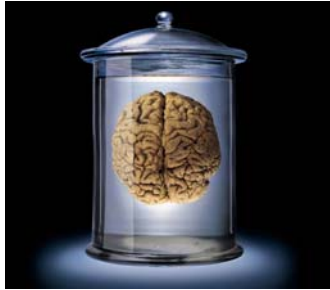


# NERVOUS SYSTEM & DRUGS



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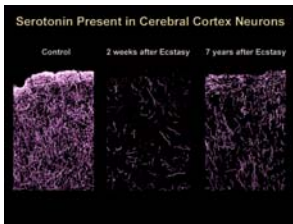
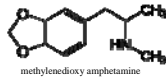
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## Club Drugs: Ecstasy

- Adam, E, Roll, X, XTC, MDMA
- Stimulant & hallucinogenic
- warmth, empathy, elevated mood
- jaw-clamping, hyperthermia, increased heart rate



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## Club Drugs: Rohypnol & GBH (the date rape drugs)

- Roofies, Rochies, La Roche
- Liquid ecstasy, Gib, gamma-oh, soap & fantasy
- sedation, amnesia, muscle relaxation, blackouts
- Intensifies GABA function



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## Inhalants

- Rush, Poppers



- Huffing
- household products

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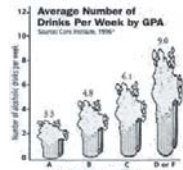
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## Alcohol: Ethanol



- Decreased acetylcholine – decreased muscular coordination
- Increased GABA – depressant
- Decreased glutamate
- Decreased decision making abilities - forbrain
- Decreased control of emotions – midbrain
- Heart rate, consciousness – brain stem

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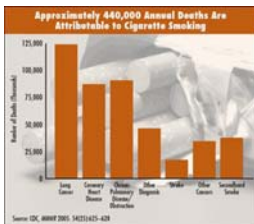
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## Nicotine



- Increases dopamine levels
- Kills 500k people per year
- 4,000 chemicals in smoke
- Increased adrenaline = HR, BR, glucose




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# Caffeine



- Increased adrenaline
- Restricts brain ability to allow sleep
- Increased dopamine

**A Little Shot to Get Going**

For some, energy drinks are becoming a way to have caffeine without drinking a cup of coffee. Here is a comparison of some caffeine levels.

									
16	13	10	9	9	9	5	4	3	3
MG. PER OZ.									
195 mg caffeine 12 oz. Tall coffee	107 mg.* 8 oz. Drip coffee	80 mg. 8.3 oz. Tea	140 mg. 16 oz. Energy drink	150 mg. 16 oz. Energy drink	141 mg. 16 oz. Energy drink	55 mg. 12 oz. Energy drink	30 mg. 8 oz. Brewed	34 mg. 12 oz. Brewed	34 mg. 12 oz. Brewed

\*Low end of range

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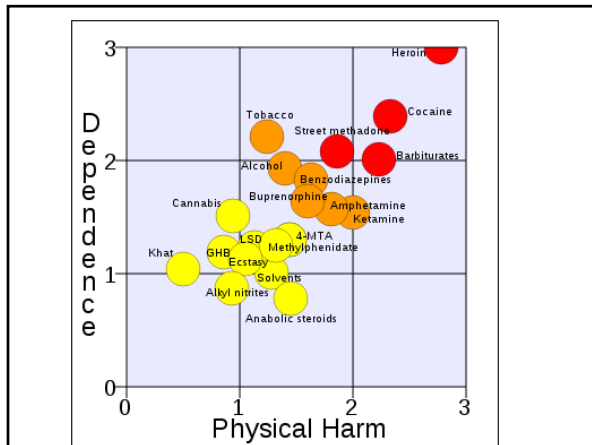
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