

Alcohol and Tobacco

- Smoking cigarettes and drinking alcohol are behaviors that often begin in adolescence.
- Although tobacco companies are prohibited from advertising, promoting, or marketing their products to youth, the companies still target this population.
 - Marketing “candy” cigarettes
 - Ads using hip-hop music
- Alcohol and tobacco are gateway drugs.

Alcohol Use

- Alcohol use is quite common in the United States.
- Many people who drink alcohol drink responsibly.
- Responsible drinkers do not allow their drinking behavior to:
 - Threaten their physical or psychological health
 - Interfere with their relationships or interactions with others
 - Threaten the health or well-being of others

The Impact of Alcohol

- Alcohol in a typical drink reaches the bloodstream in 15 minutes and rises to peak concentration in about 1 hour.
- Alcohol only leaves the body after metabolism by the liver.
- Alcohol is a diuretic and lowers the body temperature.
- Alcohol has 7 calories per gram and is classified as a depressant.

Defining Alcohol Problems

- **Alcohol Abuse** - continued use of alcohol despite awareness of social, occupational, psychological, or physical problems related to drinking.
- **Alcohol Dependence** - a disorder in which individuals develop strong cravings for alcohol because it produces pleasurable feelings or relieves stress & anxiety.
- **Alcoholism** - a chronic disease in which genetic, psychological, & environmental factors influence its development & manifestations. The disease is often progressive and fatal.

Harmful Use of Alcohol

Alcohol use becomes harmful use
when:

- A person drinks alcohol while knowingly damaging his or her health
- Gets injured often as a result of drinking
- Becomes depressed from drinking

Alcohol Abuse

- **Harmful use** becomes **alcohol abuse** when the abuser has problems interacting with his or her family, in social settings, or at work.
 - Alcohol abuser uses alcohol in dangerous situations, i.e., while driving.
 - The abuser, however, does *not* develop tolerance or exhibit withdrawal symptoms when not drinking.

Alcohol Dependence (Alcoholism)

- Alcohol abuse becomes alcoholism when three or more of the following signs and symptoms occur over a year:
 - A strong desire or compulsion to drink
 - Difficulty controlling the amount and timing of consumption
 - Withdrawal symptoms or consuming alcohol to avoid withdrawal
 - Progressive neglect of other interests
 - Continued use of alcohol despite clear evidence of its physical and/or psychological effects

Risk Factors

- Although the cause of alcoholism is unknown, biological, psychological, social, and developmental factors play roles
- Heredity—having a parent or sibling who is an alcoholic places individuals at higher risk of developing alcoholism
 - Sons of alcoholic fathers have the highest risk

Risk Factors (continued)

- Behavior and temperament, genetically linked characteristics, can increase risk
 - Hyperactivity, impulsivity, aggressiveness, short attention span, quickly changing emotions, slowed ability to calm one's self, thrill-seeking behavior, and inability to delay gratification

Brain Effects

- Brain effects vary with:
 - Amount of alcohol consumed
 - Timing of the drinks
 - Drinker's body size and body fat content
 - Gender

Alcohol and College Students

- Alcohol is the most commonly abused drug among college students.
- Any student may abuse alcohol but abusers are more likely to be freshmen or sophomores and have:
 - Low levels of self-esteem
 - High levels of anxiety
 - A mildly assertive personality
 - At least one alcoholic parent
 - GPAs of less than 2.0

Binge Drinking and Drinking Games

- College men who belong to fraternities and live in fraternity houses make up a large portion of students who drink heavily.
- Regardless of where students live, age 21 is the peak year of binge drinking.
- Binge drinking is often accompanied by drinking games.
- The danger of unconsciousness, coma, and death increases as alcohol consumption increases.

Physical Consequences of Alcohol Abuse and Dependence

- **Liver**
 - Fatty liver
 - Alcoholic hepatitis
 - Cirrhosis of the liver
- Obese alcoholics have a higher risk of developing these liver diseases than non-obese alcoholics

Alcohol Abuse Prevention

- Most school-based programs target students in grades 5 and 6.
 - **Affective education programs** develop self-esteem and skills in problem-solving and decision-making.
 - **Life skills programs** emphasize the development of communication, conflict resolution, and assertiveness skills.
 - Life skills programs reduce alcohol consumption primarily among females.

Recognizing the Warning Signs of Alcoholism

- Needing a drink in the morning or at night to start or end the day
- Experiencing drinking related symptoms (stomach pains, weakness, nausea)
- Denying any problem with alcohol
- Doing things while drinking that are regretted afterwards
- Dramatic mood swings, from anger to laughter to anxiety
- Sleep problems
- Depression and paranoia
- Forgetting what happened during a drinking episode
- Changing brands or going on the wagon to control drinking
- Having five or more drinks a day

Treatment for Alcoholism

Inpatient treatment

- Patient lives in a treatment facility
- Patient participates in group therapy and receives alcohol education
- Programs typically last 28 days

Outpatient programs

- Patient spends time at treatment facility but lives at home
- Approximately 90% of patients are treated as outpatients

Maintenance programs

- Group meetings (i.e., Alcoholics Anonymous)
- Individual counseling and/or family therapy

Why People Use Tobacco

- Believe that smoking cigarettes is not risky (adolescents)
- Have friends and family members who smoke
- Desire experimentation
- Have low self-esteem and are susceptible to peer pressure
- Are sensation-seeking, rebellious, and anxious

Nicotine Addiction

- Most people continue smoking because they are addicted to nicotine, the addictive ingredient in tobacco products.
- Reasons smokers give for smoking include:
 - It's arousing and gives them energy.
 - It helps concentration.
 - It lifts the mood.
 - It reduces anger, tension, depression, and stress.
 - It's a habit.
 - It's pleasurable.

Tobacco and Mortality

- Cigarette smoking is the leading source of preventable illness and death in the United States.
 - Each year, more than 440,000 Americans die as a result of using tobacco products.

Immediate Health Effects of Tobacco

- Nicotine
 - Increases heart rate
 - Constricts blood vessels
 - As a result, blood pressure increases
 - Increases metabolic rate
 - Increases body's demand for oxygen

Immediate Health Effects of Tobacco (continued)

- Carbon monoxide reduces the ability of blood to carry oxygen.
- More than 4,000 chemicals are in tobacco smoke.
 - Some of the chemicals are poisonous.
 - Some irritate the lungs and mucous membranes.
 - Some cause cancer.

Long-Term Health Effects of Tobacco Use (continued)

- Over 40% of people who die from smoking-related causes die from *cardiovascular disease*, including:
 - Coronary artery disease
 - Hypertension
 - Stroke
- Women who take oral contraceptives and smoke have a higher risk of developing blood clots than nonsmokers who take “the pill.”

Long-Term Health Effects of Tobacco Use (continued)

- **Cancer**
 - In the United States, tobacco use is responsible for about 30% of cancer deaths and 87% of lung cancer deaths each year.
 - Tobacco use increases risk of cancers of the lungs, larynx, oral cavity, esophagus, kidneys, bladder, pancreas, stomach, and cervix.
 - Lung cancer is the most prevalent form of cancer caused by tobacco use.

Environmental Tobacco Smoke (ETS)

- ETS can cause lung cancer in adult non-smokers and children.
- Chronic exposure to ETS may affect the cardiovascular system and be linked to the onset of chest pain.
- Breathing ETS has other negative effects on nonsmokers.
 - Coughing, mucus production, chest discomfort, and reduced lung function.
 - Exposure to ETS can cause asthmatic attacks in children who already have the disease.

Benefits of Quitting

- Smoking cessation has major and immediate health benefits.
 - Former smokers live longer than continuing smokers.
 - Quitting decreases risk of cancer, cardiovascular disease, stroke, and chronic lung diseases.

Quitting

- “Cold turkey” may be best for people addicted to nicotine.
 - Smoker needs to select a cessation program that meets his or her needs.
- To help reduce symptoms, medication or nicotine patch and nicotine gum are available.
- Enlist support of family and friends.
- Relapse can occur.
 - Contact American Lung Association, American Heart Association, American Cancer Society, or American Cancer Institute for information on quitting and support groups.

Prevention

- A child's social environment is the most important determinant of whether he or she will smoke.
 - Programs target seventh and eighth graders and focus on developing skills to identify and resist social influences to smoke, such as advertising and peer pressure.
 - Understanding short-term negative effects of smoking affects adolescent behavior more than learning about long-term negative effects.
- Reduce availability/access of cigarettes to minors.