

THE HARMFUL EFFECTS OF SMOKING

BRAIN

PLEASURE AND THEN SEDATION

• Nicotine, the highly addictive chemical in cigarettes and tobacco, stimulates the "pleasure centers" in the brain - creating pleasure and alertness. Nicotine initially stimulates the brain, then acts as a tranquilizer and sedative.

BRAIN ALTERATION, WITHDRAWAL, AND ADDICTION

• Nicotine directly affects, alters, and takes control of specialized receptor cells in the brain responsible for regulating well-being, mood, and memory. The drug remains active 20-40 minutes, then withdrawal symptoms begin. Mood changes, person becomes irritable, anxious, and discomfort becomes more severe - stimulating intense cravings for more nicotine. Regular and long term use lead to addiction.

THROAT

• Cancer of larynx and esophagus, irritates membranes of the throat.

HEART

• Nicotine raises heart rate, increases blood pressure, and constricts blood vessels.
• Carbon monoxide (deadly gas produced from cigarette smoke) decreases delivery of oxygen to the heart, increasing risk of heart attack and strokes.
• Causes weakening of the heart muscle's ability to pump blood, leading to death.
• Causes aortic aneurysms (blood-filled sac in aorta) and pulmonary heart disease.

LIVER

• Cirrhosis of the liver.

ADRENAL GLANDS

• Stimulates adrenaline production, speeding up the heart and increasing blood pressure.

VERTEBRAE

• Increased risk of vertebral cancer.

REPRODUCTIVE SYSTEM

MALES & FEMALES

• Reduces sex drive and increases risk of impotence in males. In females, increased chance of cervical cancer, less fertile, and brings on menopause earlier.

PREGNANCY & UNBORN BABIES

• Smoking increases chance of miscarriage, pregnancy complications, bleeding, and premature delivery.
• Smoking during pregnancy may cause impairment of baby's growth, intellect, and emotional development.

CENTRAL NERVOUS SYSTEM

• Nicotine stimulates adrenaline production
• Heart rate goes up 15-20 beats per minute.
• Increases blood pressure.
• Constricts blood vessels.
• Reduces sex drive.
• Inhibits urine formation.
• Depresses hunger.
• Reduces anxiety and pain.
• Irritates mouth and throat.
• Major cause of heart attack, lung diseases, strokes, and death

MOUTH

• Dulls taste buds, irritates membranes of mouth, bleeding and receding gums, gum disease, foul breath, and numbness.
• Staining teeth, tooth decay and loss of teeth. Cancer of mouth.

LUNGS

• Causes progressive limitation of air flow in and out of lungs - Chronic Obstructive Lung Disease.
• Damages and destroys tiny air sacs of the lung reducing lungs' ability to bring in oxygen and remove carbon dioxide - Emphysema.
• Causes bronchial tubes to be inflamed, thickened, and mucus increases; resulting in narrowing of air passages - Chronic Bronchitis.
• Tar and other particles settle in bronchial tubes causing lung cancer. Tar and smoke destroy tiny cells that clean, protect, and remove foreign particles from lungs.

STOMACH AND DUODENUM

• Stomach and duodenal ulcers develop, creating burning pain.

KIDNEYS

• Reduces kidneys' ability to process fluids and waste, inhibiting formation of urine. Cancer.

BLOOD VESSELS

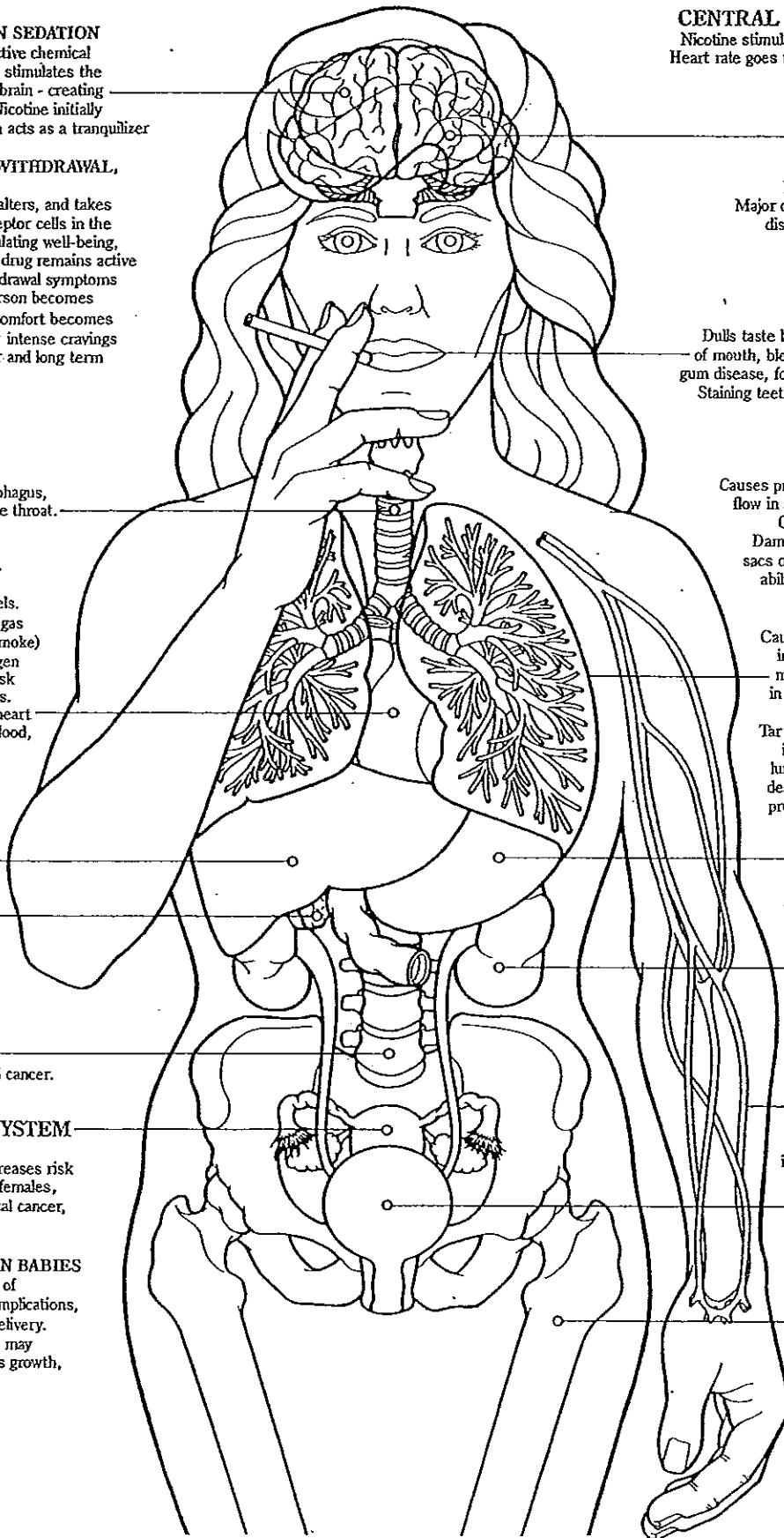
• Nicotine causes blood vessels to constrict, increasing blood pressure, and risk of heart attack.

BLADDER

• Cancer of bladder.

BONES

• Increases risk of early onset of Osteoporosis (weakening, softening and thinning of the bone).



THE HARMFUL EFFECTS OF COCAINE

BRAIN

EUPHORIA AND DEPRESSION

- Early effects include euphoria lasting 5-15 minutes. This "high" is followed by a crushing "low" (depression) that leaves user craving more of the drug.

BRAIN DAMAGE AND ADDICTION

- Cocaine and crack have an overwhelming effect on the "pleasure centers" in the brain. The drugs interfere, alter, damage, and take control of specialized cells that regulate pleasure, well-being, and mood. Regular use may shut off brain's ability to ever be or feel "normal" without cocaine. Long term use may cause permanent biological drug addiction.

CENTRAL NERVOUS SYSTEM

- Increases blood pressure, heart rate, breathing, and body temperature.
- Suppresses desire for food, sex, and sleep.
- Can cause strokes, brain seizures, respiratory failure, heart attack, convulsions, and death.

LIVER

- Cocaine and crack can damage liver's ability to detoxify blood, while reducing production of crucial enzymes needed for normal body functions.
- Hepatitis can be contracted and cause serious liver damage, lead to cirrhosis, and liver cancer. Hepatitis is highly contagious and can be passed on to others.

INTESTINES

- Blood supply is reduced to intestines, resulting in nausea, diarrhea, painful cramps, inflammation, and possible death.

REPRODUCTIVE SYSTEM MALES & FEMALES

- Regular use can result in loss of interest in sex, decreased sexual performance, risk of impotence and infertility.

PREGNANCY & UNBORN BABIES

- Cocaine and crack cause miscarriages, developmental disorders, and complications during birth.
- Can result in premature separation of placenta from uterus leading to premature births or stillbirths.
- Babies run greater risk of Sudden Infant Death Syndrome (SIDS). Cocaine babies have higher risk of respiratory, kidney trouble, and genital malformation. Visual problems, lack of coordination, and retardation are common.
- Babies can suffer strokes and heart attacks.

PSYCHOLOGICAL & PERSONALITY CHANGES

- Irritability, anxiety, panic attacks, excitable, hyper, erratic, confused, depressed, non-stop babbling, sleeplessness, chronic fatigue, short tempers, bizarre, aggressive, violent, suicidal behavior, overly suspicious, have delusions, paranoia, and hallucinations are common symptoms.

EYES

- Dilation of pupils. Vision blurred.

NOSE

- "Snorting" can cause holes in nasal septum, continual runny nose, and bleeding.

THROAT

- Inhaling cocaine vapors causes hoarseness, coughing and constant sore throat.

LUNGS

- Smoking cocaine damages lung cells' ability to process gases, leaving user with constant cough and short of breath. Use may result in respiratory failure—brain stops signalling muscles that control breathing to stop working.

HEART

- Constricts heart's blood vessels, increasing blood pressure. This may trigger heart attack, heart failure, irregular heart beat, and sudden death.

BLOOD VESSELS

- Cocaine and crack cause blood vessels to constrict, increasing blood pressure, and risk of heart attack and stroke.

TRANSMITTING DISEASES

- Users sharing needles run high risk of infecting themselves with hepatitis or deadly AIDS. Users may pass these diseases to their sexual partners or unborn babies.

BLADDER

- Increased need to urinate.

BODY WEIGHT

- Loss of appetite can be so severe that it leads to dramatic weight loss and malnutrition.

