

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**: coarse 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 breathe 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
ie: 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.

TOBACCO

	SHORT TERM EFFECTS	LONG TERM EFFECTS
MENTAL Emotional	Fearful for health consequences Mood enhancers "Pleasure" "Relieve stress"	Addiction/Withdrawl "On Edge" during withdrawls, anxiety, depression, irritability, headaches, restlessness, impatience, anger, etc.
PHYSICAL	Yellow teeth, bad breath, smell on clothing, eliminates taste buds, coughing, decrease in lung performance, lack of appetite, increased heart rate	Shaky and nervous during withdrawls nasea, vomiting, weight gain, fatigue, headaches, diziness Cancer- Lung, bladder, throat, etc. Emphyzema, Broncitus, etc.
SOCIAL	Some say that they feel "cool" or that they fit in when they smoke cigarettes	Feeling left out/ isolated due to others not wanting to be around second hand smoke