Chapter 19 and 22 Notes

***Medicines & Drugs***

Ch 19 (starts on page 524)

It’s **your responsibility** to read through and fill in all of the parts of this worksheet.

1. **Medicines**
	1. ***Classifications:***
* Help prevent disease
* Fight pathogens/infectious agents
* Relieve pain
* Help maintain or restore health & regulate the body’s systems

***Keep in mind: All medicines are drugs, but not all drugs are medicines. Drugs are any substance that alters the structure or function of the body and/or mind.***

* 1. ***Prevents disease: Define each and give an example***
		+ Vaccines- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		+ Antitoxins-

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* 1. ***Fights disease: Define each and give an example***
* Antibiotics-

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* Antivirals-

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* Antifungals-

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* 1. ***Relieves pain:***
* Analgesics (varies from over the counter drugs to prescription)

=aspirin, ibuprofen (advil), acetaminophen (tylenol), naproxen (aleve)

=narcotics (\*needs prescription)

* 1. ***Promotes health:***
* Allergy medicines
* Body-regulating medicines (such as insulin, inhalers, or cardiovascular)
* Antidepressant & antipsychotic medicines
* Cancer treatment medicine
	1. ***Taking Medicine: describe each and give an example***
		+ ***Orally-***
		+ ***Topical-***
		+ ***Inhaled-***
		+ ***Injected-***
	2. ***Side Effects- Define and give an example \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***
	3. ***Medicines & the Body: Define Each***
* Additive interaction:
* Synergistic effect:
* Antagonistic reaction:
	1. ***Other problems: write in your own definition for the following words***
* Tolerance:
* Withdrawal:
	1. ***Medicine Safety:***
* **Prescription medicines** - only by a Dr’s order and only to be filled by a licensed pharmacist. OTC (over the counter)—use properly following FDA guidelines.
* **Medicine misuse:** *(using medicine incorrectly)*

=giving a prescription medicine to a person for whom it was not prescribed or taking another’s medicine.

=taking too much or too little of a medicine or taking a medicine for a longer or shorter period than prescribed.

=discontinuing a medicine without informing the health care professional.

=mixing medicines.

**Medicine Abuse**- Some people think that medicines that are sold over the counter or are prescribed by a doctor are safer than illegal drugs and can be abused without caution. This is untrue and very dangerous!

**Drug Overdose- (define)**

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**Ch 22 (starts on page 592)**

**Drug Use—A High Risk Behavior**

1. **Substance Abuse:** *any unnecessary or improper use of chemical substances for nonmedical purposes.*
2. **Illegal Drugs:** (define) *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. **Illicit Drug Use-**(define)

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1. ***Factors that influence decisions about drugs:***
* Peer pressure
* Family members
* Role Models
* Media messages
* Perceptions
1. ***Health consequences of drug use:***
* **Physical**—
* **Mental/Emotional**—
* **Social**—
1. ***Understanding the Addiction Cycle:***
* Tolerance
* Psychological dependence
* Physiological dependence
* Addiction
1. ***Other consequences:***
* Loss of control of emotional health which can lead to violence.
* Relaxation of inhibitions—which could lead to unprotected sex which could lead to unintended pregnancies &/or STD’S.
* Court fines, legal fees, probation, jail time, & suspension of license.
* Affects family & friends
* Can cause considerable harm to developing fetuses, infants, & children including HIV transmission during pregnancy.
* Often abuse &/or neglect to children of abusers.
* Costs to society in the way of crime, vehicle accidents, lost work hours & productivity.
1. **Steroids:**
	1. **Anabolic-Androgenic Steroids:**
* These are*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
* *Anabolic* refers to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* *Androgenic* refers to increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ characteristics.
* Can cause:

=mood swings

=impaired judgment (from the feelings of invincibility)

=paranoia

* All non-prescribed steroids are illegal & dangerous
* Tendons & ligaments do NOT get stronger
* If needles are shared—danger of disease such as HIV.
* Suspension/exclusion from an event or a sports team, monetary fines, & jail time.
1. **Living Drug Free:**
	1. Peer pressure—the saying “Everyone’s Doing It” is **NOT** true.

The first—make a **FIRM** and deliberate decision. No real friend would talk you into doing something you don’t want to do.

* 1. ***School Efforts:***
* Security guards
* Locker searches
* Suspensions
* Expulsions
* Police in the school
* Drug-free school zones
* Drug education classes
* Zero-tolerance policies
	1. ***Alternatives to drug abuse:***
* Get involved in school activities
* Get involved in community activities
* Choose friends who value a drug free lifestyle
	1. ***Becoming Drug Free:***
* It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to get help.
* 1st step: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the problem
* Places you can turn to: individual counseling, support groups, drug treatment centers
	1. ***What you can do to help a person with a drug problem:***
* Identify sources of help (drug counselors, treatment centers, & support groups)
* Talk to the person when he or she is sober. Express your affection & concern for the person, & describe his or behavior without becoming judgmental.
* Listen to the person’s response. Be prepared for anger and/or denial.
* Discuss the sources of help you have found. Offer to go with your friend or family member to a counselor or support group.
	1. ***Warning Signs of Drug Abuse: (list 5)***
	2. ***Getting Help:***
* Talk to a trusted adult
* Toll-free hotlines
* Types of treatment centers:

=Outpatient (usually don’t include medications & do include counseling)

=Short-term (can include residential, medication, & out-patient)

=Maintenance (intended for heroine addicts, usually includes medication

 therapy.)

=Therapeutic communities (highly structured residences—for usually 6 to 12 months.)