

### EFFECTS OF SUBSTANCE ABUSE

Nicotine	highly addictive; risk of heart disease, chronic respiratory disease, lung cancer
Alcohol	impaired thinking and coordination, memory loss
Cocaine	heart attack
Crack cocaine	depressed, paranoid, delusion
Crystal meth	tremors, convulsions, severe mood swings, unpredictable behavior
Marijuana	anxiety, depression, schizophrenia, significant drop in IQ
Ecstasy	shaking, muscle cramping, blurred vision, sweating/chills, fever, panic, seizures
Heroin	depressed breathing, slow heart rate, unconscious
Inhalants	sudden heart failure [sudden sniffing death], drowsiness, dizziness, hallucination
Steroids[anabolic]	liver damage, high blood pressure, headaches plus in males : shrinking of testicles, infertility, baldness, breast development plus in females : facial hair, deepened voice, male pattern baldness plus in teens : risk permanently stunted height, severe acne
ADHD medication	at high dose can lead to stroke [high blood pressure]

Adapted from information at National Institute of Health

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