

ISLAMIA UNIVERSITY OF BAHAWALPUR

Assignment:

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SEMESTER 6th

SUBJECT Health psychology

Submitted to Respected Mam Samar Fahad

Chapter no.14(Using Alcohol and other drugs)

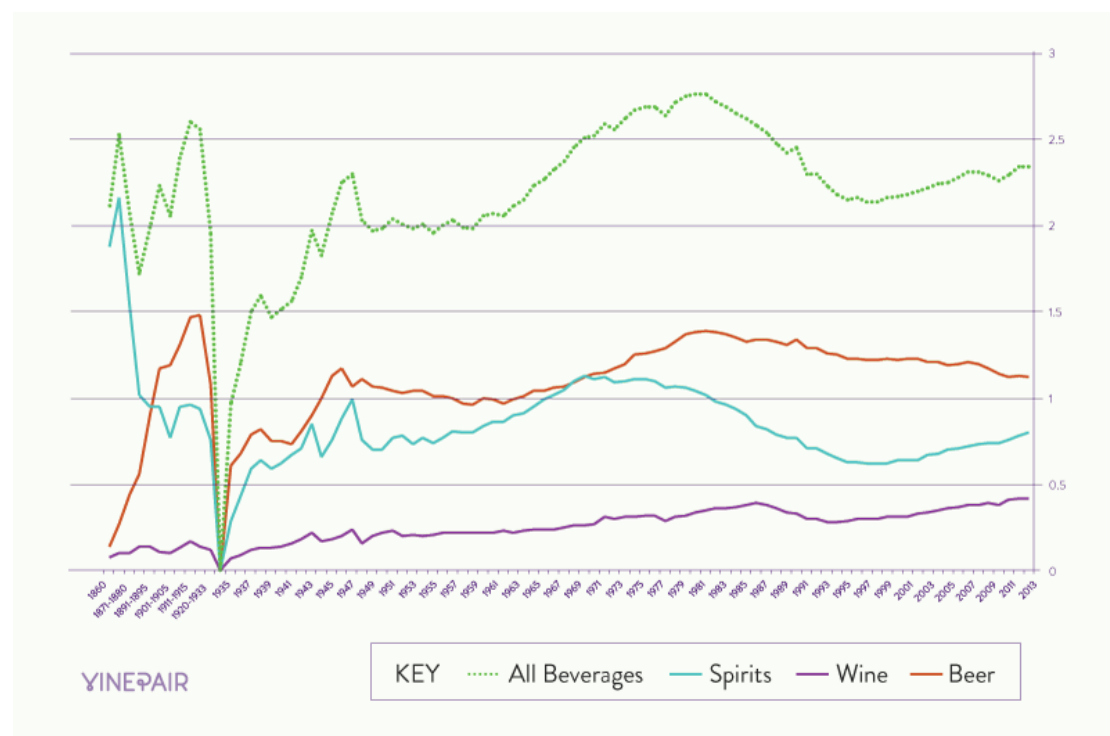


**Islamia University
Bahawalpur**

Chapter#14:Using Alcohol and other drugs

Chapter outline

- Alcohol Consumption
 - The effect of Alcohol
 - Why do people drink
 - Changing problem drinking
 - Other drugs
- ❖ **History of Alcohol consumption**
- ✓ In colonial America, drinking was more prevalent than it is today.
 - ✓ Temperance societies proliferated throughout the United States during mid-1800s.
 - ✓ In response to growing temperance movement, demographics and locations of drinking changed.
 - ✓ Alcohol consumption of today is less than that of 1st 3 decades of 19th century.



The prevalence of Alcohol consumption today:

- ✓ About half of United States adults are classified as current regular drinkers.
- ✓ The frequency and prevalence of drinking are not equal for all demographics in United States as it varies by **Ethnicity**.
- ✓ **Age** is another factor in drinking, adults 21-39 have higher rates of drinking.
- ✓ Men are more likely to be current drinkers than women.
- ✓ College graduates are less likely to be binge drinker than others.

❖ **The Effects of Alcohol:**

Ethanol is used in alcohol and like alcohols ethanol is poison.

People with heavy weight are less affected by alcohol consumption.

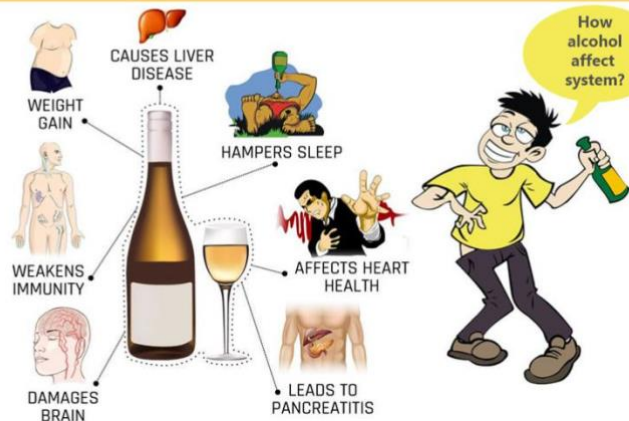
Women are more strongly affected by alcohol consumption.

Tolerance is the effect of drug, more tolerance more amount of drugs is needed.

Dependence is the term when drug becomes necessary for normal functioning, when drug is discontinued withdrawal symptoms appear.

Addiction is the combination of dependence and withdrawal, addictive drugs produce dependence when drug is discontinued.

Alcohol Effects



What Are the Side Effects?

Heroin



- Euphoric rush
- Trance-like state
- Warm, flushed skin
- Slow breathing
- Slow heart rate
- Severe itching
- And many more

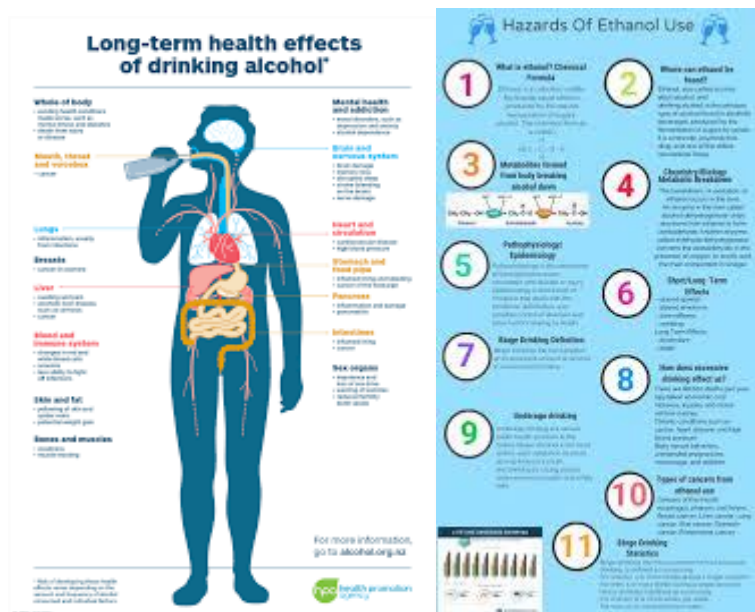
❖ Hazards of Alcohol:

Direct hazards:

- ✓ Heavy drinking affects liver because it has function of detoxifying alcohol.
- ✓ **Cirrhosis** is the accumulation of non-functional scar tissues in liver, is irreversible damage and cause death.
- ✓ Chronic alcohol use can cause respiratory diseases and neurological damage.
- ✓ Alcohols also raise the risk for cancer of stomach, colon, rectum, liver, breast, and ovaries etc.

Indirect hazards:

- ✓ These involve effects on aggression, judgement and attention.
- ✓ Also affects coordination.
- ✓ Also alters cognitive functioning.



❖ Benefits of alcohol:

- ✓ Reduced cardiovascular mortality but heavy drinking in both males and females lead to loss of protection against heart disease.
- ✓ It reduce type 2 diabetes among drinkers who drink one or two drinks per day.

- ✓ It also protect against cognitive deficits such as decrease rate of Alzheimer's disease.
- ✓ For all disease alcohol has shown protection but the amount of alcohol is important.

HEALTH BENEFITS OF VODKA



- Aids in reducing stress
- Helps to relieve tooth ache
- Rich in anesthetic properties
- Effective in treating dandruff
- Reduces risk of heart diseases
- Prevents microbial infections on wounds

Other Uses: Used in cooking, dry cleaning and as a cleaning agent.
Caution: Avoid intake during pregnancy and before driving.

Potential Beneficial Effects of Moderate Drinking

- Decreased risk of Coronary Artery Disease
- Protection against Congestive Heart Failure
- Reduced mortality after Myocardial Infarction
- Decreased risk of Ischemic Stroke
- Protection against Type 2 Diabetes
- Decrease in Rheumatoid Arthritis
- Improved cognition
- Decreased progression to Liver Fibrosis in Obese Individuals
- Improved Renal Function
- Decrease in Overall Mortality



No One Should Be Encouraged to Drink to Achieve Health Benefits

The Health Advantages of Beer

Each year increasingly more studies are being done on the wellness benefits of beer. While medical enthusiasts have actually been bemoaning the work done about the benefits of their selection of alcohol, it now appears that beer enthusiasts will finally get their turn in the spotlight. It is now shown that moderate alcohol usage benefits heart health, no matter whether you drink beer or wine.

For equal quantities of alcohol, beer has double the antioxidants of white wine, and the anti-oxidants might be able to be absorbed by the body quicker than those of red wine. Beer contains neither fat nor cholesterol.



In other studies, beer assisted individuals build bone mass. This is believed to be because of beer's silicon content.

Beer includes huge amounts of antioxidants which prevent cell damage that results in certain cancers and heart problems. The antioxidants originate from the hops and malt made use of in beer developing.

❖ **Other drugs:**

- ✓ Alcohol and other drugs produce effect on neurotransmitter such as dopamine.
- ✓ **Psychotic** drugs don't all act in the same way, these effect the functioning of different neurotransmitters.
- ✓ These drugs change the chemistry of brain and rarely damage neurons.



❖ **Health effects:**

- ✓ Both legal and illegal drugs pose potential health hazards.
- ✓ Food and drug administration(FDA)tests all drugs.If potential benefits of drugs are more than potential side effects then it is approved.
- ✓ Illegal drugs are more harmful than legal drugs.

Cocaine:

- Is useful for anesthesia because of its effect of blocking neural transmission.
- Cocaine and Alcohol interact to form an other chemical called **Cocaethylene** which enhance the euphoria.



❖ **Drug Misuse and Abuse:**

- ✓ Psychoactive drugs which alter mental functioning are potentially harmful.
- ✓ Penicillin can cause nausea, vomiting, diarrhea, swelling, skin eruption etc.
- ✓ Caffeine produces substance dependence, cause several physiological and psychological effects
- ✓ All drugs that have potential benefits also have some potential misuse.
- ✓ Drug abuse is the frequent heavy consumption to the point of addiction which lead to brain damage, heart attack etc.



Effects Of Drug Abuse:

Drug abuse leads to:

- ✓ Loss of coordination
- ✓ Poor judgment
- ✓ Slowed reflexes
- ✓ Distorted vision
- ✓ Memory loss
- ✓ Blackout

Treatment for drug abuse:

- ✓ The reasons for drug abuse treatment are same as alcohol and treatment programs are also similar for it.
- ✓ High rate of relapse is same as in alcohol abuse treatment.
- ✓ To avoid this booster sessions are used.

Preventing and controlling drug abuse:

- ✓ Availability of drugs and alcohol should be limited, it has positive as well as negative results.
- ✓ Prevention is for the purpose of keeping away children and adolescents from drug use.
- ✓ Another strategy is control of harms of drug abuse.

THE END