



Drugs and Addiction

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YOUR NERVOUS SYSTEM

1. What are the two main parts of the central nervous system?

1. _____

2. _____

2. What is the peripheral nervous system?

3. What does the cerebral cortex do?

4. What does the cerebellum do?

5. What does the brain stem do?

6. Look at the slides of nerve cells. What does a nerve cell look like?

7. What is a neurotransmitter?

YOUR REACTION TIME

1. What is reaction time?

2. Name four activities that require a fast reaction time:

1. _____

2. _____

3. _____

4. _____

3. How do drugs affect reaction time?

4. Test your reaction time.

How fast can you respond to light? _____

How fast can you respond to sound? _____

Use, Misuse, and Abuse of Drugs: Do You Know the Difference?

(Circle one dot in each row.)

	Use	Misuse	Abuse
If you take a drug to obtain relief from pain, is it:	•	•	•
If you take a drug to get high, is it:	•	•	•
If you take a drug to overcome infection or illness, is it:	•	•	•
If you take a drug prescribed for someone else, is it:	•	•	•
If you take a drug in double the recommended dose, is it:	•	•	•
If you take a drug to prevent withdrawal, is it:	•	•	•

Name three differences between street drugs and pharmacy drugs.

1. _____

2. _____

3. _____

ADDICTION

- | | | |
|--|---|---|
| 1. All drug addictions endanger the brain, heart, and other bodily organs. | T | F |
| 2. It is impossible to become addicted to the fantasies produced by drugs like marijuana and LSD. | T | F |
| 3. Blackouts—that is, periods of amnesia—are common among alcoholics. | T | F |
| 4. Cocaine addicts seek more and more cocaine because it depletes neurotransmitters in their brains. | T | F |
| 5. Tobacco kills more Americans each year than all other drug addictions combined. | T | F |
| 6. Inhalants like spray paint and glue can cause memory loss, seizures, organ damage, and respiratory failure. | T | F |
| 7. Prescribed tranquilizers like Valium and Librium are not addicting. | T | F |
| 8. Prescribed stimulants like Dexedrine and Ritalin are not addicting. | T | F |
| 9. Prescribed opiates like Dilaudid and Codeine are not addicting. | T | F |
| 10. Most addicts are not consciously aware of how the addiction is affecting their lives. | T | F |
| 11. Addicts never try to control their drug use. | T | F |
| 12. Addicts do not fear losing control over their lives. | T | F |
| 13. People who care about or love a drug addict often unintentionally help the disease rather than the person. | T | F |
| 14. Recovery from addiction is possible for all drug addicts. | T | F |
| 15. Damage to the brain and other organs is always reversible once the addict stops using drugs. | T | F |

DRUGS AND YOUR BRAIN

What is the main effect each type of drug has on the nervous system?
(Circle one dot in each row.)

	Stimulates (Speeds Up) Nervous System	Depresses (Slows Down) Nervous System	Alters Perception
Alcohol	•	•	•
Cocaine	•	•	•
Depressants	•	•	•
Hallucinogens	•	•	•
Inhalants	•	•	•
Marijuana	•	•	•
Narcotics	•	•	•
Nicotine	•	•	•
Stimulants	•	•	•

How can depressants cause death? _____

How can stimulants cause death? _____

Name one serious danger of perception-altering drugs: _____

THE CONSEQUENCES OF DRUG ABUSE

1. A study done in Sweden showed that people who smoke marijuana more than 10 times in their lives are:
 - a. 2.3 times more likely than non-users to develop schizophrenia.
 - b. 10 times more likely than non-users to develop schizophrenia.
 - c. No more likely than non-users to develop schizophrenia.
2. A woman who drinks alcohol during pregnancy is likely to have a child who:
 - a. Has one or more birth defects.
 - b. Is mentally retarded.
 - c. Both.
3. An addict's body learns to metabolize or excrete the addictive drug more effectively. As a result, the addict:
 - a. Is no longer in danger of damage to the brain and other organs.
 - b. Can no longer get high.
 - c. Starts taking more of the drug and is therefore in danger of severe damage to the brain and other organs.
4. The first step in most recovery programs is for the addict to:
 - a. Learn to control his or her impulses.
 - b. Admit powerlessness over the drug.
 - c. Become aware of how the drug damages the brain and body.
5. The most physically addicting substances currently known are:
 - a. Nicotine and crack cocaine.
 - b. Heroin and morphine.
 - c. Mescaline and LSD.
6. The most powerful drug sold legally without a prescription is:
 - a. Alcohol.
 - b. Nicotine.
 - c. Caffeine.
7. Heroin and other opiates:
 - a. Fit the same nerve-cell receptors as natural painkillers produced by the body.
 - b. Cause the body to produce less of its own painkillers.
 - c. Both.
8. There is evidence that smoking marijuana causes:
 - a. Emphysema and lung cancer.
 - b. Pneumonia.
 - c. No damage to the lungs.
9. Because alcohol withdrawal can be fatal, alcoholics should:
 - a. Never give up alcohol completely.
 - b. Withdraw only under medical supervision.
 - c. Taper off alcohol gradually.

The Consequences of Drug Abuse, Cont'd.

- 10. Tranquilizers like Valium and Librium:
 - a. Decrease the activity of neurotransmitters that make people feel anxious.
 - b. Are dangerous because the brain develops a tolerance to them quickly, and the user then seeks higher doses.
 - c. Both

Name four ways that drugs can damage the brain:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Name three ways that drugs can damage the heart.

- 1. _____
- 2. _____
- 3. _____

Name two ways that drugs can damage the liver.

- 1. _____
- 2. _____

ALCOHOL

Are the statements below myth or fact?

	Myth (false)	Fact (true)
1. Understanding and sympathy can always help an alcoholic.	_____	_____
2. Only three to five percent of alcoholics are on skid row.	_____	_____
3. Coffee, fresh air and a cold shower help sober a person up.	_____	_____
4. Beer drinkers can't be alcoholics.	_____	_____
5. Alcohol can permanently damage the liver and brain.	_____	_____
6. Alcoholism can adversely affect your sex life.	_____	_____
7. Friends and families of alcoholics need help.	_____	_____
8. Alcoholism is a treatable disease.	_____	_____
9. Intelligent people can't become alcoholic.	_____	_____
10. If you drink a lot but don't act drunk, you can't be an alcoholic.	_____	_____
11. If you still have your job, you can't be an alcoholic.	_____	_____
12. Teenagers are too young to develop the disease of alcoholism	_____	_____

Using the wheel that turns around, determine the affects of the following amounts of beer.

One beer: _____

Three beers: _____

Five beers: _____

Seven beers: _____

What are four common mistakes of drinking drivers? You have a number to choose from, so decide and compare your answers with classmates.

CIGARETTE SMOKING

Is it part of your life now? Is it in your future? Take this quiz, think about the facts presented and make a decision about cigarette SMOKING and YOU.

1. Cigarette smoking is a major cause of _____.
A. emphysema & lung cancer
B. chronic bronchitis & heart disease
C. all of the above
2. Within twenty seconds of lighting up a cigarette, the smoker's heart rate _____. This lasts for ten to fifteen minutes.
A. goes up 15-20 beats
B. slows down
C. is hard to trace
3. At the same time, the smoker's blood pressure _____.
A. is lowered
B. stops
C. goes up 10-20 points
4. One smoked cigarette exposes your lungs to _____ traceable chemicals.
A. 200
B. more than 1,200
C. 25
5. Fifty of the chemicals found in cigarettes are known _____. (cancer-causing substances.)
A. carcinogens
B. carbohydrates
C. carburetors
6. Tar, another substance in cigarette smoke, changes the lining of the airways, damages lung tissue and forms a brown, sticky mass in the lungs. If a smoker smokes one pack of cigarettes a day for a year, _____ of tar will collect in the lungs.
A. 1/4 cup
B. more than 1 cup
C. 2 tablespoons
7. Nicotine, another chemical in cigarette smoke, makes blood vessels _____. This cuts down the blood flow to the body and forces the heart to work harder to circulate blood.
A. widen
B. wander
C. constrict
8. Carbon monoxide from cigarette smoke attaches to the hemoglobin in the bloodstream and robs the body of oxygen for as long as _____. (Hemoglobin is the oxygen-carrying protein that gives color to red blood cells and is essential in transporting oxygen to all body cells.)
A. six hours
B. twenty minutes
C. three minutes
9. Second-hand smoke is smoke which a nonsmoker inhales whenever he's around someone who's smoking. Studies show that second-hand smoke can have _____ effects.
A. harmful
B. healthy
C. no

AIDS – Quiz A

AIDS—Acquired Immune Deficiency Syndrome—is a disease that cripples the body’s immune system, leaving the person vulnerable to several life-threatening diseases. The most common illnesses found in people with AIDS are *Pneumocystis carinii* pneumonia (PCP) and Kaposi’s sarcoma (KS), a form of skin cancer. Read the questions below and decide if they are true or false.

1. AIDS is caused by a virus that attacks a particular cell in the _____ system of the body.
A. immune
B. nervous
C. digestive
2. The AIDS virus multiplies in cells called _____.
A. monocytes
B. B lymphocytes
C. T lymphocytes
3. People can carry the AIDS virus in their body without _____.
A. knowing it
B. looking sick
C. both
4. The AIDS (HIV) virus is spread by _____.
A. bodily fluids
B. air
C. water
5. The AIDS (HIV) virus is transmitted directly from person to person via _____.
A. saliva
B. blood
C. sweat
6. An AIDS carrier can pass the disease to others during _____.
A. during sexual intercourse
B. by shaking hands
C. by sharing dishes
7. IV drug users can get AIDS from infected blood by sharing _____.
A. needles
B. toilets
C. clothing
8. Safer sex means using a condom (rubber) during sexual intercourse, so that the _____ is not exchanged.
A. vaginal fluid
B. semen
C. both
9. Using a condom during sexual intercourse _____ this risk of getting AIDS from your partner.
A. increases
B. eliminates
C. reduces

AIDS – Quiz B

AIDS is a life-threatening disease that frequently involves much suffering and may end in death. You need to learn the facts about AIDS so that you will understand the disease. You do not catch AIDS from sharing food, touching doorknobs or toilet seats, being bitten by a mosquito, etc. People get AIDS if the virus gets into their bloodstream. You cannot catch AIDS the way you catch a cold or the flu.

1. You can be friends with a person who has AIDS and _____ a person with AIDS without catching the virus.
A. hug
B. help
C. both
2. It is thought that a vaccine _____ available to combat the AIDS (HIV) virus.
A. will soon
B. may someday
C. will never
3. A baby can be born with the AIDS virus if the _____ has the virus.
A. mother
B. father
C. either
4. Not having sex until you are ready for one partner is a _____ to protect yourself from the AIDS virus.
A. good way
B. sure way
C. poor way
5. Piercing ears or tattooing skin is safe if needles are _____.
A. shared
B. new
C. sharp
6. Not using _____ is a good way to protect yourself from the AIDS virus.
A. intravenous street drugs
B. public pools
C. your friend's towels
7. Since 1985, blood from blood banks has been tested for AIDS antibodies and is _____.
A. considered safe
B. 100% free of the virus
C. very dangerous
8. Researchers _____ a cure for AIDS.
A. have found
B. have not found
C. will never find
9. A life-threatening disease that many people with AIDS gets is _____.
A. Pneumocystis Carinii (a kind of pneumonia)
B. Kaposi's Sarcoma (a kind of skin cancer)
C. both