

What drugs and alcohol do to your body

Stimulants speed up bodily functions. Depressants slow the body down. Some drugs cause you to see and feel things that are not really there — but the effects of drugs don't stop there. As you read through the information on the following chart, you will see that although drugs may have one or two effects that make you feel good, they also cause many problems. Because of the way drugs work on the brain, you may focus on the one or two positive effects, without stopping to think about all of the problems. Sometimes the problems last much longer than the effect of the substance itself. This causes damage to the body and brain that may be permanent. Many drugs, and alcohol, have been shown to have long-term health effects that include liver damage, an increased risk for getting cancer, heart disease and brain damage.

This table shows the effects of some common drugs. It is important to notice that all drugs listed make some of the problems that come with brain injury even worse.

Cannabinoids

Name	Common names	What they do	Problems they cause
Marijuana Hash Active Ingredient: Tetrahydrocannabinol (THC)	blunt dope grass joints pot hash hemp	Imitates a pleasure chemical in the brain	Slow thinking Apathy (loss of motivation) Poor balance Poor coordination Poor memory Poor learning Anxiety Panic attacks Fast heart rate Cough Increased risk for psychotic episode