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

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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.