

WHAT ARE THE EFFECTS OF ALCOHOL AND CONTROLLED SUBSTANCES ON MY HEALTH, WORK AND PERSONAL LIFE?

ALCOHOL

CENTRAL NERVOUS SYSTEM DEPRESSANT

Alcohol is marketed legally as a beverage. When consumed in larger quantities, alcohol produces physical, mind and mood altering effects.

Alcohol produces adverse effects to every body system.

- (1) Alcohol is an irritant to the stomach, which can cause nausea, vomiting and bleeding ulcers.
- (2) Alcohol damages the liver and can cause cirrhosis of the liver or fatty liver.
- (3) Alcohol causes problems in the pancreas and increases the chance of developing diabetes.
- (4) The effects of alcohol on the brain cause most of the impairment that we see.

Physical, Behavioral and Job Related Effects:

- | | | |
|------------------|------------------------------|-------------|
| •Nausea | •Slowed Reaction Times | •Drowsiness |
| •Vomiting | •Blurred Vision | •Incoherent |
| •Odor of Alcohol | •Impaired Judgment | •Blackouts |
| •Slurred Speech | •Frequently Absent from Work | •Coma |
| •Unsteady Gait | •Frequently late to work | •Death |
| •Money Problems | •Impaired Reflexes | |
| •Aggressiveness | •Memory Loss | |

- (1) The effects of alcohol are increased at higher elevations.
- (2) Men metabolize alcohol faster than women.
- (3) Use of other drugs or medications increases the impairment.
- (4) Generally consuming one or two drinks will not produce the impairing effects. Drinking more than one or two drinks begins to produce the physical, behavioral and job related effects.

OPIATES

CENTRAL NERVOUS SYSTEM DEPRESSANT

Opiates are prescribed by doctors for pain relief. In the brain, opiates act as a switch to turn off pain receptors located on brain cells. Addiction occurs easily when all pain receptors are turned off, and the brain adds new receptors. More opiate is then needed by the user, more pain receptors are added, and so on.

Physical, Behavioral and Job Related Effects:

- Nausea
- Unsteadiness
- Slurred Speech
- Drowsiness
- Memory Loss
- Confusion
- Distorted Vision
- Slowed Reaction Time
- Money Problems
- Cold, Moist or Blue Skin
- Depression
- Aids
- Coma
- Death

When an opiate is injected, the effects are immediate. Injecting Opiates can cause very unpleasant and dangerous side effects such as: Nausea, Coma, and Death. Hepatitis and Aids are possible with sharing of needles.

MARIJUANA

HALLUCINOGEN

Marijuana is a mind altering drug with some characteristics of Depressants. Effects of Marijuana on the brain include cognitive dysfunction and physical impairment. Impairment can last more than 24 hours after use.

Physical, Behavioral and Job Related Effects:

- Dilated Pupils
- Bloodshot Eyes
- Moodiness
- Restlessness
- Chronic Cough
- Slowed Reaction Rate
- Impaired Cognitive Skills
- Money Problems
- Short Term Memory Loss
- Distorted Vision
- Dry eyes, nose, and throat
- Munchies
- Lackadaisical Attitude
- Loss of Concentration

In addition to marijuana's effects on the brain, marijuana also settles in the reproductive organs. Can cause impotence with regular use.

COCAINE

CENTRAL NERVOUS SYSTEM STIMULANT

Cocaine stimulates the central nervous system and causes hyperactivity. It increases heart rate and blood pressure. Causes an immediate feeling of euphoria. During a cocaine high users feel a great sense of well being, increased energy, increased self esteem, a loss of appetite and an increase in sex drive. The high only lasts 10 to 60 minutes. Users then experience depression, drowsiness, lethargy, decreased self esteem, increased appetite and a decrease in sex drive.

Physical, Behavioral and Job Related Effects:

- Euphoric Feeling
- Nose Bleeds
- Money Problems
- Depression
- Runny Nose
- Weight Loss
- Restlessness
- Excessive Sniffing
- Weight Gain
- Drowsiness
- High Blood Pressure
- Irritable
- Lethargy
- Slowed Reaction Rate
- Nervousness
- Death
- Distorted Vision
- Exhaustion

Cocaine can cause the heart to beat so rapidly that it is no longer pumping blood, and causes instant death. Death can occur after just one use.

AMPHETAMINE/METHAMPHETAMINE

CENTRAL NERVOUS SYSTEM STIMULANT

Amphetamines are also stimulants and have many of the same effects that cocaine does. The amphetamine high lasts much longer.

Physical, Behavioral and Job Related Effects:

- Restlessness
- Delayed Reaction Rate
- Money Problems
- Excitability
- Excessive Talking
- Exhaustion
- Irritability
- Impaired Judgement
- Dry Mouth
- Overreaction To Stimulus

Amphetamines are especially dangerous when driving because they cause users to overreact to traffic situations. Users may break or accelerate too quickly and may over steer and turn too sharply. Users may be more likely to take risks while driving.

PHENCYCLIDINE (PCP)

HALLUCINOGEN

Phencyclidine, also known as angel dust, was originally used as an anesthetic. It chemically separates to frontal lobe of the brain (the part of the brain that gives us the ability to think rational thoughts and separates us from animals) from the back portion of the brain which is very much like the brain of any other animal. Users experience hallucinations.

Physical, Behavioral and Job Related Effects:

- Aggressive
- Anxiety
- Panic
- Confusion
- Hallucinations
- Money Problems
- Super Human Strength
- Increased Blood Pressure
- Jerky Eye Movements
- Muscle Rigidity
- Flashbacks
- Impaired Coordination
- More Likely To Take Risks
- No Ability to Reason