National Institute on Drug Abuse (NIDA)

Signs of Alcohol Abuse and Addiction

https://www.drugabuse.gov
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Alcohol Facts

Drinks like beer, malt liquor, wine, and hard liquor contain alcohol. Alcohol is the ingredient that gets you drunk.

Hard liquor—such as whiskey, rum, or gin—has more alcohol in it than beer, malt liquor, or wine.

These drink sizes have about the same amount of alcohol in them:

- 1 ½ ounces of hard liquor
- 5 ounces of wine
- 8-9 ounces of malt liquor
- 12 ounces of regular beer

Being drunk can make a person feel very silly, angry, or sad for no reason. It can make it hard to walk in a straight line, talk clearly, or drive.

Some slang names for alcohol are:

- Booze
- Juice
- Hooch
- Sauce
- Rotgut

Signs of Alcohol Abuse and Addiction
People who drink too much alcohol might forget things that happened when they were drunk. This is called a blackout. People drunk on alcohol often:

- laugh and talk loudly
- feel dizzy
- have blurry vision
- have trouble staying on their feet and sway when they walk
- slur words when they talk
- feel sleepy and relaxed
- pass out
- throw up
- get violent

Getting drunk can lead you to do or say things that you regret later on. It also makes you more likely to have an accident and get hurt.

After drinking a lot, people get a headache and feel sick. This is called a hangover.
People who are addicted to alcohol start having to drink more and more to get drunk. They might have a drink in the morning to calm down or stop a hangover. They might drink alone, and they might keep it a secret.

They might forget things that happened when they were drunk. This is called a blackout.

People who are trying to quit drinking might:

- feel nervous and sad
- shake
- sweat
- have trouble sleeping

They will feel a very strong need to drink alcohol.

Effects of Alcohol on Brains and Bodies

©istock.com/aijohn784 Being drunk makes you more likely to get hurt or killed. Alcohol is involved in many deadly car crashes. These are just some of the problems alcohol can cause:

Alcohol Poisoning
You can die from drinking a lot of alcohol at one time.

**Diseases**

Heavy drinking over the years can raise your risk for stroke (brain injury from a blood clot), cancer, liver disease, and other illnesses. People can forget to use condoms when they're drunk, have unsafe sex, and get HIV/AIDS or hepatitis (a liver disease).

**Hurts the Baby**

If a pregnant woman drinks alcohol, it can cause brain damage, which can lead to other health problems in the baby.

**You Can Get Hurt or Killed**

Being drunk makes you more likely to get hurt or killed. Alcohol is involved in:

- 60 percent of drownings, murders, and deadly burns
- 50 percent of severe injuries and sexual attacks
- 40 percent of deadly driving crashes, deadly falls, and suicides

**Brain Damage**

Long-term alcohol abuse can permanently hurt your brain cells. This can make it hard to walk, remember, or learn new things.

**Addiction**

You can get addicted to alcohol just like other drugs. Fortunately, there are medicines and other treatments that can help someone recover from alcohol addiction.
Bath Salts Facts

Bath salts are illegal drugs made with chemicals like the one found in the khat plant (a shrub grown in many parts of the world) that gets people high. They are a white or brown crystal powder. Bath salts are sold in small packages with a warning that says you’re not supposed to eat the contents ("not for human consumption"). They’re also labeled with the name "bath salts" to make the drugs seem harmless.

People usually swallow, snort, smoke, or use a needle to inject (shoot up) bath salts.

Some names of bath salt products are:

- Flakka
- Cosmic Blast
- Ivory Wave
- Vanilla Sky
- White Lightning

Signs of Use and Addiction to Bath Salts
Bath salts could make you see things that aren't real. The "high" that people can have when taking these drugs is like having a lot of energy and feeling very friendly toward other people. But bath salts can also make you dizzy, afraid, and violent. You might see, feel, or hear things that you think are there when they're really not. You can start to think about ending your life.

Some people end up in the emergency room or even die after taking bath salts. The risk is highest when they're snorted or injected.

People who try to quit taking bath salts might:

- feel depressed or anxious
- get the shakes
- have problems sleeping
• have mental problems, like believing people are out to get them

Effects of Bath Salts on Brains and Bodies

Bath salts can make you feel sick and start to sweat. These are just some of the problems bath salts can cause:

**You Feel Sick**

Bath salts can cause nosebleeds and make you sweat. It can also make you lose sleep and throw up.

**Muscle Breakdown and Kidney Failure**

Some people who take bath salts can become extremely annoyed and violent. They are also often very thirsty. Their muscles break down, and their kidneys stop working.

**Heart Attack**
Bath salts can cause your heart to beat faster and your blood pressure to go up. This can give you a heart attack, which could lead to death.

**HIV/AIDS, Hepatitis**

Sharing used needles to inject (shoot up) bath salts can give you HIV/AIDS or hepatitis (a liver disease).

**Addiction**

You can get addicted to bath salts. When the high wears off, you can have the shakes and feel nervous or depressed. It's hard to sleep, and you could start having strange, fearful thoughts—like believing that everyone is out to get you. Strong cravings make you want more bath salts to feel good again.
Cocaine (Coke, Crack) Facts

Cocaine is a white powder. It can be snorted up the nose or mixed with water and injected with a needle. Cocaine can also be made into small white rocks, called Crack. It's called Crack because when the rocks are heated, they make a cracking sound. Crack is smoked in a small glass pipe.

Cocaine can make a person feel full of energy, but also restless, scared, or angry.

Some slang names for cocaine are:

- Coke
- Coca
- Snow
- Flake
- Blow

Signs of Cocaine Use and Addiction

©istock.com/AntonioGuillern After the "high" of the cocaine wears off, you can "crash" and feel tired and sad for days. You also get a strong craving to take the drug again to try to feel better.

Cocaine can make you feel happy and excited. But then your mood can change. You can become angry, nervous, and afraid that someone's out to get you. You might do things that make no sense.

After the "high" of the cocaine wears off, you can "crash" and feel tired and sad for days. You also get a strong craving to take the drug again to try to feel better.

People who snort cocaine through the nose can get nosebleeds. They can even lose their sense of smell. Their nose may be runny all the time, like they always have a cold.

People who inject (shoot up) cocaine will have marks where the needle went in, usually on their arms.

People addicted to cocaine might take bigger doses or take it more often to get high. A cocaine high usually doesn't last very long. So people take it again and again to try to keep feeling good.

People who are trying to quit taking cocaine might:

- act nervous and restless
- feel very sad and tired
- have bad dreams
- be suspicious of people and things around them

They will feel a strong need to take the drug.

Effects of Cocaine on Brains and Bodies
These are just some of the problems cocaine can cause:

**You Feel Sick**

Cocaine can cause stomach pain and headaches. It can make you shake, throw up, or pass out.

**No Appetite**

Cocaine can make you not want to eat. Over time, you might lose a lot of weight and get sick.

**Heart Attack and Stroke**

Cocaine raises your blood pressure and makes your heart beat faster. This can hurt your heart. It can lead to a heart attack or stroke (brain injury from a blood clot). Some people die because of it.

**HIV/AIDS, Hepatitis**

People who inject (shoot up) cocaine can get HIV/AIDS or hepatitis (a liver disease) if they share used needles. People also get these diseases by having unsafe sex. They may forget to use condoms because they're high on the drug.

**Addiction**

It is easy to lose control over cocaine use and become addicted. Then, even if you get treatment, it can be hard to stay off the drug. People who stopped using cocaine can still feel strong cravings for the drug, sometimes even years later.
Marijuana (Weed, Pot) Facts

Marijuana is a green, brown, or gray mix of dried, shredded leaves and flowers from the marijuana plant.

Marijuana can be rolled up and smoked like a cigarette (called a joint) or a cigar (called a blunt). Marijuana can also be smoked in a pipe. Sometimes people mix it in food and eat it or brew it as a tea. Smoking oils from the marijuana plant is on the rise. People who use this practice call it "dabbing."

Marijuana can make you feel silly, relaxed, sleepy, and happy—or nervous and scared. It may change your senses of sight, hearing, and touch. Marijuana can make it hard to think clearly.

Some slang names for marijuana are:

- Weed
- Pot
- Grass
- Herb
- Boom

Signs of Heroin Use and Addiction
People who are trying to quit taking heroin might have pain in muscles and bones, get chills, and throw up. Heroin gives you a feeling of well-being and happiness. It also makes you feel like the world has slowed down. People on heroin think slowly and might move slowly.

Heroin makes people feel sleepy, like they're in a dream.

Heroin makes the pupils (the black circle in the center of each eye) get very small.

People who inject (shoot up) heroin will have marks on the skin where the needle went in.

Heroin is very addictive because it is usually injected or smoked, which sends it to the brain very quickly. People who get addicted to heroin need to take more and more of it to get the same high.

People who are trying to quit taking heroin might:

- have pain in muscles and bones
- get chills
- throw up
- be unable to sleep
- feel nervous
They will feel a very strong need to take the drug.

**Effects of Heroin on Brains and Bodies**

Heroin can make you throw up. These are just some of the problems heroin can cause:

**Sick and Itchy**

Heroin can make you throw up and feel very itchy.

**You Stop Breathing**

Heroin can slow or stop your breathing. It can kill you.

**HIV/AIDS, Hepatitis**

Sharing used needles to inject (shoot up) heroin can give you HIV/AIDS or hepatitis (a liver disease). People also get these diseases by having unsafe sex. They may forget to use condoms because they're high on the drug.

**Overdose**

People overdose on heroin because they can't tell how strong it is until they
take it. Signs of a heroin overdose are slow breathing, blue lips and fingernails, cold clammy skin, and shaking. You can die from a heroin overdose. People who might be overdosing should be taken to the emergency room immediately.

**Coma**

Heroin can put you in a coma. That's when nothing can wake you up, and you may die.

**Addiction**

It is very easy to become addicted to heroin. Then, even if you get treatment, it's hard to stay away from the drug. People who stopped using heroin can still feel strong cravings for the drug, sometimes years later. Fortunately, there are medicines that can help someone recover from heroin addiction.

**Signs of Marijuana Use and Addiction**

©istock.com/RusN Someone smoking marijuana can have red, bloodshot eyes. Someone taking marijuana can:

- get dizzy
• laugh for no reason
• have red, bloodshot eyes
• forget things that just happened

Marijuana makes you feel like time is slowing down. Minutes can feel like hours. At the same time, everyday sights, sounds, and tastes may seem really interesting or funny.

Marijuana can make you feel very hungry. You want to eat lots of junk food. Some people call this "the munchies."

People who smoke marijuana often smell like it afterwards. Marijuana smells sweeter than cigarette smoke. A person might use incense, cologne, or perfume to hide the smell.

Some people get addicted to marijuana after using it a lot. They might need to smoke more and more of it to get the same high.

People who are trying to quit using marijuana can:

• be in a bad mood
• feel nervous
• have trouble sleeping

They will feel a strong need to take the drug.

**Effects of Marijuana on Brains and Bodies**
Marijuana smoke can hurt your lungs and cause some of the same coughing and breathing problems faced by people who smoke cigarettes. These are just some of the problems marijuana can cause:

**Memory Problems**

Marijuana makes it hard to remember things that just happened a few minutes ago. That makes it hard to learn in school or to pay attention to your job. A recent study showed that if you begin regular marijuana use as a teen, you can lose an average of 8 IQ points, and you do not get them back, even if you stop using the drug.

**Heart Problems**

Using marijuana makes the heart beat fast and raises your risk of having a heart attack.

**Coughing and Breathing Problems**

People who smoke marijuana can get some of the same coughing and
breathing problems as people who smoke cigarettes. Marijuana smoke can hurt your lungs.

**Drugged Driving**

Driving when you're high on marijuana is dangerous, just like driving drunk. Your reactions to traffic signs and sounds are slow. It's hard to pay attention to the road. And it's even worse when you're high on marijuana and alcohol at the same time.

**You Stop Caring**

Over time, people who use marijuana can get "burnt out." They don't think about much or do much. They can't concentrate. They don't seem to care about anything.

**Addiction**

Although some people don't know it, you can get addicted to marijuana after using it for a while. This is more likely to happen to people who use marijuana every day or who started using it when they were teenagers.

**What is medical marijuana?**

The marijuana plant has chemicals that may help symptoms for some health problems. More and more states are making it legal to use the plant as medicine for certain conditions. But there isn't enough research to show that the whole plant works to treat or cure these conditions. Also, the government still doesn't think of marijuana as medicine, so it's still illegal at the national level.

Two medicines have been made as pills from a chemical that's like the one in the marijuana plant that makes people feel "high." They can treat nausea if you have cancer and make you hungry if you have AIDS and don't feel like eating. But this chemical affects the brain, so it *can do things to your body* other than
just working as medicine. One brain effect is that over time, marijuana chemicals can lower how smart someone is (called IQ). This brain effect could be permanent if you start using marijuana a lot as a teen.

Another marijuana chemical that scientists are studying doesn’t make you high. Scientists think this chemical might help kids who have a lot of seizures (when your body starts twitching and jerking uncontrollably). Some studies have started to see if it can help.

Because marijuana is often smoked, it can hurt your lungs. These and other effects on the brain and body could make marijuana medicine more harmful than helpful. Another problem with marijuana as a medicine is that the ingredients aren’t exactly the same from plant to plant. There’s no way to know what kind and how much of a chemical you’re getting.

Scientists are trying to find ways to make safe medicines from marijuana.
MDMA (Ecstasy, Molly) Facts

MDMA is a drug that people often use at parties and clubs. It affects your mood and how you feel about your surroundings.

People who use MDMA usually take it as a capsule or tablet, although some swallow it as liquid. Others might snort the powder. Sometimes people take MDMA along with other drugs such as alcohol or marijuana.

Some names for MDMA are:

- Ecstasy
- Molly (slang for "molecular," a supposedly "pure" powder form)
- X
- E
- Love drug

Signs of MDMA Use and Addiction
Some people feel very tired or have trouble focusing when they try to quit MDMA. MDMA makes people feel very friendly and affectionate, but it has negative effects too. You can become irritable or have sleep problems. It can cause dizziness, muscle cramps, or uncontrollable teeth clenching. It also raises body temperature, heart rate, and blood pressure. This can be dangerous in crowds or on the dance floor where it's already too hot. Once the effects wear off, you could feel sad or nervous for days.

Heavy use of MDMA can give you problems that last a long time. You may feel confused or depressed a lot, or have problems with your memory.

People who try to quit taking MDMA might:

- feel very tired
- lose their appetite
- feel depressed
- have trouble focusing

**Effects of MDMA on Brains and Bodies**

These are some problems that MDMA can cause:

**You Feel Sick**

MDMA can make you throw up. You might also get the chills or the sweats.

**You Overheat**

MDMA can make your body temperature so hot that, in rare cases, it can cause liver, kidney, or heart failure or even death.
No Appetite

MDMA can make you not want to eat. Over time, you might lose too much weight and get sick.

Addiction

If you are addicted to MDMA and try to quit the drug, you can become irritable, nervous, or depressed. You can also feel very tired, have trouble staying focused, and have cravings to take more MDMA.
Pain Medicine (Oxy, Vike) Facts

Pain medicines relieve pain from surgery or injuries. You need a doctor's note (called a prescription) to buy some strong kinds of these medicines. Prescription pain medicines are legal and helpful to use when a doctor orders them to treat your medical problem.

But people sometimes take these without a doctor's prescription to get high or to try to treat themselves or their friends. Drug dealers sell these pills just like they sell heroin or cocaine. Some people borrow or steal these pills from other people.

Some people think that prescription pain medicines are safer to use than "street" drugs because they are medicines. Prescription pain medicine use can be as dangerous as heroin or cocaine use.

Oxycodone is one pain medicine that people often abuse. Sometimes it goes by the brand names OxyContin® or Percocet®. Another one that is often abused is hydrocodone. One of its brand names is Vicodin®.

Pain medicines are usually white, round, or oval pills. They can be taken whole, smoked, or crushed into a powder that is snorted or injected.

Like heroin, pain pills can cause a rush of good feeling when they're first taken, but they can also make you want to throw up. They can make you very sleepy. And you can get addicted to them.

Some slang names for oxycodone are:

- Oxy
- Cotton
- Percs
Some slang names for hydrocodone are:

- Vikes
- Vikings

**Signs of Meth Use and Addiction**

Meth can make a person's mood change quickly. For example, someone using meth might become angry and violent. Meth speeds up breathing and raises blood pressure.

Meth can make people hyperactive (full of too much energy). They might talk and move around a lot. They might not stop to eat or sleep.

People who use meth often scratch their skin, causing sores. They might have burns on their lips or fingers from holding a hot meth pipe.

Meth can make a person's mood change quickly. For example, they might feel excited, and then become angry and violent. They might feel afraid that someone's out to get them. They might want to end their own life.

People who get addicted to meth start needing to take more of it to get the same high. People who usually eat or snort meth might start to smoke or inject it (shoot up) to get a stronger, quicker high.
People who are trying to quit taking meth might:

- feel sad
- get really tired but have trouble sleeping
- feel angry or nervous
- be unable to feel happy

They will feel a very strong need to take the drug.

**Effects of Meth on Brains and Bodies**

![Image of woman before and after using meth]

© *Faces of Meth*

People who use meth start looking old. Their skin often looks dull and has sores that don’t heal. The picture on the left shows a woman before she started using meth. The picture on the right shows her 2½ years after she began using the drug.

These are just some of the problems meth can cause:

**You Overheat**

Meth can make your body temperature so hot that you pass out. Sometimes this
can kill you.

**Crank Bugs**

Meth can make you feel like bugs are crawling on or under your skin. It makes you scratch a lot. Scratching causes sores on your face and arms.

**Meth Mouth**

People who use meth break, stain, or rot their teeth. They often drink lots of sweet things, grind their teeth, and have dry mouth. This is called "meth mouth."

**You Look Old**

People who use meth start looking old. They burn a lot of energy and don't eat well. This can make them lose weight and look sick. Their hands or body might shake. Their skin looks dull and has sores and pimples that don't heal. Their mouth looks sunken as the teeth go bad.

**HIV/AIDS, Hepatitis**

People who inject (shoot up) meth can get HIV/AIDS or hepatitis (a liver disease) if they share used needles. People also get these diseases by having unsafe sex. They often forget to use condoms because they're high on the drug.

**Addiction**

Meth use can quickly lead to addiction and hurt different parts of your brain. It can cause thinking and emotional problems that don't go away or that come back again even after you quit using the drug. For instance, you might feel, hear, or see things that aren't there. You might think that people are out to get you or start believing strange ideas that can't really be true.
Signs of Pain Medicine Abuse and Addiction

People who get addicted to pain medicines need to take more and more of the drug to get the same high. Some people might visit different doctors for prescriptions and fill them at different pharmacies. Pain medicine abuse can make you throw up.

Pain medicine abuse makes the pupils (the black circle in the center of each eye) get very small.

Pain medicine abuse can cause constipation (trouble having a bowel movement).

When people smoke, snort, or inject pain medicines, they get a stronger reaction than they would if they swallowed the pills. The high might be stronger, but it's even more dangerous and can cause problems breathing.

People who get addicted to pain medicine need to take more and more of the drug to get the same high.

People who are addicted to pain medicine might steal pills from a loved one, get them from a friend, or buy them from a dealer. Some people might even visit different doctors for prescriptions and fill them at different pharmacies.
People who are trying to stop abusing pain medicine might:

- have pain in muscles and bones
- get chills
- throw up
- have diarrhea ("the runs")
- feel nervous, angry, or very sad
- be unable to sleep

They will feel a very strong need to take the drug.

**Effects of Pain Medicine Abuse on Brains and Bodies**

©istock.com/STEFANOLUNARDI Pain medicine abuse can put you in a coma. That's when nothing can wake you up. These are just some of the problems pain medicine abuse can cause:

**You Stop Breathing**

Pain medicine abuse can slow down or even stop your breathing.
Coma

Pain medicine abuse can put you in a coma. That's when nothing can wake you up.

Addiction

Prescription pain medicines can be as addictive as heroin—especially if they are smoked or injected. Then, even if you get treatment, it's hard to stay away from the drug. Fortunately, there are medicines that can help someone recover from prescription pain medicine addiction.

Overdose

Signs of a pain medicine overdose are cold and sweaty skin, confusion, shaking, extreme sleepiness, trouble breathing, and coma.

Death

Many people die from pain medicine overdoses. In fact, more people overdose from pain medicines every year than from heroin and cocaine combined.
Spice (K2) Facts

Spice is an illegal drug usually made by spraying chemicals onto shredded dried plant materials or put in liquid form. The chemicals are similar to the ones in the marijuana plant that get people high. This is why people call it "fake weed," but it is not the same as marijuana. Spice may affect your brain more strongly than marijuana. You can't predict what will happen when you take it. The effects can be very serious and can even cause death.

Spice is usually smoked. Some people use a liquid form of it for vaping (like in e-cigs), incense, or even in a drink.

Some names of other similar products are:

- K2
- Black Mamba
- Herbal Incense
- Joker
- Kush
- Skunk

Signs of Spice Use and Addiction

The chemicals used in Spice can change from batch to batch, so the effects can change too. Spice can make you happy or relaxed at first. But then you can start feeling really nervous, confused, or queasy. Your heart beats fast. You might see, feel, or hear things that you think are there when they're really not. You can start to feel afraid or angry, or you may think about ending your life.

People who use Spice sometimes end up in the emergency room because of a heart attack, kidney damage, or seizures.
People who try to quit taking Spice might:

- have headaches
- feel anxious or depressed
- feel annoyed

**Effects of Spice on Brains and Bodies**

©Shutterstock/Sabphoto When the high from Spice wears off, you can have headaches or feel depressed. These are some problems that Spice can cause:

**You Feel Sick**

Spice can cause headaches. It can also make you throw up.
Heart Attack

Spice can cause your heart to beat faster and your blood pressure to go up. This can give you a heart attack, which could lead to death.

Addiction

You can get addicted to Spice after using it for a while. When the high wears off, you can have headaches or feel irritable, nervous, or depressed. You have strong cravings to take more Spice to feel good again.
Tobacco and Nicotine Facts

Tobacco leaves can be shredded and smoked in cigarettes, cigars, and pipes (such as hookahs—or water pipes). They can also be ground up into a brown powder called snuff. The shredded leaves and snuff can be chewed or held in the mouth between the cheek and the gums. The snuff also can be sniffed up the nose.

You may not think of cigarettes and other forms of tobacco as drugs because they're legal to use once you’re 18 or 21 years old, depending on where you live. But tobacco has a lot of chemicals that affect the body. One major chemical is called nicotine, a substance that excites the parts of the brain that make you feel good. You can get addicted to nicotine just like other drugs. And tobacco isn’t healthy for you at any age.

When you use tobacco, the nicotine quickly gives you a mild rush of pleasure and energy. But it soon wears off, which makes you want to use it some more. Sometimes, the rush of energy that comes with nicotine can make you nervous and edgy.

People can also get nicotine without using tobacco. Electronic cigarettes, also called e-cigarettes, are battery-operated devices. They bring flavored nicotine to the lungs without burning tobacco. When you puff on it, the device makes vapor from the liquid in the cartridge, which is inhaled (called “vaping”). Although e-cigarettes don’t create smoke, they still have nicotine and other possibly harmful chemicals. Scientists are studying how safe e-cigarettes are compared to tobacco cigarettes.

Some slang names for cigarettes are:

- Smokes
- Cancer sticks
- Coffin nails
Some slang names for chewing tobacco and snuff are:

- Chew
- Wad
- Dip

Some slang names for e-cigarettes are:

- e-Cigs
- Vapes
- Vape pipes

**Signs of Tobacco/Nicotine Use and Addiction**

©istock.com/Wavebreakmedia People who smoke tobacco might get a cough that won't go away.
Nicotine raises your blood pressure and heart rate. It also makes you breathe faster.

Nicotine can make you not want to eat.

People who smoke tobacco might get a cough that won't go away.
People who smoke cigarettes will usually have hair, clothes, and breath that smell like cigarettes.

People who chew tobacco tend to spit a lot.

People often sneeze when they inhale snuff.

Because tobacco’s effects wear off quickly, people often crave tobacco throughout the day. When people quit, they often feel a strong need to use tobacco within a few hours.

**Effects of Tobacco and Nicotine on Brains and Bodies**

©istock.com/brebca If a pregnant woman uses tobacco, her baby might be born too early or too small. This can cause health problems for the baby. These are just some of the problems tobacco and nicotine can cause:

**Addiction**

The nicotine in tobacco is what makes you addicted. When you smoke the effects wear off quickly. This makes you want to keep using tobacco again and again throughout the day. Most of the harm to the body is not from nicotine but from other chemicals that are in tobacco or made when burning it. The more
your body and brain get addicted to the nicotine, the more tobacco you need to use to get it. It's a bad cycle.

**Lung Diseases**

Cigarette smoke causes lung cancer and painful breathing diseases like emphysema. These diseases can happen to people who smoke, or to others around them who breathe in their smoke.

**Bad Breath, Bad Teeth, Mouth Cancer**

Cigarettes and other kinds of tobacco stain teeth and cause bad breath. Chewing tobacco can make teeth fall out and lead to cancer of the mouth.

**Heart and Blood Problems**

If you smoke, you're more likely to have a heart attack or stroke.

**Hurts Babies**

If a pregnant woman uses tobacco, her baby might be born too early or too small. This can cause health problems for the baby.
Other Drugs of Abuse

There are many other drugs of abuse, including:

**LSD (Acid)** comes in pills or on small pieces of paper that have been soaked in liquid LSD. It makes you see, hear, and feel things that aren't there. You might see bright colors, pretty pictures, or things that scare you. You can also develop faster a heart rate, sleep problems, panic, sweating, and paranoia. Visit this page for more information about LSD.

**PCP (Angel Dust)** is a pill or powder that can be eaten, smoked, or snorted up the nose. It makes people feel far away from the world around them. PCP often makes people feel angry and violent, not happy and dreamy. Visit this page for more information about PCP.

**Inhalants** are dangerous chemicals that make you feel high when you breathe them into your lungs (also called huffing or sniffing). These chemicals are found in household cleaners, spray cans, glue, and even permanent markers. Inhalants can make you pass out, stop your heart and your breathing, and kill you. Visit this page for more information about inhalants.

**Club Drugs**
Some drugs are called "club drugs" because they are sometimes passed around at nightclubs and parties.

**GHB** is a liquid or powder that can make you pass out. It's called a "date rape" drug because someone can secretly put it in your drink. This means that you can't fight back or defend yourself against someone who wants to have sex with you without permission. **Rohypnol®** (Roofies) is a date rape pill and can also be put in a drink. **Ketamine** (K, Special K) makes you feel far away from what's going on around you and can feel scary and unpleasant. It is usually taken by mouth, snorted up the nose, or injected with a needle. Visit this page for more information about these drugs.