

CHAPTER 36

For the past three chapters you have explored what good things you can do for your body to keep it healthy. This week, you are going to look at something that can hurt your body...

Drugs

Putting a drug into your body is the same thing as putting poison into your body...



...and your immune system tries to get rid of these drugs as fast as it can!

Sometimes, your immune system can get rid of these drugs quickly! But other times, these drugs can stay in your body for a long time!

Different drugs do different things to your body. And, there are a lot of different kinds of drugs out there! But all of them do one thing...

Drugs affect your body in some way!

Let's start with how drugs affect your brain...

When you put a drug into your body, the chemicals in the drug trick your brain into feeling things that you are not used to...

They may also trick your brain into thinking you are feeling something that is not there!



That can be pretty scary!

If you remember from chapter 24, your brain is made up of four different parts (called **lobes**) that each have their own job to do.

Your frontal lobe, parietal lobe, occipital lobe and temporal lobe control everything in your body! When you put drugs into your body, they can:

Slow down your frontal lobe so that you cannot solve problems very fast.

or

Make your temporal lobe believe you smell something when you are not.

or

Block your parietal lobe, which causes you not to feel any pain. This could be a big problem because you may not know when you are hurt.



Drugs can affect other parts of your body too...

Smoking can harm your lungs. Every time you smoke, your lungs fill up with very hot chemicals that can hurt you very badly. These chemicals destroy the cells in your lungs very easily. One of these chemicals is known as tar. This tar gets stuck in your lungs and keeps you from being able to breathe.

Alcohol is a poison to your body. Not only does alcohol damage your brain, it also hurts your liver too. It keeps your liver from cleaning your blood. If your blood is not cleaned, your body will become poisoned. This can be very harmful to you!

Drugs do not only affect your organs, they can also cause you to...

- not be able to sleep
- gain or lose a lot of weight
- get glassy, itchy eyes
- make your heart beat very fast
- sweat a lot!
- have diarrhea ("di-a-ree-ah")

And these are just the calm effects that can happen within one day of putting the drugs into your body...

Some drugs are much more dangerous and can cause your heart or brain to stop working. If this happens, you are no longer alive!

Even though drugs are bad for you, some people need help to stop using these drugs.

Why?

Because they are addicted to the drug!

Being **addicted** means that your body is tricked into believing that it needs the drug to survive. This may sound strange, but it is very true...

It is very hard for people who are addicted to drugs to stop using them. This is because they believe they must have the drug in order to survive. Why? Because, when a person uses drugs, they change the way their brain works. These changes make addicted people think they need drugs even more. So, instead of them stopping their use of drugs they take more and more drugs.

Fortunately, addicted people can learn to control their use of drugs and to stop using them at all! This is easier for some people than for others. There are many different programs out there that can help people stop their addictions and become healthier.



**DON'T BE AFRAID
TO ASK FOR HELP!**

Answer the following questions:

What does it mean to be addicted?

What do drugs do to your brain?

What do drugs do to your lungs?

What do drugs do to your liver?

Write a letter to your parents telling them why you would never put drugs into your body that you know may hurt you.

Unit Nine review

Name three ways to keep bacteria from getting inside your body:

1. _____
2. _____
3. _____

List the two main parts of your immune system:

1. _____
2. _____

True or False:

_____ An infection is the result of your immune system that misses some bacteria or other item that gets into your body.

_____ Antibiotics are chemicals that are made to attack bacteria and get rid of them without hurting you in the process

_____ An allergy is the result of your immune system that does not work to get rid of things in your body

Be certain to go over your definitions for the test!