SMOKING

Addictive ingredient is Nicotine which is a stimulant

Cigarette smoke contains over 4000 different chemicals. The top 3 are:
TAR/NICOTINE/CARBON MONOXIDE

Most common age to start is 12-17

Nicotine affects breathing, movement, learning, memory, mood and appetite
Health effects related to smoking (nicotine)

Can also cause:
* yellow teeth
* premature wrinkling
* miscarriages
* osteoporosis

* Heart disease
* Cancers: lung/mouth/throat
* Strokes
* Emphysema
* Bronchitis

NO SMOKING
Types of tobacco products:

**Smoked** - cigarettes/cigars/pipes

**Smokeless** - mixed with saliva to form dark green juice which is spit out—nicotine absorbed into bloodstream

Types include:

* **chewed**: course leaves held in cheek

* **snuff**: ground up leaves.. pinch placed behind lower lip

IS SMOKELESS SAFE? **NO**..may not develop lung cancer **BUT** you will get bleeding gums, decayed teeth, cancers of the mouth, tongue, throat
Some dangers of secondhand smoke can cause cardiovascular disease, respiratory problems and cancer

Effects of nicotine on these body systems
1) Respiratory - increase mucous, decrease muscle action in airway, breathing becomes more shallow

2) Nervous - increase activity level, mimics neurotransmitters, decrease reflex actions, activate "reward pathway"

3) Cardiovascular - increase heart rate, force of contractions, blood pressure and risk of blood clotting, reduces blood flow to skin

4) Digestive - increase saliva and bowel activity, decreases insulin production

Emphysema: alveoli in lungs are damaged and no longer function properly (normally alveoli expand as you breath oxygen). Result - you are always short of breath.
Marijuana is one of the most commonly used illegal drug. It is a dried mixture of the leaves/stems/flower of the Hemp plant. It contains the mind altering drug - THC.

Gateway Drug- User builds up tolerance and seeks out "harder" drugs to experience the "high".

Ways to use:
- Smoked - Joints/bongs/pipes
- Baked - into foods
- Brewed - into teas
Effects of Marijuana use:

* feeling of being “stoned”, distorted perceptions (sights, sounds, time and touch)
* heart rate increases
* movements become slower & less coordinated
* interferes with short term memory
* heavy doses can produce hallucinations

Drug dealers sometimes mix marijuana with other drugs, i.e.: PCP, fentanyl nitrate to increase the potency. This can be deadly to the user!
Dangers of Marijuana use include

* Interferes with ability to learn and retain information
* Health hazards - cancers/tumors
* Damage short term memory and lose motivation to perform
* It is a GATEWAY drug & addictive!

Marijuana affects on driving: is a depressant so driver feels sleepy or drowsy, difficult to judge distances and react quickly.
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<th>SHORT TERM EFFECTS</th>
<th>LONG TERM EFFECTS</th>
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<td><strong>MENTAL</strong></td>
<td>Fearful for health consequences</td>
<td>Addiction/Withdrawl</td>
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<td>Emotional</td>
<td>Mood enhancers</td>
<td>&quot;On Edge&quot; during withdrawals</td>
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<td></td>
<td>&quot;Pleasure&quot;</td>
<td>anxiety, depression, irritability</td>
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<td>&quot;Relieve stress&quot;</td>
<td>headaches, restlessness, impatience, anger, etc.</td>
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<td><strong>PHYSICAL</strong></td>
<td>Yellow teeth, bad breath, smell on clothing,</td>
<td>Shaky and nervous during withdrawals</td>
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<td>eliminates taste buds, coughing, decrease in</td>
<td>nausea, vomiting, weight gain, fatigue, headaches, diziness</td>
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<td>lung performance, lack of appetite, increased</td>
<td>Cancer- Lung, bladder, throat, etc.</td>
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<td>heart rate</td>
<td>Emphyzema, Broncitus, etc.</td>
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<tr>
<td><strong>SOCIAL</strong></td>
<td>Some say that they feel &quot;cool&quot; or</td>
<td>Feeling left out/ isolated due to others not wanting to be around second hand</td>
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<tr>
<td></td>
<td>that they fit in when they smoke</td>
<td>smoke</td>
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