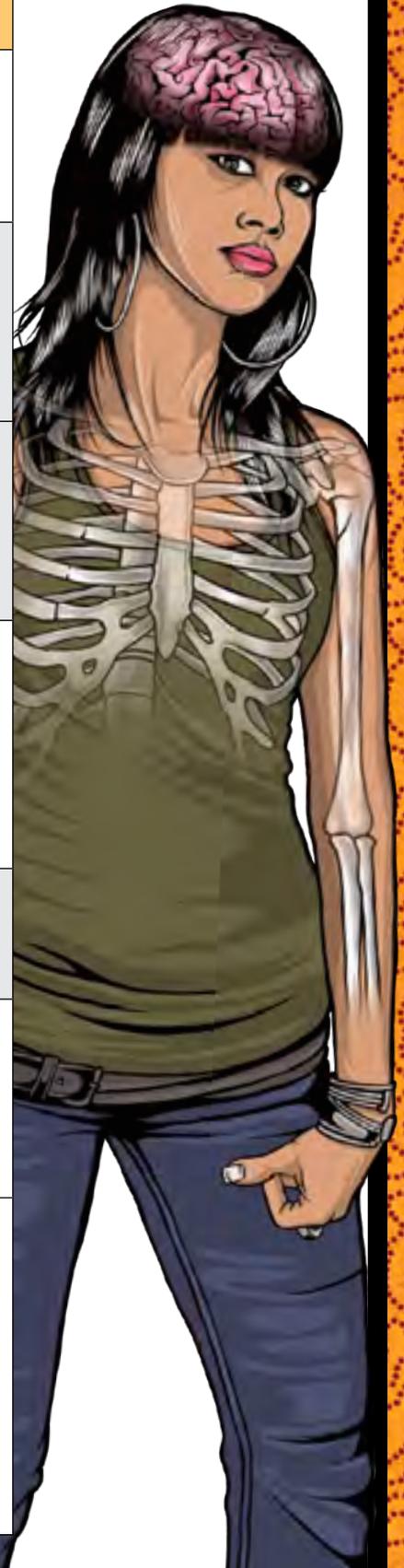
It Isn't Pretty

Abusing drugs interferes with the body's normal functioning. The information below explains what drugs can do to the human body and how. Use the information to answer the questions beneath the table.



Organ	Drug(s)	EFFECT(S)	Reason(s)
BRAIN	All	<ul style="list-style-type: none"> • Learning impairment • Sleeplessness • Emotional problems • Addiction • Altered heart rate, breathing, body temperature 	Drugs directly affect many parts of the brain, which can cause problems with learning, sleeping, and emotional health. Over time, drug abuse can change the brain's wiring and function, turning a voluntary behavior (trying drugs) into a compulsive one (not being able to stop using drugs) that defines addiction. Drugs such as opioids (e.g., heroin, Oxycontin®, and Vicodin®) act on areas of the brain that signal the lungs to slow breathing, and when abused, can be deadly.
	SKIN	Tobacco	<ul style="list-style-type: none"> • Wrinkles
	Anabolic Androgenic Steroids (body-building steroids)	<ul style="list-style-type: none"> • Severe acne 	The hormones in steroids stimulate oil glands in the skin, leading to outbreaks of pimples on the body, including on the back, face, and shoulders.
MOUTH	Chewing tobacco	<ul style="list-style-type: none"> • Cancer • Brown or lost teeth • Gum disease • Bad breath 	Chewing tobacco directly exposes teeth and gums to toxic chemicals, causing a buildup of plaque and tartar. This buildup also harbors bacteria that cause gum disease and bad breath. Long-term use of smokeless tobacco can cause oral cancer. On average, only half of those with oral cancer survive beyond five years after diagnosis.
	Meth (methamphetamine)	<ul style="list-style-type: none"> • Rotting teeth • Gum disease • Bad breath 	Meth use can cause dry mouth, teeth clenching, and a craving for sugary beverages and foods. This, combined with poor dental hygiene, can result in "meth mouth."

Organ	Drug(s)	EFFECT(S)	Reason(s)
HEART	Stimulants (such as cocaine and meth)	<ul style="list-style-type: none"> • Heart attack • Stroke • Blood clots • Heart damage • Sudden death 	Stimulants can constrict blood vessels and cause the heart to beat irregularly, which can lead to sudden heart attack and even death.
LUNGS	Tobacco	<ul style="list-style-type: none"> • Frequent coughing • Bronchitis • Lung infections • Cancer 	Smoking cigarettes fills the lungs with thousands of chemicals, some of which can cause lung infections or cancer. Smoking also injures alveoli—tiny air sacs in the lungs that help you breathe—which causes smokers to feel out of breath.
	Marijuana	<ul style="list-style-type: none"> • Frequent coughing • Bronchitis • Lung infections 	Marijuana smoke, like tobacco smoke, contains many different chemicals, some of which can irritate or damage the lungs. These irritants can cause lung inflammation, phlegm buildup, frequent coughing, bronchitis, and other lung infections.
LIVER	Alcohol	<ul style="list-style-type: none"> • Fatty liver • Alcoholic hepatitis • Cirrhosis 	Alcohol impairs the liver’s ability to remove toxins from the body, digest foods, and make important proteins that a body needs. It can also cause the liver to accumulate fat, ultimately resulting in inflammation, fibrosis, pain, and jaundice. Long-term alcohol abuse can permanently scar the liver—a condition called cirrhosis.
BONES	Anabolic Androgenic Steroids	<ul style="list-style-type: none"> • Stunted growth 	Steroids can cause the brain to signal the bones to stop growing. Teens who abuse steroids may never reach their full adult height.
ENDOCRINE SYSTEM (HORMONES)	Anabolic Androgenic Steroids	<ul style="list-style-type: none"> • Feminization/ masculinization 	Steroids are artificial forms of the male sex hormone testosterone. They can cause shrunken testicles and breast growth in boys and deep voices and facial hair in girls. Both sexes risk reproductive problems, including infertility, when abusing steroids.



Think It Through (use separate paper):

1. Steroids affect many of the body’s organs. What are some of those organs and the effects?
2. What is it about tobacco, whether smoked or chewed, that can cause cancer?
3. What are two drugs that can cause physical damage to the mouth and teeth? What kind of damage?
4. How does alcohol damage the liver? How is this similar to the damage nicotine causes to the lungs?