

HEADS UP REAL NEWS ABOUT DRUGS AND YOUR BODY

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Drugs and the Body—It Isn't Pretty

Nicotine. Heroin. Cocaine. Marijuana. Inhalants. Methamphetamine. Steroids. They all cause damage. Check out this diagram to find out how each part of the body is affected by drugs of abuse.

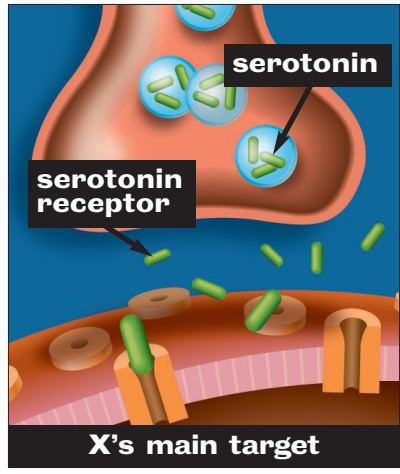
BRAIN

Honey, I Shrank My Brain!

Inhalants can actually shrink the part of the brain that controls body movements.

Tired and Moody

A chemical called **serotonin** helps you stay in a good mood and get enough sleep. **Ecstasy** messes with the serotonin in your brain.



Bye-bye, Brain Cells!

Methamphetamine use can damage a large number of brain cells in the limbic system (or emotional brain).

Super Slow

Messages speed from your brain to your muscles at more than 200 miles per hour. **Inhalants** can put the brakes on quick communication.

The Next Step?

A working short-term memory is required for learning and performing tasks that call for more than one or two steps. **Marijuana** can impair short-term memory.

HEART

Body Blocking

Steroid use can lead to blocked blood flow to the heart or brain. The result: a stroke or a heart attack.

Fit as a...

Even very fit athletes can have a heart attack if they abuse **cocaine** or **methamphetamine**.

'N Sync

Inhalants can disrupt normal heart rhythms, which can cause a heart attack.

LUNGS

Sticky Black Tar

Need we say more? It coats the lungs of **tobacco** and **marijuana** smokers.



Poisoned

When an abuser sniffs **inhalants**, the toxic gas can replace oxygen in the lungs. Without oxygen, the brain and body suffocate and die.

LIVER

Risky Rupture

Steroid abuse has been associated with liver tumors and blood-filled cysts. Both the tumors and the cysts can rupture, causing internal bleeding.

IMMUNE SYSTEM

Sharing More Than Needles

Drug abusers who share non-sterile injection equipment are at risk for contracting HIV, Hepatitis B and C, and other infectious diseases.

NOSE

No More Nostrils

Snorting **cocaine** can create pimple-like abscesses that can turn into raw holes. The holes can eat away the cartilage that divides the nose.

MOUTH



Not a Good Look

Cigarette smoke discolors teeth. Smoking can also lead to gum disease and lost teeth.

Tense Teeth

Ecstasy use causes involuntary teeth clenching. Some users need to wear dental mouth guards. Others actually use pacifiers.

A Case of the Blahs

All **drugs of abuse** can make users lose the ability to feel normal happiness and pleasure.

How About a Mint?

Tar and **nicotine** build up on the teeth and tongue, leading to bad breath.

SKIN

Pizza Face

Steroids can cause acne pimples to pop up all over the face of a user.



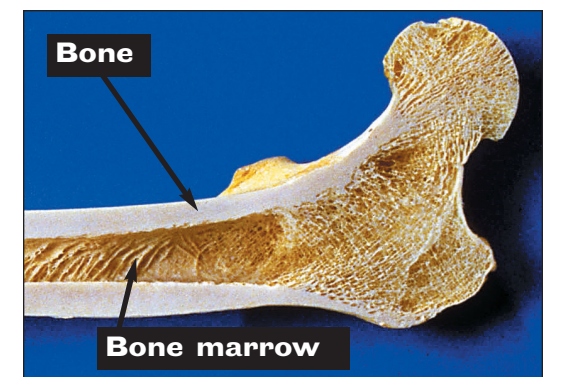
BONES

Forget About the NBA

Steroid use can keep bones from growing. Abusers may never reach their full, adult height.

Down in My Bones

Inhalants damage the marrow inside of bones.



KIDNEYS

Boiling Over

Ecstasy users risk kidney failure when their body temperature soars and they become dehydrated.

NIDA

goes back to school

Science-based drug abuse education

National Institute on Drug Abuse • National Institutes of Health
U.S. Department of Health and Human Services

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