

# Existing truths about absent minds



# Numbers!

- Over 50% of high-school seniors have tried drugs.
- Over 33% have tried a drug other than marijuana.
- Approximately 33% of Year 10 to Year 12 reported peer pressure to try alcohol and marijuana.

# Types of drugs

- **Old fashion!**
- Heroin
- Barbiturates
- **New cool stuff!!!**
- Pot, doap, Marijuana
- Ice
- Ecstasy & speed
- **Prestigious and very expensive; Cocaine**

# Pot!!



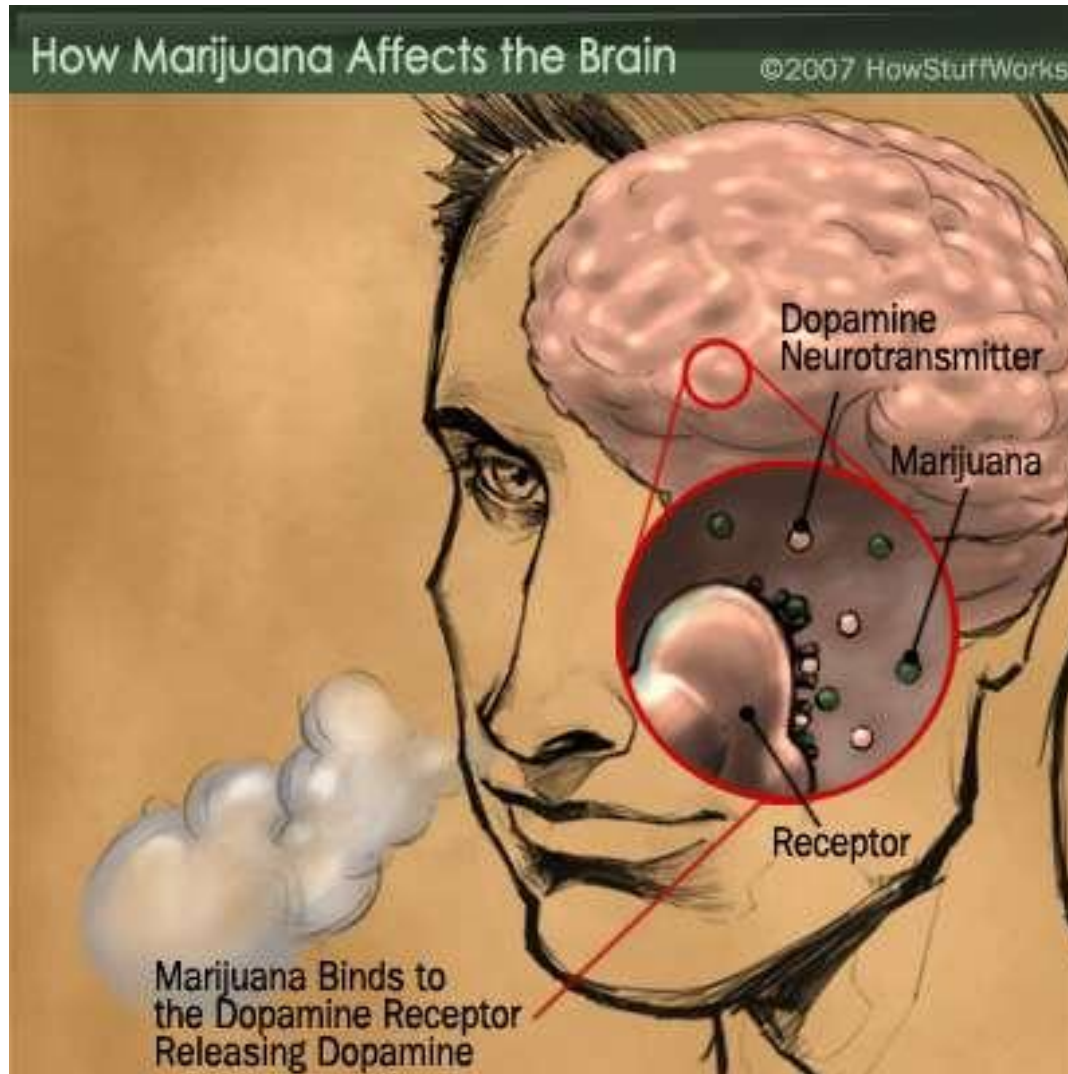
# WHY?

- Why would someone TRY drugs?
- Many reasons.....
- Why would someone BE ON drugs?
- Only one reason!!

# Royal college of Psychiatrists press release, April 2010

- The researchers found that those teenagers who used cannabis occasionally – and who continued occasional use into their early adulthood – were at higher risk of illegal drug use, and alcohol and tobacco dependence, than non-users. They were also at greater risk than those who only began occasional cannabis use after adolescence. <http://ndarc.med.unsw.edu.au>

# Is it addictive? Why?



# Is it addictive?

- Drugs, including marijuana, produce a lot of Dopamine up to 20 times of normal, Cool!
- This makes the Dopamine storage runs out. Oops!
- So when the drug wears off, Mr Brain will struggle to produce any, Feels terrible!
- So, one would crave for another dosage.
- With time as resources are depleted, one would need higher and higher doses just to keep going



# Changes resulting from regular use of Marijuana

- As being on a regular stimulant, brain functions change gradually, as Cannabis is a **centrally acting drug**.
- Short term symptoms of addiction as poor coordination, excessive hunger, poor sleep, reduced inhibition, anxiety, paranoia, and reduced sexual functions.
- Long term, dementia like syndrome

# Withdrawal symptoms

- Severe insomnia
- Nightmares
- Sweating
- Outrageous anxiety, panic and palpitation
- Extreme anger

# What else would happen?

- Drugs related crimes; theft, violence; etc.
- TRADING
- Low profile or no careers, or deterioration of a career
- The worst crime is .....

# Overdose

- Slow and quiet death!
- Can be because of not feeling the increasing effect of the drug. Usually in group smoking.
- Can be because of exposure to more purified form of the drug.

# Beware of !!

- You could be part of a plan!!
- Majority of people who are addicted to Marijuana or other drugs are one of two kinds;
- Evil or Idiot!!

# Ice

- Much more highly addictive.
- Very high rate of overdose related death.
- Very high rate of drug related crimes.
- A lot more expensive.
- Classified as a hard drug.

# Ecstasy and Speed

- Chemically belong to a group called Amphetamines.
- Upon ingested they turn into Adrenaline and similar chemical compounds.
- That increases heart rate, aggression causing anxiety and loss of hunger, thirst and tiredness feelings.
- Visual hallucinations and paranoia are very common

# Effects of Ecstasy & Speed

- Far less common as a drug of addiction, speed if any, Why?
- Party & concerts drugs
- Paranoia and aggression are common
- Severe palpitation is a common cause for hospitalisation particularly mixing with alcohol
- High rate of non overdose related deaths
- High rate of over dose related deaths



# An independent opinion!

- Australian drug policies are not working: criminals are getting richer, prison populations are swelling and there are major national health problems, including deaths from overdoses in every State and Territory. Surely, CLA says, it is time for the new National Drug Strategy 2010-2015 to learn from other countries and try new health-based carrots, rather than police-based sticks. ***[www.cla.asn.au](http://www.cla.asn.au)***

Lolly's break

# Feeling groggy?

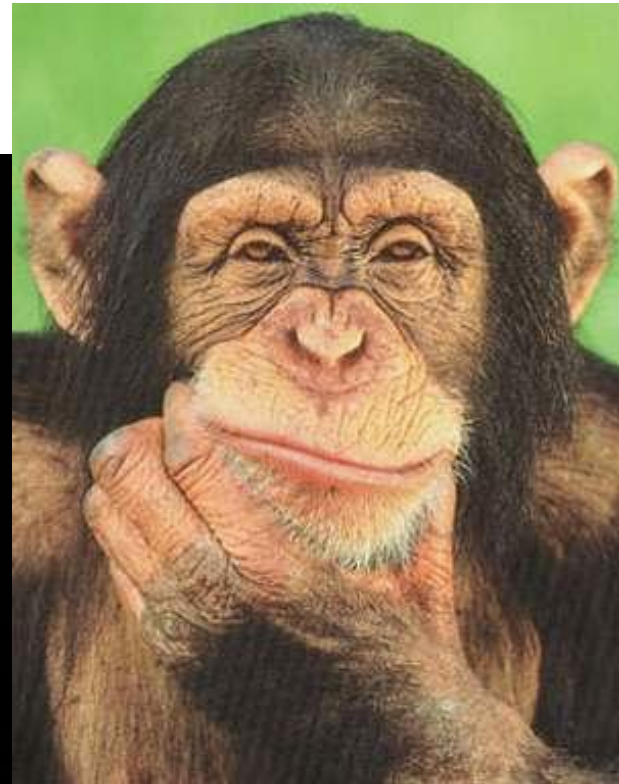
- Australia is one of the biggest western countries in alcohol consumption per capita.
- Old and new patterns of drinking
  - Daily regular drinking
  - Binge drinking

# Numbers

- alcohol misuse costs the Australian community 15.3 billion dollars each year when factors such as crime and violence, treatment costs, loss of productivity and premature death were taken into account [1]
- 51% of alcohol consumed is drunk at levels that pose a risk of short-term harm [2]
- over 3 000 Australians die each year as a result of harmful drinking. <http://www.alcohol.sa.gov.au>

# What is the difference?

- Both are thinking deeply! Aren't they!



That's what makes the difference!



# Alcohol effect on the **Brain**

- Alcohol ingestion reduces cognition!
- It takes only 3 standard drinks, 1 ½ can of Beer, to do the harm.
- With continuing drinking, people loose track of how much they drank, hence, new regulations.
- Regular drinking causes **Alcoholic Dementia**

# Binge Drinking

- Behaving like an **animal!**
- incredible high incidence of violence, accidents and crimes.
- High rate of unsafe unwanted sex
- **Death from over dose, Quietly!!**



# Other effects of Alcohol

- Depression
- Liver damage, medically known as slow, painful death!, Liver cancer.
- Pancreatitis, could be a fatal condition.
- Stomach ulcers and GIT bleeding.
- Reduced immunity, malnutrition, diabetes and hypertension.

# What does the Bible say?

- **“<sup>16</sup> Do you not know that you are the temple of God and *that* the Spirit of God dwells in you? <sup>17</sup> If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which *temple* you are.”** 1 Corinthians 3