

HEALTH UNIT 4 ANSWER SHEET

Name: _____

Period: _____

Please follow the directions on each quiz.

Lesson Quiz 71

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Lesson Quiz 75

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Lesson Quiz 78

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Substance Abuse Unit 4

Lessons:

19. 24.1 – Tobacco + Video “I Can’t Breathe”

20. 25.2 – Alcohol + **Too Good** Activity – *The Dating Game*

21. 26.2/26.3 – Illegal Drugs + Video “Alcohol: Truth & Consequences”

22. **Too Good** Activity – *Marijuana Relay* + Video “Marijuana and Cancer”

23. 27 – Addiction and Recovery + Video “Club Drugs”

24. Unit 4 Test - Steroid Video

24.1 Tobacco Use

Cigarette-smoking is the leading cause of avoidable death in the United States, accounting for more deaths than AIDS, car crashes, suicides, homicides, fires, and illegal drugs combined. The majority of teens start smoking because of peer pressure.

Addiction: A physiological or psychological dependence on a substance or activity.

Nicotine: The addictive drug in cigarettes that acts as a stimulant. Raises blood pressure and increases heart rate in user.

Stimulant: A drug that increases the action of the central nervous system, the heart, and other organs.

Tar: A thick, sticky, dark fluid produced when tobacco burns. Tar in cigarettes can destroy or paralyzes cilia.

Carcinogens: Cancer-causing substances. Found in tar and smoke.

Carbon Monoxide: A colorless, poisonous gas in cigarette smoke that passes through the lungs into the blood, uniting with hemoglobin.

Smokeless Tobacco: Tobacco that is sniffed through the nose or chewed in the gums of mouth with many of the same health risks as cigarettes. Chewing Tobacco & Snuff

Specialty Cigarettes: Flavored and contains more tar.

Pipe and Cigar: Smokers usually inhale less smoke, but are more likely to develop cancers of the lip, mouth, and throat.

**LESSON
QUIZ**
71

 FOR USE WITH CHAPTER 24, LESSON 1

I. Directions

Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 1. The *tar* in cigarettes raises blood pressure and increases heart rate.
- _____ 2. The *nicotine* in cigarettes can destroy or paralyze cilia.
- _____ 3. The poisonous gas in cigarette smoke that unites with hemoglobin is called *carbon monoxide*.
- _____ 4. *Smokeless tobacco* results in many of the same health risks as cigarettes.
- _____ 5. Nicotine acts as a *narcotic* because it speeds up the heart and raises blood pressure.

II. Directions

In the space provided, write the word(s) from the list that best complete(s) the statement.

6. Most people find it very difficult to stop smoking once they've started because smoking causes _____.
7. _____ may contain more tar than standard cigarettes.
8. Although _____ smokers usually inhale less smoke, they are more likely to develop cancers of the lip, mouth, and throat.
9. Several substances in tar contain _____.
10. Many teens start smoking because of _____.

specialty cigarettes
peer pressure
addiction
carcinogens
pipe and cigar

SCORE (number correct x 10 points):

Did You Know?

- Nicotine is a deadly poison that is used as an insecticide.
- Cigarettes contain formaldehyde, the same chemical used to preserve dead animals and people.
- Smokeless tobacco sends ten times the carcinogens into the bloodstream as cigarettes.
- Cigarettes also contain many of the same chemicals that make paint, toilet cleaner, and car antifreeze poisonous.

25.2

Alcohol

Short Term Effects of Drinking

Brain: Reaches the brain as soon as it is consumed, slowing the central nervous system. Memory and concentration are dulled.

Liver: Changes alcohol to water, carbon dioxide, and energy. This is called *oxidation*. It breaks down about ½ of an ounce of alcohol an hour. Rate cannot be sped up.

Blood Vessels: Dilates vessels. Body loses warmth and increases chance of hypothermia.

Heart: Increases heart rate and blood pressure. The risk of heart attack and stroke increases.

Kidneys: Body produces more urine causing the pituitary to act on the kidneys leading to dehydration.

Stomach: Increases stomach acid production, irritating the stomach lining. Can lead to internal bleeding.

DUI – Driving Under the Influence. Driving while intoxicated is against the law in all states,

BAC – Blood Alcohol Concentration. The amount of alcohol in a person's blood expressed as a percentage. CA = .08

Designated Drivers – People who do not drink so they can safely drive.

Long-Term Effects of Drinking

Brain Damage: May decrease brain size, severe brain damage and hospitalization.

Chronic Liver Problems: Fatty liver – fat builds up in the liver and cannot be broken down. **Cirrhosis** – liver tissue is destroyed and then replaced with useless scar tissue. **Hepatitis** – inflammation or infection of the liver.

Tolerance: Must drink more for same effect. If physiologically dependent individual must drink more and more to avoid withdrawal symptoms.

Dependence: Body develops chemical need for alcohol. Physiological dependence is marked by tolerance and withdrawal.

Multiplier Effect: When two or more drugs are taken simultaneously. When alcohol is mixed with other drugs, the effects can be dangerous.

Alcohol and Pregnancy

Heavy drinking by pregnant females endangers themselves and the fetus. **Fetal alcohol syndrome** is a condition in which a fetus has been adversely affected mentally and physically by its mother's heavy alcohol use during pregnancy.

**LESSON
QUIZ**
75

 FOR USE WITH CHAPTER 25, LESSON 2

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I. Directions

Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 1. *Constriction* of the blood vessels as a result of alcohol consumption increases the risk of hypothermia in cold weather.
- _____ 2. People who do not drink alcohol so they can safely drive are *designated drivers*.
- _____ 3. *Hepatitis* is a condition in which a fetus is adversely affected physically and mentally by its mother's heavy alcohol use during pregnancy.
- _____ 4. In a process called *fermentation*, the liver changes alcohol to water, carbon dioxide, and energy.
- _____ 5. Whether a person is considered to be driving while intoxicated is determined by legal limits for *blood alcohol concentration*.

II. Directions

In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 6. The rate that alcohol is broken down by the liver
- | | |
|------------------------|-----------------------------------|
| a. is called oxidation | c. depends on the amount consumed |
| b. cannot be sped up | d. is increased by caffeine |
- _____ 7. The kidneys produce more urine when a person consumes alcohol because alcohol causes
- | | |
|--|--|
| a. the pituitary to act on the kidneys | c. the kidneys to act on the pituitary |
| b. a water imbalance | d. toxins, which must be excreted |
- _____ 8. In all states, driving while intoxicated is
- | | |
|-----------------------------|---|
| a. defined as a BAC of 0.02 | c. determined by mandatory breath tests |
| b. defined as a BAC of 0.1 | d. against the law |
- _____ 9. When prolonged heavy alcohol use causes liver tissue to be replaced by useless scar tissue, a condition called _____ develops.
- | | |
|------------------------|--------------|
| a. alcoholic hepatitis | c. cirrhosis |
| b. fatty liver | d. sclerosis |
- _____ 10. Someone who is physiologically dependent on alcohol may drink more and more to avoid
- | | |
|-------------------------|------------------------|
| a. withdrawal symptoms | c. a multiplier effect |
| b. developing tolerance | d. appetite loss |

SCORE (number correct x 10 points):

26.2 / 26.3

Psychoactive Drugs

Stimulants = speeds up central nervous system.

Amphetamine and *cocaine*, white powder made from coca bush, are most common. *Methamphetamine* use can lead to extreme paranoia or violence.
- May lead to Paranoia, an irrational suspiciousness or distrust of others.

Euphoria = A feeling of intense well-being or elation that may be followed by a complete “crash” or letdown.

Depressants = slows down central nervous system. Most commonly used include *barbiturates*, *tranquilizers* and *methaqualone*.
-Slows heart, breathing, blood pressure, relaxes muscles and brings on sleep.

Narcotics = Drugs derived from the opium plant that have a sedative effect. Most common are *morphine*, *codeine* and *heroin*. Used to relieve pain and cause sleepiness.

Hallucinogens = Drugs that alter moods, thoughts, and sense perceptions, including vision, hearing, smell, and touch. Most common include PCP, LSD, and Mescaline. No medical value.

Steroids and other Dangerous Drugs

Anabolic Steroids: Synthetic form of the male hormone testosterone.

Help build muscle. Side effects include mood swings, aggressive behavior, high blood pressure, liver damage, heart disease, decreased sperm production and testicle size.

Marijuana and Hashish: Cannabis is the scientific name for the hemp plant. Can be smoked, eaten, or drunk for intoxicating effects.

Cannabis is a hallucinogen that also has the effects of both a depressant and a stimulant. Lowers body temp and increases heart rate and blood pressure. Stimulates appetite. Some people may become talkative and giddy, others quiet and withdrawn.

Inhalants: Substances with breathable fumes that are sniffed and inhaled to give a hallucinogenic or mind-altering high.

Designer Drugs: Synthetic substances meant to imitate the effects of narcotics & hallucinogens. Most common is Ecstasy or MDMA.

Look-Alike Drugs: Drugs made to look like specific drugs. Ingredients can be dangerous.

Chapter 27

Recovering from Addiction and Codependency

Addition: Recognizing the Problem

1. Continual concern about where the next “fix” will come from
2. Choose friends who can supply the addictive substance
3. Change in appearance or personal habits
4. Irritability, nervousness, personality changes, or mood swings

Intervention: An interruption of the addiction continuum before the addict or alcoholic hits bottom

Recovery: Learning to live an alcohol-free or drug-free life

Detoxification: The removal of all drugs from the body

Relapse: Slips from recovery, or returns to drinking and drug use

Alcohol and Drug Treatment Centers

Detox Units – Resident Treatment Centers – Outpatient Treatment Centers –
Continuing Programs – Halfway Houses

Codependent: Overly concerned with another’s addiction problem and feel driven to fix or control it

Enabling: Trying to protect the person having trouble with alcohol or drugs from facing the consequences of his or her drug-related problems

Al-Anon: Helps people close to alcoholics

Detachment: Process of pulling back or separating from involvement with someone else’s addiction and refusing to let that addiction rule one’s life any longer

Alateen: Support program for people ages 12 to 20 whose parents, other family members, or friends have drinking problems