What is Addiction?

- Addiction is a state in which the body relies on a substance for “normal” functioning.
- When this substance is removed, it can cause withdrawal.
Another Definition of Addiction

Addiction is a chronic relapsing brain disease. Brain imaging shows that addiction severely alters brain areas critical to decision-making, learning and memory, and behavior control, which may help to explain the compulsive and destructive behaviors of addiction.
Addiction Facts

How Many Are Affected by Addiction to Cigarettes, Alcohol and/or Drugs?

• About 40 million persons in the US – 16% of the population
• Only about 10% of those who are addicted ever seek help
• Substance Abuse is an EPIDEMIC DISEASE!

Among Patients with Untreated Substance Abuse Disorders...

45% commit suicide

Source: PsychologyToday.com
“Legal” Drugs

- Alcohol
- Tobacco products (nicotine)
- Prescription drugs
- Over the counter drugs
Underage Drinking (and using drugs)

What Leads Children to Start Drinking (and using drugs) at a Young Age?

- See others do it
- Peer pressure
- See their parents do it (especially Dad)
- Sibling gets them to do with them
- Normal in family

“Boys who have an alcoholic dad are 4x more likely to become an alcoholic”
Alcohol Side Effects

- Disinhibiting effect – social
- Talkativeness, dizziness, slurred speech, disturbed sleep, nausea, vomiting
- Significantly impairs judgment and coordination even in small amounts
- Increases aggressive behavior
Brain – It Does Not Like Alcohol!

TOXIC !!!!

- Long term and increased use can cause irreversible damage
Tobacco Products - Nicotine

- Names – cigarette, “coffin nails”, cigar, puff, chew, snuff
- Have up to 4,000 added chemicals including formaldehyde, arsenic, tar, and cyanide
- Nicotine is a stimulant and highly addictive
Tobacco Side Effects

Side effects of Nicotine

- Blood: Increased clotting tendency
- Lungs: Bronchospasm
- Muscular: Tremor, Pain
- Gastro-intestinal: Nausea, Dry mouth, Dyspepsia, Diarrhea, Heartburn
- Joints: Pain
- Central: Lightheadedness, Headache, Sleep disturbances, Abnormal dreams, Irritability, Dizziness
- Heart: Increased or decreased heart rate, Increased blood pressure, Tachycardia, More (or less) arrhythmias, Coronary artery constriction
- Endocrine: Hyperinsulinemia, Insulin resistance
Long Term Effects

- Increased risk for heart attack and stroke due to hardening and narrowing of arteries. Top risk factor for most cancers.

- Increase risk for asthma, bronchitis, emphysema, increased infections, many cancers, low birth weight babies. Children who have a parent or caregiver that smokes – very likely to contract asthma.

- Affects every organ of the body.
Health Risk Of Chewing Tobacco Or Using Dip

- Tobacco contains 28 cancer causing agents which come in direct contact with tissue.
- Delivers nicotine 3-4 times higher in smokeless tobacco than cigarettes, making it more addictive.
- Increased risk of oral cavity cancer
- Gum disease
Oral Cancer
Electronic cigarettes and vaping are used as a substitution for cigarette smoking – some use it to try and stop smoking.

- Contains nicotine and other chemicals like tobacco smoking.
- FDA has questioned the safety of these products.
- At this time, may not be approach to stop smoking.
The dramatic shift comes as vaping-related illness have exploded to become one of the biggest public health concerns of the year. The death toll has reached over 400 in 33 states and rising at a rapid rate. Hundreds more have faced life-threatening sicknesses.
WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:

- **Volatile Organic Compounds**
- **Nicotine**
- **Ultrafine Particles**
- **Cancer-Causing Chemicals**
- **Heavy Metals such as Nickel, Tin, and Lead**
- **Flavoring such as Diacetyl, a chemical linked to a serious lung disease**

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.
E-Cigs and Vaping Death from Respiratory Failure
Girl Who Refuses to Die From Vaping
E-Cigs and Vaping - WARNING!!!! STOP!!!!
Prescription Drug Abuse

- Narcotic Painkillers, Opium
- Meds (ex. Vicodin, Oxycotin, Hydocodone, Morphine)
- Confusion, respiratory depression/arrest, nausea/vomiting, unconsciousness, coma, death. Highly addictive!
- Easy to get. Children are getting out of their parent’s bathroom and using too.
- Note – 61% of drug overdose deaths are from opioids.
Prescription Drug Abuse

- Sedatives and tranquilizers: ex. Valium, Xanax, Ativan
- Can cause confusion, impaired coordination, respiratory depression and arrest, coma, death
Over the Counter Drug Abuse

- Cough suppressant – dextromethorphan
- Street names: Robo (Robitussin®), Skittles, Triple C’s, Dex, Vitamin D, and Tussin

Overdosing/misuse of:
- May cause euphoria, ecstasy
- Impaired judgment and mental performance, loss of coordination, dizziness, nausea, hot flashes, dissociation, and hallucinations, brain damage, seizures, death
Over the Counter Drug Abuse

- Pseudoephedrine (ex. Sudafed)
- Decongestant (Stimulant)
  - Difficulty concentrating, irregular heartbeat, anxiety, high blood pressure, convulsions and hallucinations
Over the Counter Drug Abuse

“Energy Drinks” – Red Bull, Monster, Full Throttle, Amp, etc.

• High caffeine, high sugar, some herbs and B vitamins – Stimulant
• Side effects: promotes dehydration, experience anxiety, palpitations, irritability, difficulty sleeping, and indigestion
• Remember – these are easy to get. Kids can buy.
• Can cause serious problems with heart and kidneys too
Recognizing Possible Substance Abuse

- Vary from drug-drug and person-person
- Distress/withdrawal if can’t get drug
- Change in behavior – very moody
- Problems with sleep
- Decreased appetite and weight
- Bloodshot/dazed eyes
- Excessive sweat, flushed skin, irritated nose
- Decreased work
- Decreased interest in things

If you think your child, friend, or family member is abusing drugs/alcohol – talk with them!
Stop Smoking

QUIT NOW
...it’s free!
Tobacco is expensive. Quitting doesn’t have to be.
1-800-QUIT-NOW
Addiction is when the body relies on a substance in order to feel like it is functioning “normally”. To break the addiction, the body has to be “retrained” to not feel it has to have the substance. It takes work but it can be done!
WRAP UP