National Drug & Alcohol Facts Week 2018

Bingo Vocabulary

1 **Vaping** – inhaling vapor made when a battery-powered device heats the liquid inside a cartridge. The cartridge can contain nicotine, flavors, and/or other drugs and chemicals, as in e-cigarettes.

2 **Medical Marijuana** – marijuana products used for the treatment of medical conditions such as childhood epilepsy and chronic pain, or to increase appetite and reduce nausea. The FDA has not approved marijuana for medical use, but some states have legalized it within their borders.

3 **Marijuana Edibles** – food or drink products that contain marijuana.

4 **Prescription Sedatives and Tranquilizers** – medicines that can block brain activity, making them useful for treating anxiety and sleep problems. These are sometimes called Central Nervous System (CNS) depressants.

5 **Prescription Stimulants** – medications (e.g. Ritalin, Adderall, Modafinil) that increase alertness, attention, and energy. They can also increase blood pressure, heart rate, and breathing rate. These are used to treat Attention Deficit Hyperactivity Disorder (ADHD) and narcolepsy (a sleep disorder). Prescription stimulants are sometimes misused to get high or to work or study longer. However, there is no evidence that these drugs are effective in improving grades or long-term work performance.

6 **Fentanyl** – a powerful opioid, 50 to 100 times stronger than morphine, that is prescribed for severe pain. Illegally manufactured fentanyl is frequently mixed in with or sold as other drugs, such as cocaine, oxycodone, or heroin, so a drug user might not even know that he/she is taking it. The high potency of fentanyl greatly increases the risk of overdose death.

7 **Naloxone** – a medication used to reverse an opioid overdose. Naloxone is given as an injection or nasal spray, and can rapidly restore a person's normal breathing rate after breathing has slowed or stopped because of an opioid overdose.

8 **Bath Salts** – sometimes called "Flakka," bath salts are drugs that contain human-made stimulants called cathinones. They are usually a white or brown crystal-like powder and are sold in small plastic or foil packages labeled "Not for Human Consumption." They can have energizing effects, so people use them to get high. But bath salts can also cause paranoia, muscle breakdown, and kidney failure.

9 **Nicotine** – the addictive ingredient found in tobacco leaves. People can smoke, chew, or sniff tobacco leaves, or inhale vapors that contain nicotine using an e-cigarette.

10 **Over-the-Counter (OTC) Drugs** – medicines that can be purchased in a store without a prescription. They are found to be safe for use without the supervision of a health care professional if taken as indicated. However, some people take them when they aren't sick just to get high, which can be dangerous.

11 **Dextromethorphan (DXM)** – a cough suppressant found in over-the-counter cough and cold medicines that, when taken in higher-than-recommended dosages, can produce mind-altering effects.

12 **Hookah** – a water pipe used to smoke tobacco, allowing the smoke to pass through water before inhaled. Hookah smoke contains the same toxic chemicals as cigarette smoke.

13 **Overdose** – an overdose occurs when a person uses enough of a drug to produce life-threatening symptoms or death.

14 **Withdrawal** – symptoms that are felt after long-term use of a drug is reduced or stopped.

15 **Tolerance** – when people no longer respond to a drug in the way they did at first. They will need a higher dose of the drug to get the same effect as when first used. This is why people who are addicted keep taking more and more of a drug simply to produce the same high.

16 **Addiction** – a chronic brain disorder in which a person compulsively uses drugs or alcohol despite negative consequences. Someone with addiction has a very hard time stopping use of drugs or alcohol—even when he/she wants to. Addiction is the result of changes in the functioning of brain circuits that are responsible for reward, motivation, decision making, and impulse-control.

17 **Drugged Driving** – driving while under the influence of legal or illegal substances, putting the driver, passengers, and others who share the road in danger.

18 **Prevention** – interventions intended to prevent or reduce the risk of developing a health problem, like a substance use disorder.

19 **Addiction Treatment** – medical care that helps a person with addiction stop using drugs completely. Effective treatments for addiction may include medication and/or behavioral therapies.

20 **Recovery** – a process of change people with addiction go through as they stop using drugs completely, improve their health and wellness,and live fulfilling lives.

21 **Herbal Supplements** – a type of dietary supplement that comes from plants or parts of plants, such as seeds or flowers. They are sometimes called botanicals. They are taken by mouth and sold in many forms, including capsules, tablets, liquids, powders, teas, or dried plants. The internet makes a lot of promises about their health effects, but they are not regulated or tested by the U.S. Food and Drug Administration. People should consult their doctor or pharmacist before taking herbal supplements because they can interact with prescription medications or produce unintended side effects.

22 **Powdered Caffeine** – a powerful stimulant that can cause an accidental overdose in very small amounts. A single teaspoon of pure powdered caffeine is about the same as drinking 28 cups of coffee.

23 **Heroin** – an opioid made from morphine, which comes from poppy plants. Heroin use has a high risk for addiction. It is a mind-altering substance that can bring a rush of good feelings and clouded thinking. Heroin can also cause decreased heart rate and breathing, vomiting, severe itching, and risk of coma. Nearly 13,000 drug overdose deaths involved heroin in 2015.

24 **Prescription Opioids** – medications that can relieve pain from surgery or injuries. They are in the same class of drugs as heroin and can also be addictive. Misuse of prescription opioids can slow down and even stop a person's breathing, leading to coma and possible death. More than 15,000 drug overdose deaths involved prescription opioids in 2015.

25 **Inhalants** – chemicals found in ordinary household or workplace products that people inhale on purpose to get high. Because many inhalants can be found around the house, people often don't realize that inhaling their fumes, even just once, can be very harmful and even deadly. Inhalants can cause brain damage, heart damage, and liver failure.

26 **E-cigs** – battery-operated devices, also known as vaporizers, that deliver nicotine, flavorings, or other chemicals to the lungs, by vaporizing a liquid in a small container called a cartridge. While vaporizers can contain other drugs and flavorings, scientists are researching the safety of e-cigs with nicotine compared to tobacco cigarettes.

27 **Cocaine** – a highly addictive drug derived from the coca plant that produces intense feelings of pleasure. It comes in two forms: powder cocaine and a rock-like form called "Crack" (named for the cracking sound it makes when heated). Health effects include higher body temperature and heart rate, sleep problems, and increased risk of heart attack, stroke, and seizures.

28 **National Drug & Alcohol IQ Challenge** – an interactive online quiz to test your knowledge about drugs and alcohol. The challenge has 10 questions about drugs and two Brainiac questions. It is available on the NIDA for Teens website.

29 **Drugs & Health Blog** – a blog written by NIDA specifically for teens to address hot topics and answer common questions about drugs and alcohol. It can be found at teens.drugabuse.gov/blog

30 **MDMA (Ecstasy/Molly)** – a human-made drug that produces energizing effects. MDMA can distort a person's sense of reality. It can also cause the body temperature to become so hot that it can lead to liver, kidney, or heart failure, which is why people at crowded dance parties are at risk for harm when using it.

31 **Hallucinogens** – a group of drugs that alter perceptions, thoughts, and feelings. Hallucinogenic drugs include LSD, mescaline, PCP, and psilocybin (magic mushrooms), and ketamine. Hallucinogens can cause feelings of relaxation/detachment, excessive sweating, panic, paranoia, and violent behavior.

32 **Methamphetamine** – a very addictive, human-made stimulant drug, also known as meth or speed. It can boost mood and increase feelings of well-being, energy, and alertness. But it can also have dangerous effects like raising heart rate and blood pressure. Long-term users can experience severe tooth decay and tooth loss.

33 **Drugs & Alcohol Chat Day** – an annual, live, online chat held between high school students and NIDA scientists during National Drugs & Alcohol Facts Week. Students from around the country anonymously ask real, honest questions about drugs, including (1) the effects of drugs on the brain and body; (2) how to help friends or family who are using drugs; and (3) the causes of addiction. NIDA's expert scientists give them the facts. You can find past Chat Day transcripts on the NIDA for Teens site.

34 **Anabolic Steroids** – human-made substances related to testosterone. Bodybuilders and athletes may use anabolic steroids to build muscles and improve athletic performance, often taking doses much higher than would be prescribed for a medical condition. Using them this way is not legal—or safe. Teens who use steroids illegally can raise their sex hormone levels, sending signals to the bones to stop growing. Men can develop breasts and experience shrinking testicles. Women can grow excess body hair but lose hair on their heads.

35 **Marijuana** – the dried flowers of the cannabis plant. It contains the mind-altering chemical THC, which causes feelings of euphoria and relaxation. It can be addictive. Long-term, regular marijuana use is associated with issues with memory, learning, and mental health.

36 **Spice** – shredded plant material sprayed with human-made chemicals. Spice is sometimes called "K2," or "fake weed" because some of its chemicals are similar to the ones in marijuana. But its effects can be very different, and more dangerous, than marijuana. Spice can cause nausea, increased risk of heart attack, violent behavior, and paranoia, and it can be addictive.

37 **SHATTER THE MYTHS** – a phrase that NIDA uses to highlight the fact that young people are bombarded with myths about drugs from music, TV, movies, and social media. NIDA is shattering those myths by producing reliable science and posting research findings on our main site and our teen site. NIDA encourages young people to research what they hear, using a reliable, scientific source.

38 **LSD** – a powerful drug that distorts a person's sense of reality. LSD is clear or white and odorless. LSD is available as tablets, gelatin squares, or soaked into paper pieces that people put in their mouths. Health effects include sleeplessness, trembling, and raised heart rate and blood pressure. People who use LSD can have intense feelings and hallucinations. Their senses may seem to mix, as though they are hearing colors and seeing sounds. In rare cases, LSD causes flashbacks days or months after use.

39 **NIDA for Teens** – a website (teens.drugabuse.gov) that helps educate young people about the truths and the myths surrounding drugs and alcohol. The website has blog posts, fact sheets, videos, and interactive games.

40 **Alcohol** – the intoxicating substance found in beverages such as beer, wine, or liquor. When people drink alcohol, they can become drunk, have a harder time making good decisions and recognizing danger, and be more likely to engage in risky behaviors. Repeated drinking can affect the ability to learn and can lead to an alcohol use disorder. Alcohol mixed with drugs can be especially dangerous. Driving after drinking can be deadly.