

Alcohol and Drug Abuse

Take Home Messages

The Nervous System

1. The nervous system is the command control of our body. It communicates, regulates, coordinates, detects, and responds.
2. The functional cell type in our nervous system is the neuron.
3. Neurons receive and transmit messages through neurotransmitters and receptors.
4. Neurons in the brain do not divide during their lifetime. Thus, damage to these cells is basically irreversible.

Alcohol Abuse

1. Alcohol enters the blood through the gastrointestinal (GI) tract of the digestive system. It is broken down by the liver at about $\frac{1}{2}$ ounce per hour.
2. Alcohol affects the nervous system. It slows down the transmission of messages leading to a variety of behavioral changes.
3. Alcohol slows down the time for the body to react. Thus, drivers who drink are more likely to cause accidents. Legally, there is zero tolerance for teenagers to have any blood alcohol level for driving.
4. Alcohol abuse can lead to social problems including loss of family, friends, and jobs.

Drug Abuse

1. Recreational drugs act on the nervous system through neurotransmitters or neurotransmitter receptors. They affect how one feels and acts, what one thinks and sees.
2. Marijuana is one of the most common recreational drugs that young people encounter.
3. Marijuana is a relaxant and a depressant. It can affect memory, sense of time, and coordination.
4. Cocaine is stimulant, which speeds up the activity in the central nervous system. It is highly addictive.
5. Inhalants act on the nervous system to produce a number of effects on sensory and motor activities. High doses and long-time use could cause death.
6. It is illegal to use, possess, buy, and sell recreational drugs.

Alcohol and Drug Abuse

Glossary

Depressant: Substance which slows down the nervous system and its transmission of messages. Alcohol is a depressant.

Inhalant: Substance which produces gas vapors that can easily be inhaled through the nose.

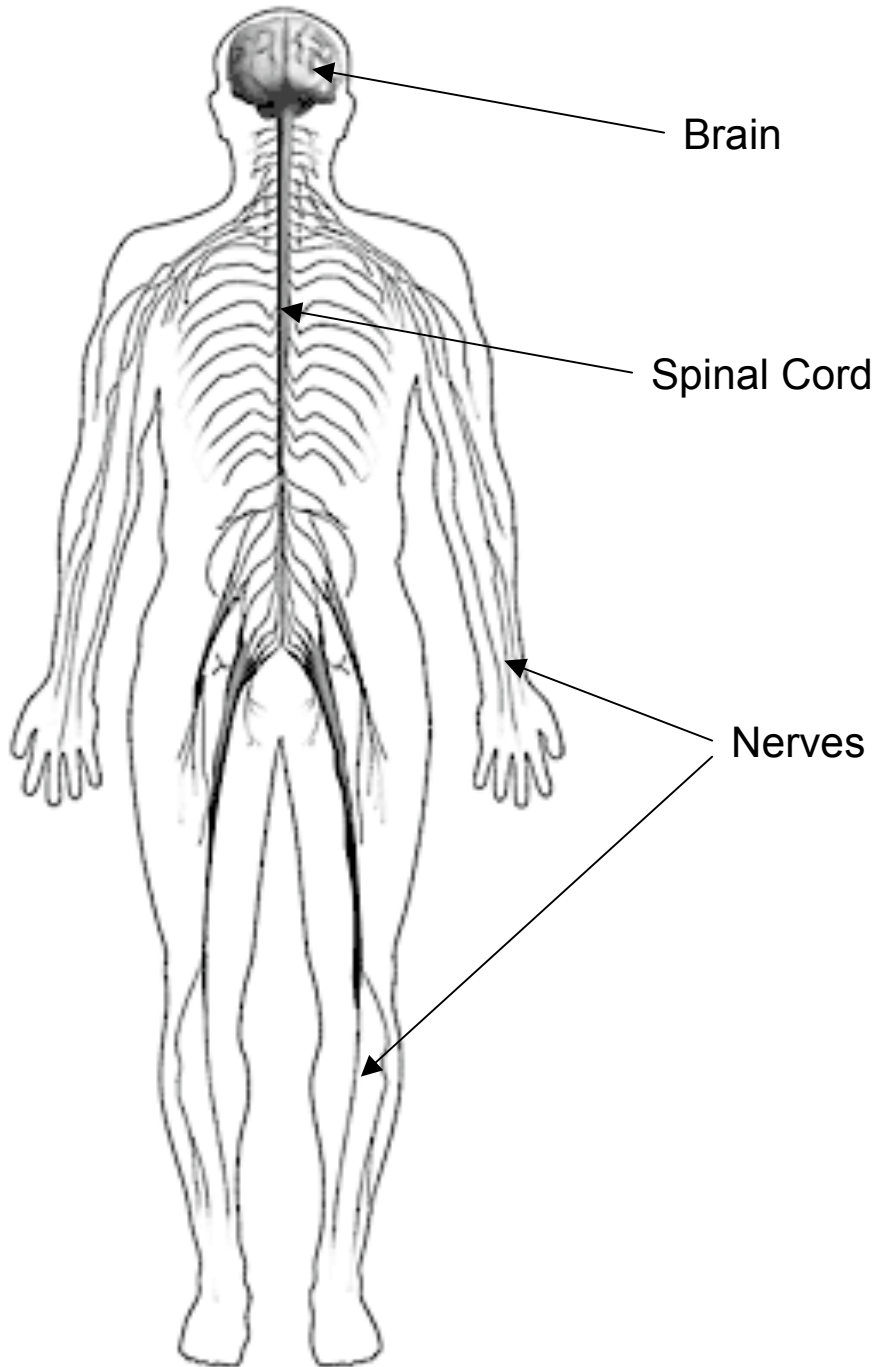
Nervous system: The human's communicating system between cells. It regulates and coordinates the activities our body does by detecting what is going on inside our body and in our outside environment. It then causes us to respond.

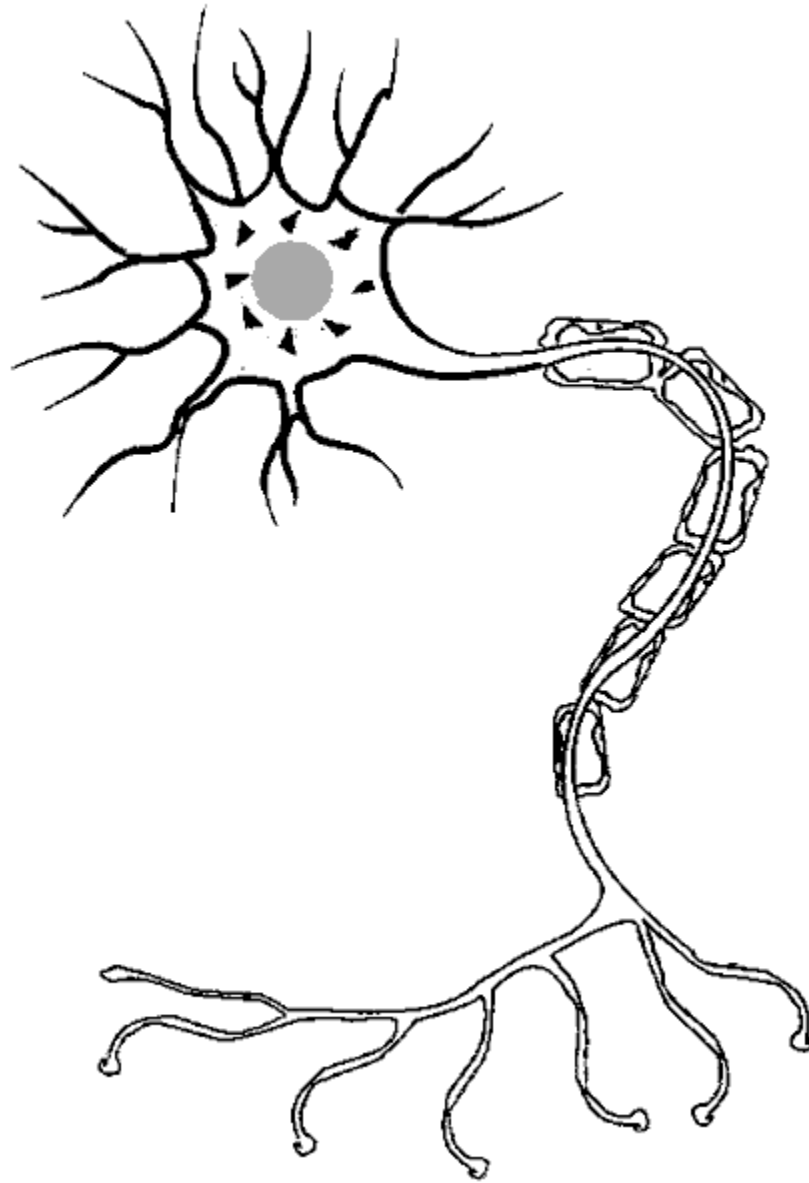
Neuron: A special type of nerve cell that can send messages from the brain/spinal cord to all nerves around the body.

Neurotransmitter: A chemical that allows the neurons to communicate with each other

Substance Abuse: Occurs when a substance is used to the extent that it causes physical damage to the users, behavior harmful to themselves and to others, and impairment of the user's ability to function socially in the family, in school, with friends, or on the job.

The Nervous System





1. Which organ are neurons found in? _____
2. (Axons/dendrites) send messages away from the cell body.
3. Label the **nucleus, axon, and dendrites** of the neuron.

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Mini Quiz

1. Which system do we use to feel, think and act.
 - a) Digestive system
 - b) Nervous system
 - c) Circulatory system

2. What's the main cell type of the nervous system?
 - a) Neuron
 - b) Blood cell
 - c) Splinter cell

3. Which is the major organ that breaks down alcohol?
 - a) Brain
 - b) Liver
 - c) Heart

4. Alcohol slows down reaction time and is a depressant.
True or False

5. What is the legal drinking age?
 - a) 16
 - b) 18
 - c) 21

6. Marijuana is a
 - a) Depressant (slows down)
 - b) Stimulant (speeds up)

7. Inhalants are very dangerous, because they could cause sudden death.
True or False

8. Ecstasy can damage your brain cells and even kill you.
True or False