

Wellness Topic

Tobacco and Alcohol

Substance abuse is a major issue for our nation. Students should not only be educated on these topics, but they should also understand the gravity of how their choices to engage in substance abuse will affect their life. Many people use harmful substance because of peer influence. Peer influence is the effect people your own age have on your thoughts and actions. Substance abuse can take a toll on the emotional and physical health of the user as well as the user's family and friends. The habitual use of many drugs and other harmful substances can lead to addiction.

- Health risks associated with the use of tobacco:
 - Cigarettes contain over 40 poisonous chemicals.
 - Smoking interferes with the normal working of the lungs.
 - Nicotine, found in cigarettes, is addictive, making it difficult for smokers to quit.
 - Electronic cigarettes have not been proven to be a safe alternative to regular cigarettes.
- Smokeless Tobacco Facts:
 - Smokeless tobacco releases 10 times the amount of cancer-causing substances into the bloodstream as cigarettes do.
 - Long-term use of smokeless tobacco can lead to an elevated heart rate and high blood pressure.
 - Smokeless tobacco causes cancer of the mouth, lips, and gums.
- Alcohol's short and long-term effects on the body:
 - Alcohol slows down the central nervous system, impairing vision, reaction time, and coordination.
 - Alcohol also affects the function of the stomach and kidneys, which can result in nausea, vomiting, and dehydration.
 - Alcohol impairs judgment and causes an increase in risk-taking behavior.
 - Long-term drinking can cause tissue damage and increases the risk for high blood pressure, heart rhythm disorders, heart muscle disorders, stroke, and the development of cancers and liver disease.