

# Frequently Asked Questions about Alcohol

## ✧ How can I determine if a person has a problem?

Alcoholism is defined as physical or psychological dependency on alcohol. A problem exists when the use of alcohol interferes with his or her health and/or daily living. Alcohol abuse varies, some people either drink or get drunk every day. Some drink large amounts of alcohol at specific times, such as weekends or get-togethers. Others may be sober for long periods of time and go on a drinking binge that can last weeks or months.

## ✧ What are the psychological effects of alcohol?

Alcohol abuse can lead to alteration of personal appearance, sudden mood or attitude changes, withdrawal from responsibility, unusual patterns of behavior, and becoming unresponsive to environmental stimuli.

## ✧ What are the effects can alcohol have on social problems?

Alcohol abuse can lead to violence, accidents, social isolation, and difficulties at home including withdrawal from family, difficulties at work, or change in school or work attendance and performance. They may also demonstrate difficulties with the law.

## ✧ What can be done to prevent the use of alcohol and other drugs?

If you drink do so in moderation. This equals to 24 ounces of beer, 10 ounces of wine, or 3 ounces of hard liquor for men and half that for women per day. Provide nonalcoholic beverages at parties and meals. Check with your physician or pharmacist about medication and follow instructions carefully on any medications you are currently or will take in the future. Do not regularly use over-the-counter medications for weight loss, relaxation, and sleep. Avoid alcohol and other drug when take in medications.

# DRUG INFORMATION GUIDE

## SEVEN POSSIBLE SYMPTOMS OF DRUG ABUSE

1. change in school or work attendance or performance
2. alteration of personal appearance
3. sudden mood or attitude changes
4. withdrawal from family contacts
5. withdrawal from responsibility
6. unusual patterns of behavior
7. unresponsive to environmental stimuli

	<b>STREET NAME</b>	<b>PHYSICAL SYMPTOMS</b>	<b>LOOK FOR</b>	<b>DANGERS</b>
Solvents	Gas, Glue, Nitrites	euphoria, headaches, nausea, fainting, stupor, rapid heartbeat	odor of substance on clothing, intoxication, drowsiness, poor muscular control	damage to lungs, liver, kidneys, bones marrow, suffocation, choking, anemia, possible stroke or sudden death
Heroin Morphine Dilaudid Codeine	H, Smack, Junk, M, Miss Emma, Little D School Boy	insensitivity to pain, euphoria, sedation, nausea, vomiting, itchiness, watery eyes, running nose	glassine envelopes, needles and syringes caps or spoons, tourniquet, needle marks on arms	lethargy, weight loss, hepatitis, slow and shallow breathing, possible death when combined with barbiturates
Cocaine	Coke, Snow, C	short-lived euphoria, changing to depression, nervousness, irritability, tightening of muscles	glassine envelopes, razor blades, small spoons; odorless, bitter white crystalline powder	shallow breathing, fever, anxiety, tremors, possible death from convulsions or respiratory arrest

	<b>STREET NAME</b>	<b>PHYSICAL SYMPTOMS</b>	<b>LOOK FOR</b>	<b>DANGERS</b>
Marijuana	Pot, Grass, Hashish, Joint, Reefer	altered perceptions, dilated pupils, lack of concentration and coordination, craving for sweets, increased appetite, laughter	plastic baggies, rolling paper, roach clips, odor of burnt rope hemp	psychological dependence, increased heart rate, increased heart rate, impaired short term memory, anxiety, lung damage, possible psychosis with chronic use
Hallucinogens	Acid, LSD, MDA, Pcp, Mescaline, Peyote, Psilocybin, STP, DMT	mood and perception alterations, possible paranoia, panic, anxiety, nausea, tremors	liquid, capsule, white or brown powder, can be put on paper, stamps, sugar cubes, cigarettes or joints	unpredictable behavior, flashbacks, possible emotional instability and psychosis
Amphetamines	Bennies, Dexies, Uppers, Blakck Beauties, Pep Pills, Crank, Speed	loss of appetite, anxiety, irritability, rapid speech, tremors, mood elevation	pills of varying colors, possible chain smoking, long periods without rest or sleep	disorientation, severe depression, paranoia, possible hallucinations, increased blood pressure, fatigue
Barbiturates, Sedatives, Tranquilizers	Downers, Ludes, 714's Yellow Jackets, Tranks, Reds, Blues, Rainbows	decreased alertness and muscle control, intoxication, slurred speech, drowsiness	capsules of varying colors, longer periods of rest or sleep, dizziness, cold and clammy skin	rigidity and painful muscle contractions, emotional instability, possible overdose and death especially when mixed with alcohol