

Alcohol, Tobacco, and Drugs



For more information, visit
www.shifaclinic.org
Contact us: (916) 441-6008
419 V. St, Sacramento, CA

How to Help a Friend

- Let them know you care about them
- Tell them what you see
- Tell them how it makes you feel
- Be willing to support if they are willing to try

Some Resources:

- Facts on Tap - www.factsontap.org
- National Clearing house for ATOD information - <http://ncadi.samhsa.gov>
- Smokers Help Line - 1-800-NO BUTTS
- www.californiasmokershelpline.org
- www.quitnet.org

How to Tell If There Is A Problem

- More than 5 blackouts or grayouts in their life
- Revolving life around alcohol
- Continuing to drink even after negative consequences
- Family history of addiction
- Increase tolerance

**If you think there might
be a problem, there is a
good chance there
is...GET HELP.**



Alcohol

What is a drink?

- 12 oz. bottle of beer
- 4 oz. glass of wine
- 1 oz. 80-proof shot of liquor

It takes approximately 1 hour for a drink to go through your system.

What is high risk drinking?

- 5 or more drinks in 2 hours (MEN)
- 4 or more drinks in 2 hours (WOMEN)

Effects of Drinking

- Grayout (cannot remember situation until reminded)
- Blackout
- Addiction
- Liver Disease
- Kills brain cells
- Reproductive problems
- High risk of cancer
- Cardiovascular disease

Signs of Alcohol Poisoning

- Repeated, uncontrollable vomiting
- cold clammy, pale, bluish skin
- Slow, shallow breathing (less than 13 breaths per minute)
- Unresponsive or unable to be awakened

*****Lay the person on their SIDE and CALL 911 if you see someone having these symptoms!**

Tobacco

What is tobacco?

- One of the most widely used psychoactive drugs in the world
- Chemical nervous system stimulant
- Nicotine is the MOST ADDICTIVE drug

Cigarettes

- Smoke contains 4000 (of these chemicals, 401 are TOXIC and 43 cause CANCER)

Hookah

- Not "healthier" than cigarettes
- Breathe carbon monoxide and chemicals from the charcoal as well as the tobacco

Effects

- Lung Cancer
- Elevated blood pressure
- Blockage of blood vessels in the arms and legs
- Cancer of larynx, mouth, esophagus
- Impaired sense of taste and smell
- Reduced fertility

Drugs

What is a drug?

- Single chemical substance in a medicine that alters the structure or function of some of the body's biological processes
- Can speed up, slow down, or stop bodily processes depending on the specific drug and its effects

Stimulants

- Cocaine, methamphetamine, MDMA/ecstasy
- Can cause: loss of appetite or weight, severe depression, chest congestion, paranoia, loss of sexual desire, memory lapse, suicide attempts, seizures, loss of consciousness, difficulty urinating, tooth decay, impotence

All Arounders

- Marijuana, Mushrooms, LSD
- Can cause: loss in memory, loss of energy, tar build up in lungs, bronchitis, decrease in testosterone

Prescription Drugs

- Vicodin, oxycotin, valium, xanax, ritalin/adderall
- Can cause: sleep problems, addiction, paranoia, insomnia,