
Substance Use, Addictions & Related Behaviours

Types of Substances & Drug Use Continuum

Get into your poster groups

What does a drug user look like?





What is a Drug?

Drugs are substances, other than food, that affect a person's mental, emotional, or physical state

What are some examples of drugs?





Thoughts on sugar?

- Triggers the release of dopamine



Paul van der Velpen, head of Amsterdam's health services, is warning people that sugar is a drug, "just like alcohol and tobacco."

The sweet lowdown: Is sugar the world's most ubiquitous drug?

By Marilisa Racco National Online Journalist, Smart Living Global News

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PLAY VIDEO



Sugar Is a "Drug" and Here's How We're Hooked

Written by Brian Krans | Published on September 18, 2013



Research says that our brains are hardwired for pleasure and sugar works like many addictive drugs. So, are we sugar fiends?

Sugar is the 'alcohol of the child,' says children's health expert

Up to half of recommended sugar intake consumed at breakfast, says Dr. Robert Lustig

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Sugar addiction 'should be treated as a form of drug abuse'

Withdrawal from chronic sugar consumption would be similar to going 'cold turkey' from drugs, say Australian scientists

Matt Payton | @paytesy89 | Tuesday 12 April 2016 17:15 BST | 16 comments

Advertisement



[https://www.youtube.com/
watch?v=jfkPj-2KkSM](https://www.youtube.com/watch?v=jfkPj-2KkSM)

Stimulants (Uppers)

Examples: Caffeine, Nicotine, Cocaine, Crack,
Methamphetamines



- Speed up and excite body systems such as the Central Nervous System (CNS) and the cardiovascular system
- General symptoms: increased alertness, decreased appetite, delays fatigue, rapid heartbeat and breathing, increased blood pressure, sweating, dilated pupils

The Face of a Meth User – 10 years



age 28



age 29



age 30



age 31



age 32



age 33



age 34



age 35



age 36



age 37

Dead at age 38

Tobacco

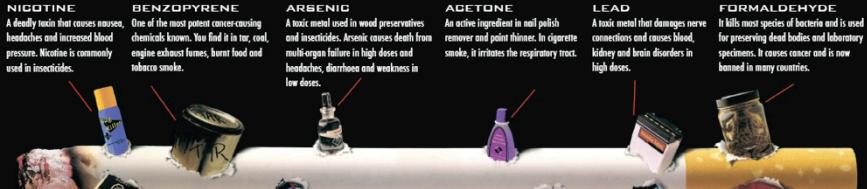


- Tobacco is the shredded, dried leaf of the tobacco plant
 - Which happens to be the only natural source of nicotine
 - Tobacco smoke contains more than 4,000 chemicals, 69 of which are known carcinogens (cancer causing agents)
 - Smoking tobacco forms a tar that causes a variety of healthy problems
-

Nicotine

THE SECRETS THEY KEEP

HERE ARE SOME OF THE HARMFUL CHEMICALS HIDING IN CIGARETTE SMOKE...



Cigarette smoke contains over 4,000 chemicals. Even if you don't smoke you can still be harmed by these poisonous chemicals by being around people who are smoking.



Need more information?
Check out
www.SmartThanSmoking.org.au

Smarter than Smoking
Check out
Ph (08) 8308 3343
SMART@HeartFoundation.org.au
www.smarterthansmoking.org.au

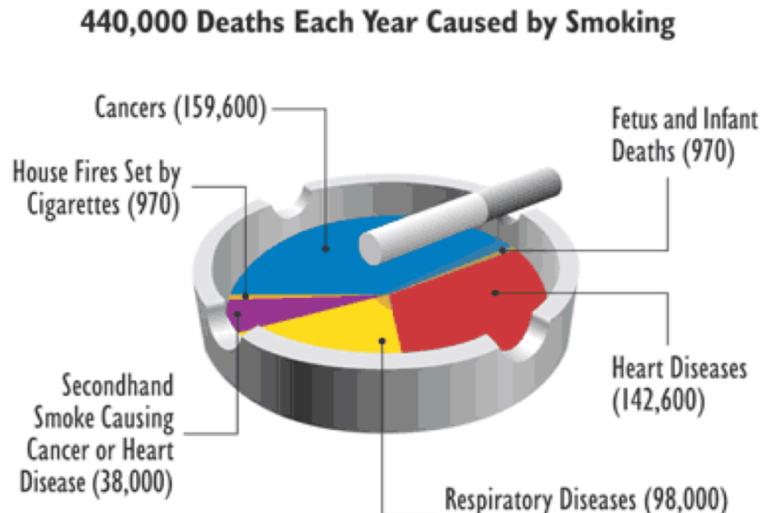


The products pictured contain chemicals found in cigarette smoke. Most of the harmful chemicals come from the burning of tobacco.

- Nicotine is one of the most addictive substances in the world
- Grade 12 students who are regular smokers (began in grade 9) are twice as likely as non-smoking students to report poorer overall health, coughs with phlegm or blood, shortness of breath when not exercising, and wheezing or gasping

- Immediate effects result in reduced fitness and athletic ability

Smoking



- Responsible for more than 230,000 deaths in Canada per year (about 17% of all deaths)
- Smoking drastically reduces life expectancy - heavy smokers could lose up to 9 years off their life spans
- Research shows that the younger a person starts smoking, the more difficult it will be to quit later in life

The Long Term Health Effects of Smoking Tobacco

Mouth, Lip, Throat, Larynx

- increased risk of cancer
- inflammation, laryngitis

Respiratory System

- bronchitis
- emphysema (chronic obstructive pulmonary disease)
- lung cancer

Circulatory System

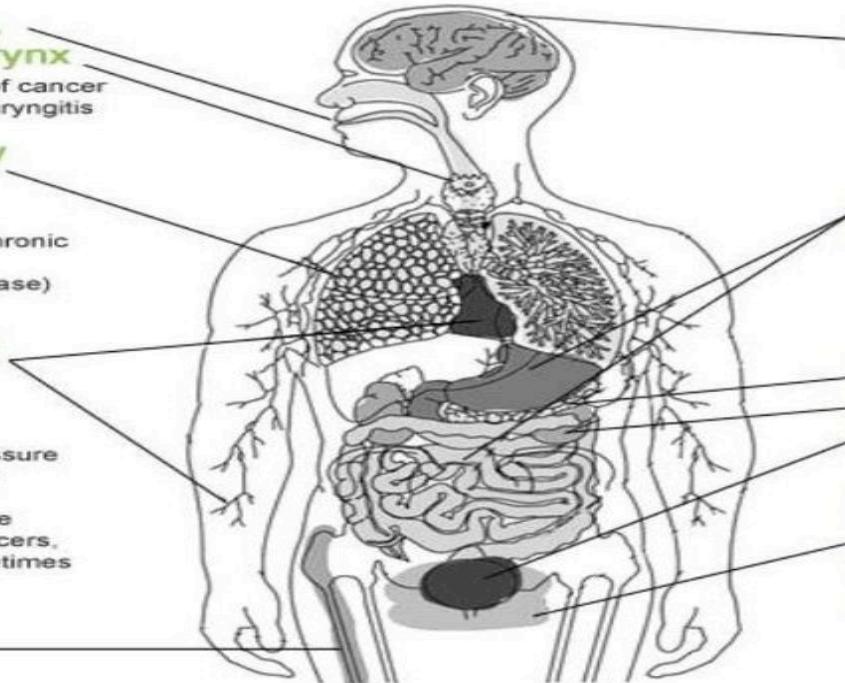
- heart disease
- heart attack
- high blood pressure
- coronary artery disease (poor circulation in the legs causing ulcers, pain, and sometimes the need for amputation)

Bones

- brittle bones (osteoporosis)

Immune System

- depressed immune response
- increased infections



Brain

- increased risk of brain hemorrhage (stroke)
- women using contraceptive pill have an even greater risk of stroke

Stomach and Intestines

- liver becomes tender
- bleeding
- ulcers, slow to heal
- may lead to cancer

Pancreas, Kidney and Bladder

- increased risk of cancer

Reproductive System Male and Female

- decreased sperm count and movement
- lowered sex drive
- egg damage, irregular menstrual cycle and altered hormone levels
- cancers of the cervix, penis and anus
- early onset of menopause
- increased risk of breast cancer

Pregnancy and babies

- lower than average birth weight
- high risk of Sudden Infant Death Syndrome
- increased risk of premature birth
- higher increased risk of miscarriage and still births
- increased risk of impairment in mental and physical development
- nicotine carried to baby in breast milk



What happens when you stop smoking?

[https://www.youtube.com/
watch?v=jfkPj-2KkSM](https://www.youtube.com/watch?v=jfkPj-2KkSM)

You Tube



Depressants (Downers)

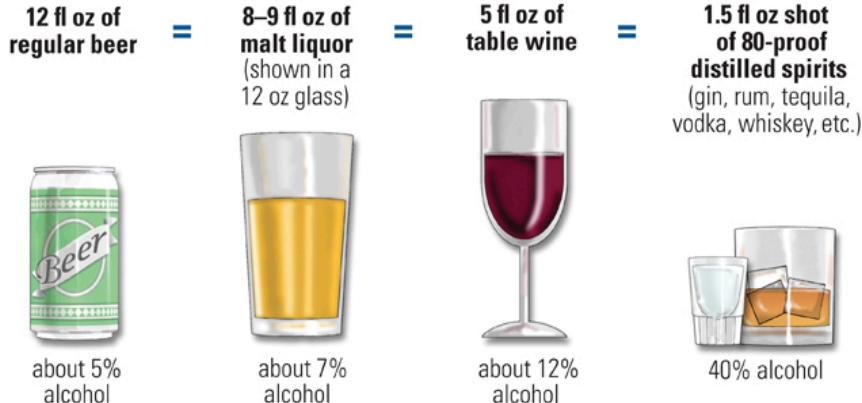
Examples: Alcohol, Heroin, Opiates, Sleeping Pills



- Have the effect of depressing or slowing down the CNS and other bodily systems making you feel less aware of events happening around you
- General Symptoms: Slowed brain function, Lower pulse and breathing rate, Poor concentration, Confusion, Fatigue, Dizziness, Slurred Speech

Alcohol

So what is a standard drink?



The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

- Produced by fermenting or distilling various fruits, vegetables, or grains
- Blood Alcohol Content (BAC) is a measurement of how much alcohol is in a person's bloodstream
 - Legal Limit for impaired driving → 0.08 grams per 100 ml of blood (0.05 or higher can lead to other non-criminal charges)
 - 21 and under? Zero alcohol when driving
 - Effects of alcohol mostly depends on the amount consumed but also on size, gender and metabolism of the user
 - Liver is responsible for metabolising alcohol

Alcohol

- 83% of gr. 12 Ontario students admit to using alcohol
- 49% of Ontario gr. 12 students admit to binge drinking
- Among Ontario grade 11 drinkers, 13 years was the average age of first exposure, and 14 years was the average age for first intoxication experience.
- Alcohol is the most commonly abused substance in Canada.
- Motor vehicle crashes, liver cirrhosis, suicides, oesophageal cancer, and arrhythmias were the leading causes of alcohol-related deaths. — MADD Canada

Physical Effects (short and long term)

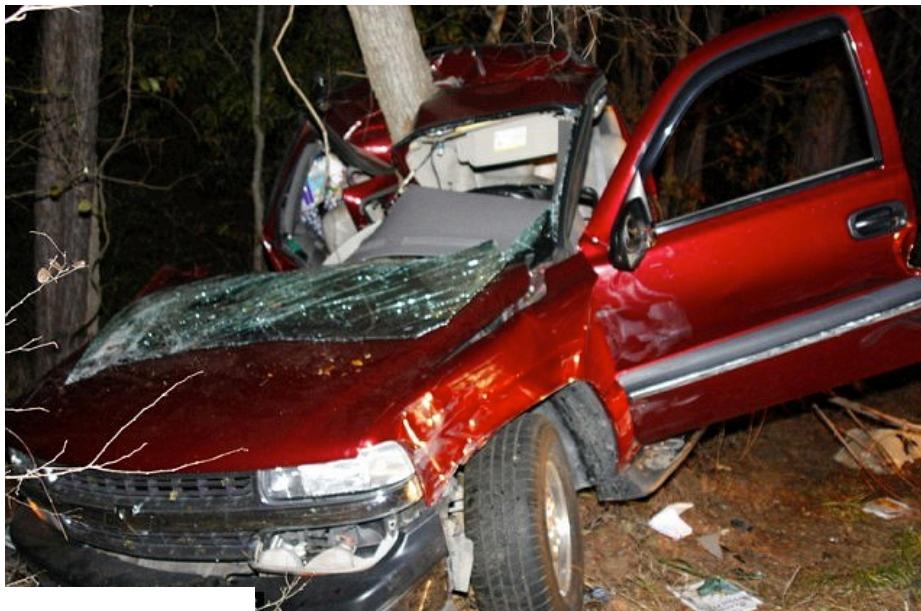
- Coordination is impaired, clumsiness, slower reflexes
- High blood pressure, damage to the heart
- Liver damage
- If drinking when pregnant → Fetal Alcohol Syndrome (FASD)
- Life threatening when mixed with other drugs

Mental and Emotional

- Behave in ways that you normally wouldn't
- Increase in aggressive and violent behaviour
- Problems with school and learning



Risks of Bingeing



- What is **Binge Drinking**?
 - Defined as consuming five or more drinks as a male, four or more drinks as a female
- Can be fatal if consumed in large quantities
- Leading cause of death for teens and young adults in Canada is motor vehicle accidents-many of which involve alcohol use.
- Drivers with a BAC of 0.10 or higher are seven times (7x) more likely to cause a crash due to impairments in hand-eye coordination and judgment

Hallucinogens

Examples: LSD, Psilocybin
(mushrooms), Ecstasy/MDMA



- Alter the users' perceptions of the world around them, causing distortions in the way they sense their surroundings
- Most of these are taken orally

Ecstasy/MDMA



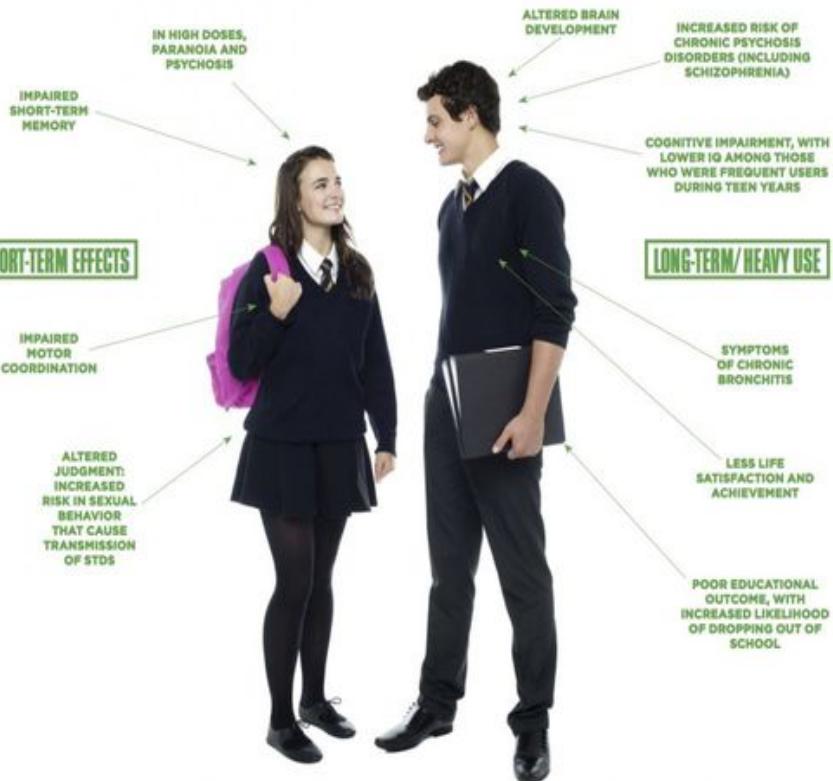
- Considered a hallucinogen but has stimulant effects
- **Initially**
 - Users' pupils become dilated, their jaw tightens, and often experience nausea, sweating and dry mouth/throat (common with other stimulants)
 - Some users also report a heightened sense of their surroundings, greater appreciation of music and a heightened sensual experience
- However, long term effects include impairments in short term memory, depression, mood changes and disrupted sleep patterns

Cannabis (Marijuana)



- Marijuana is the most popular form, others include hashish, sinsemilla and hash oil
- THC is the major psychoactive ingredient in cannabis
- It is the most commonly used illegal drug in the world
- Considered a hallucinogen, cannabis also has both depressant and stimulant effects as well

THE NEGATIVE HEALTH EFFECTS OF MARIJUANA



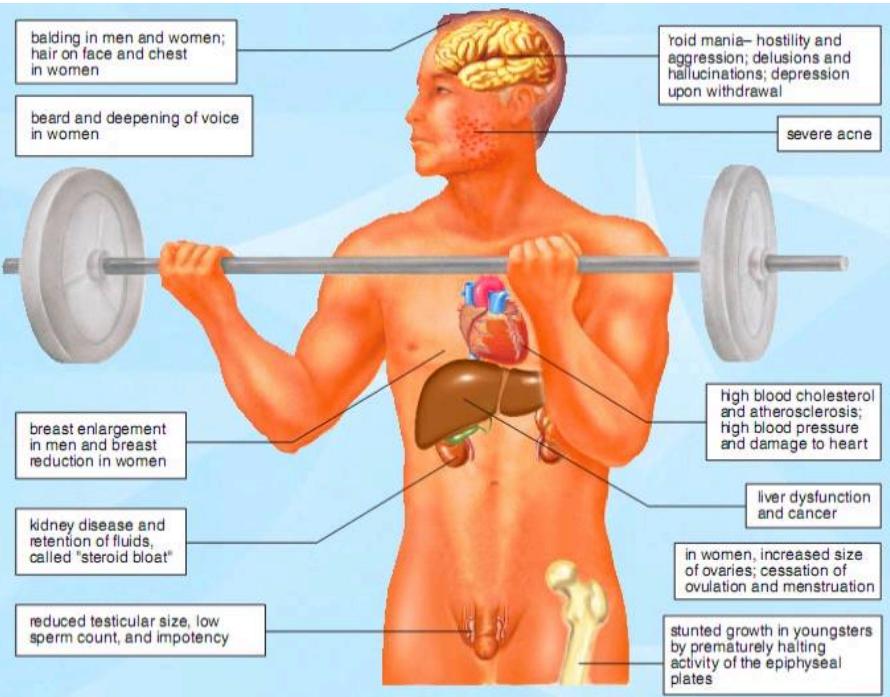
Long Term Risks

- Like tobacco smoke, marijuana damages the respiratory system
 - However marijuana contains more tar and higher amounts of carcinogens (cancer causing agents)
- Long term use can lead to problems with memory and concentration
- Research has shown that long term use has serious implications to developing schizophrenia regardless of if you are predisposed or not
- Users can develop a tolerance and potentially become dependent

*Addiction in about 9% of users overall, 17% who begin use in the teen years, and 25-50% who are daily users.

Anabolic Steroids

Belong to a class of drugs known as ergogenic, or performance-enhancing drugs



- Also known as “roids, juice, gym candy, pumpers, hype”
- Include both the naturally occurring male sex hormone, testosterone, and synthetic drugs chemically related to testosterone
- Testosterone is responsible for the growth and development of bones, muscles, facial hair and a deeper voice
- Can come in the form of pills or capsules, injections or gels and creams

Opioids



These are the drugs that act through the opioid receptors. Opioids are one of the most commonly prescribed medicines worldwide and are commonly used to treat pain and cough.

These include drugs such as heroin, codeine, morphine, fentanyl, hydrocodone, oxycodone, buprenorphine, and methadone.

The FACTS about street **FENTANYL**

There is no such thing as a safe street drug. Know the risks.

Fentanyl is often added to other illegal drugs without people knowing.

Fentanyl has been used illegally in various forms including:

- Pills
- Pure powder
- Powder mixed with other drugs
- Patches



50 - 100 times

more potent than
Heroin • Oxycodone • Morphine

Fen•ta•nyl
[fen-tuh-nil]

An opioid narcotic, a prescription drug used for cancer patients in severe pain.



Overdose Signs

- Trouble walking or talking
- Pinpoint pupils
- Seizures



- Slow heartbeat
- Shallow breathing
- Bluish or cold/clammy skin

Slang Terms

- Fake oxy
- Greenies
- Green beans
- Green apples
- Apples
- Eighties
- Shady eighties

You can't
See it,
Smell it, or
Taste it.

Fentanyl

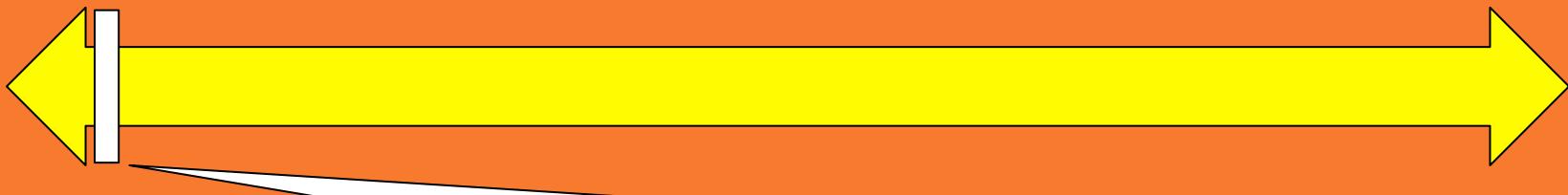


Vancouver Coastal Health



Drug Use Continuum

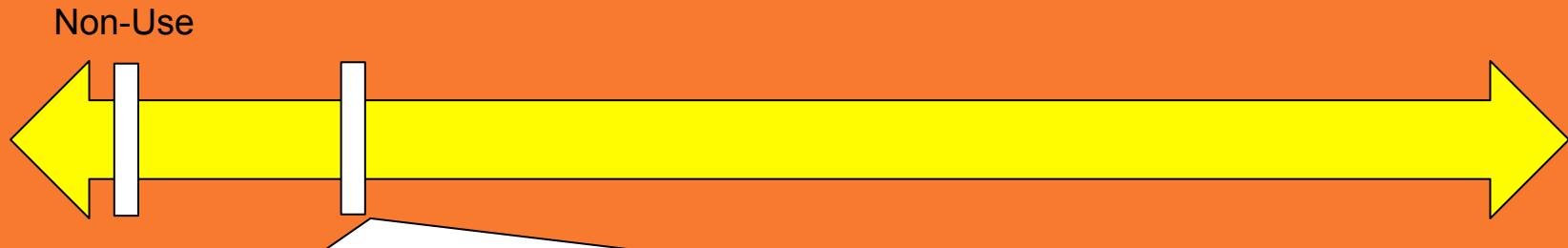
Drug Use like many other things works on a continuum, meaning that there is no linear progression from stage to stage, you can move in both directions



Non-Use: Never used the drug and/or substance

- This is the healthiest choice because it involves zero risk

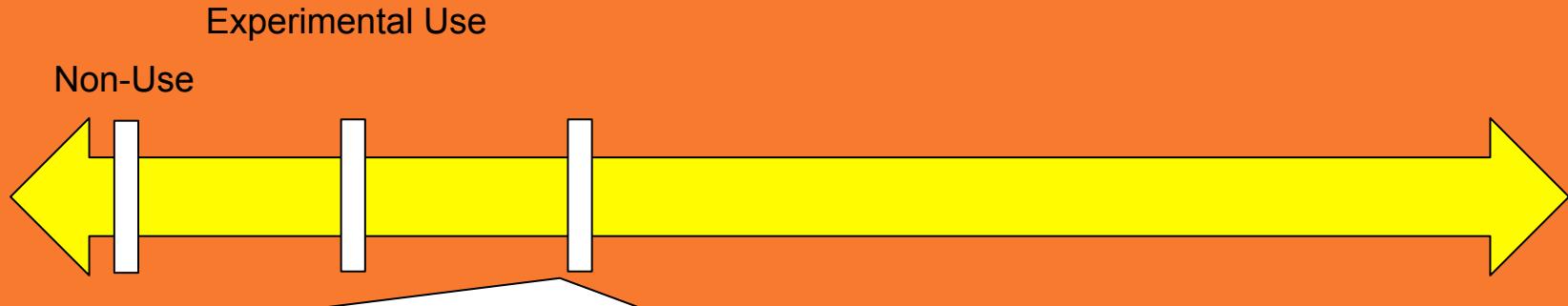
Drug Use Continuum



Experimental Use: Use has occurred once or several times

- Usually motivated by curiosity or peer influence
- May never appear again - low risk

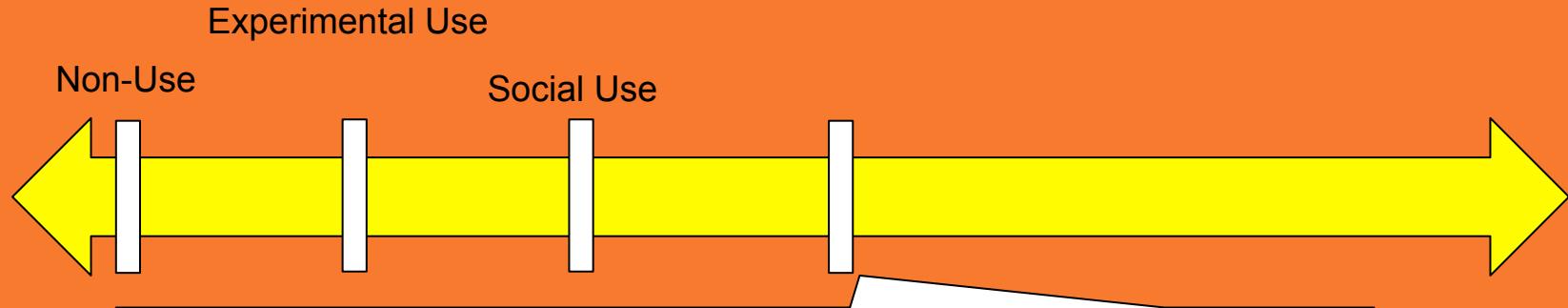
Drug Use Continuum



Social Use: Ongoing drug use with moderate consumption

- Risk can be low to moderate depending on the particular drug and how it is used
- Availability, accessibility, and affordability influence use

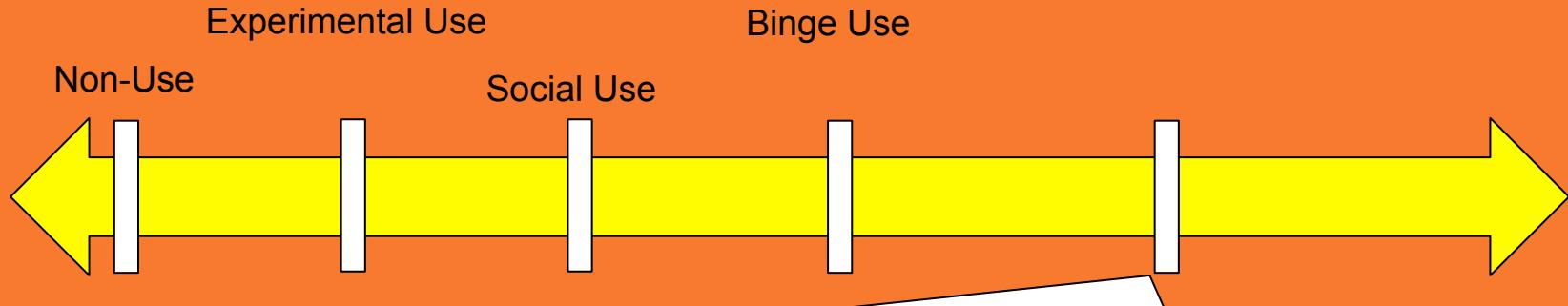
Drug Use Continuum



Binge Use: Use of a large amount of the substance at one time

- Even on a single use the risk of harm is high

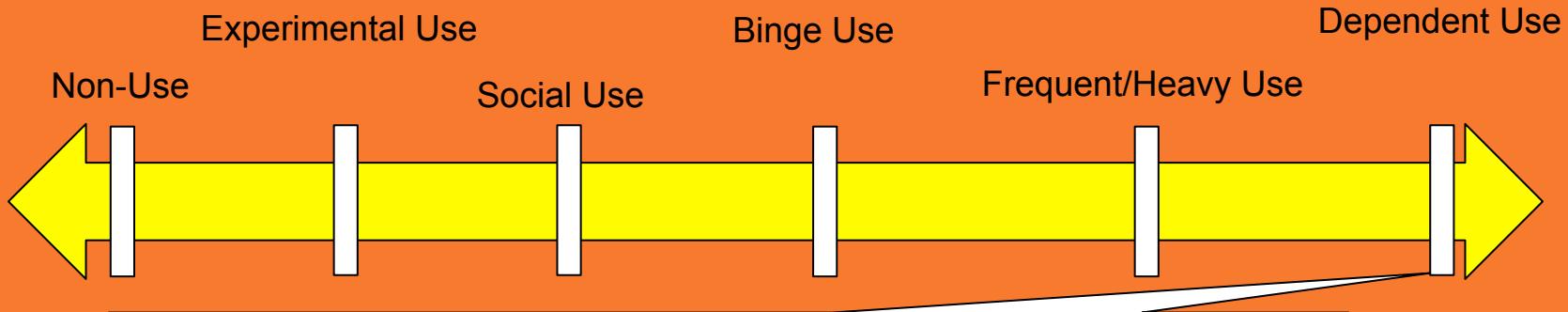
Drug Use Continuum



Frequent, Heavy Use: Ongoing drug use that leads to problems in one or more areas of a person's life (study, work, family)

- Risk of significant and lasting harm is high

Drug Use Continuum



Dependent Use: Compulsive and excessive drug use that continues despite problems in various areas of life

- Risk of significant and lasting harm is very high



WHY DO PEOPLE USE DRUGS?

