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"I am who I am today because of the choices
I made yesterday."
- Eleanor Roosevelt



9 OUT OF 10

**PEOPLE WITH ADDICTION
STARTED USING SUBSTANCES
BEFORE THEY TURNED 18**

Megelőzés



Mit **nevezünk**

Kábítószerek



Miér

A kábítószert?!



SZÍVATÁS
KONCERTEK TITOK
MÁNAK HAVEROK
ELSZÁNTSÁG SZÜLŐK, ÉLET
PILLANAT KÍVÁNCISISÁG GÖRÖK
KIRUCCANÁS CSALÓDÁS
KIHÍVÁS SZERELMI FELADATOK
SZEX BARÁTOK VÁGYAK OTTHON
ELSŐ ISKOLA
SPORT TESÓ
EGÉSZSÉG BULIK HÁZI ELVÁRÁSOK
PÉNZ TANÁROK VÉGTELEN

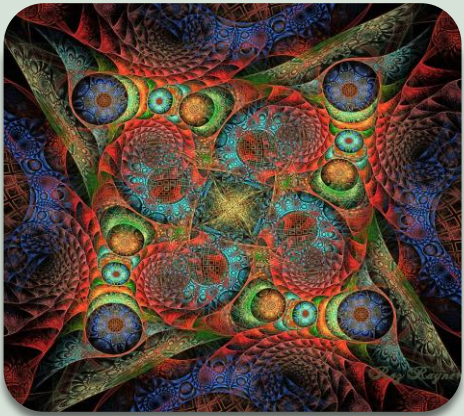
Hatás-**vi**ssza**h**atás?



Amfetamin



Ópiátok



LSD



Marihuána

Kábítószer-

Függőség?

Lelki függőség

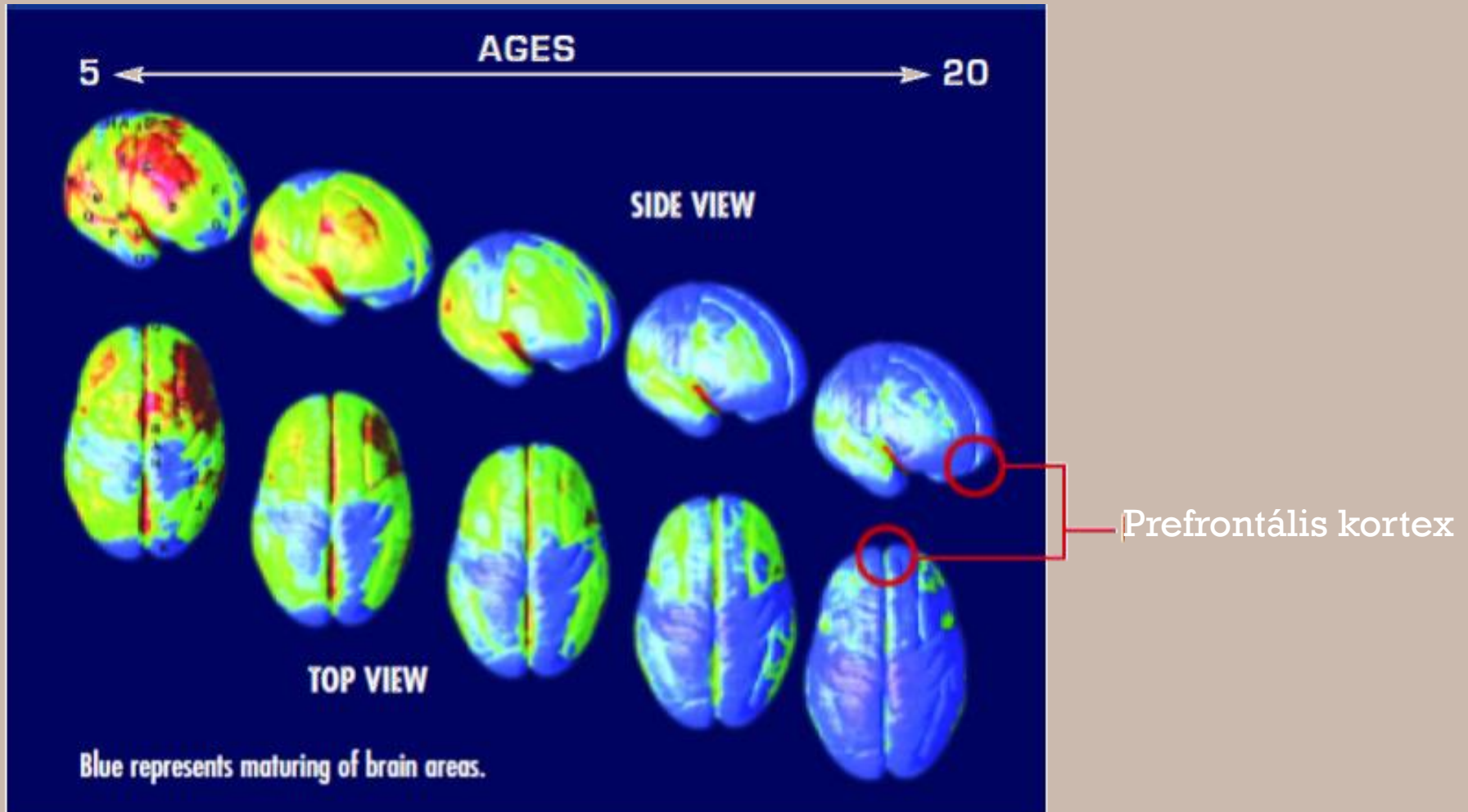
„Úgy érzed,
nem tudsz
létezni a szer
nélkül”



Fizikai függőség

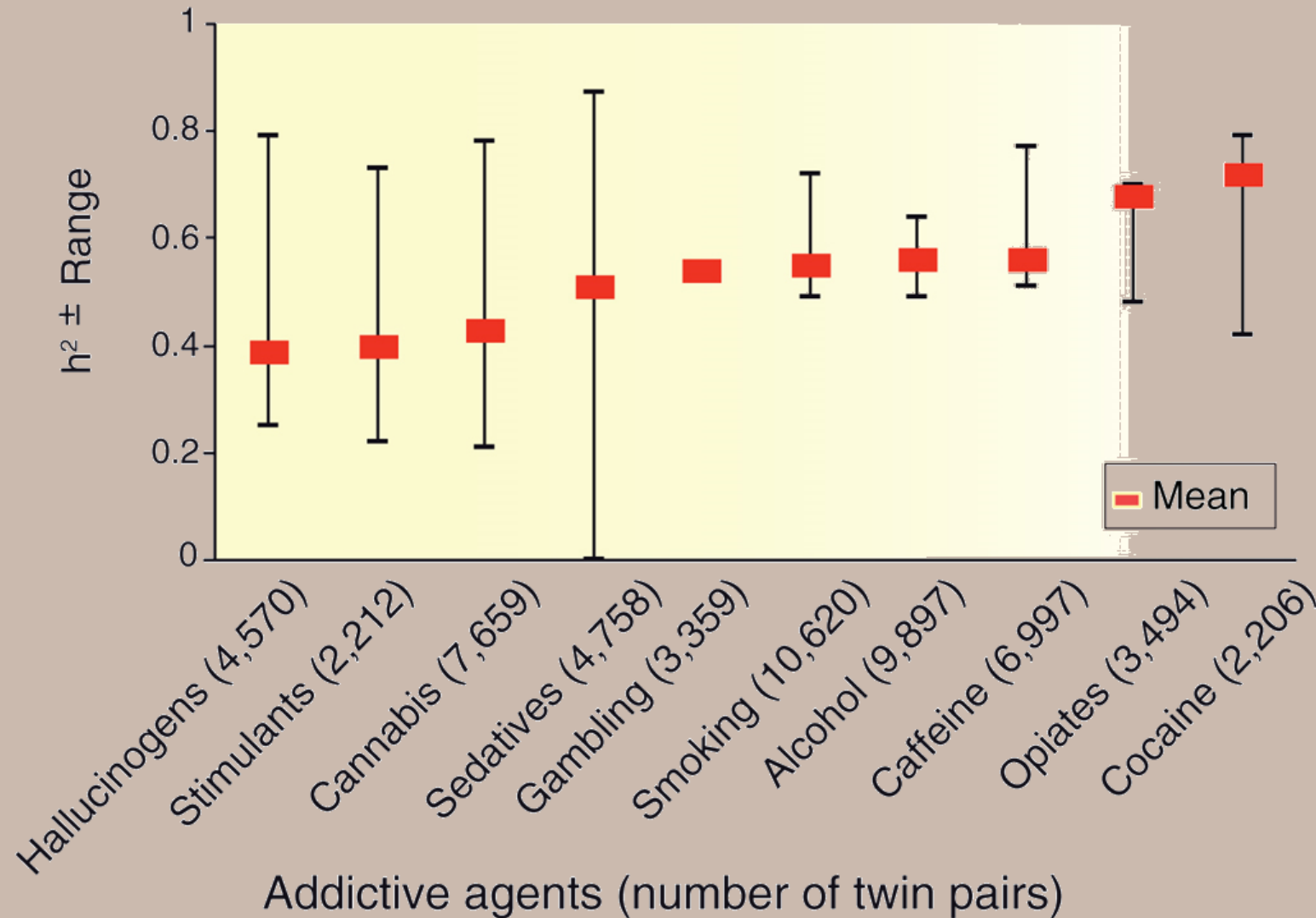
Az idegek,
izmok igénylik
működésükhöz
a kábítószert.

Függőség egy fejlődési kórkép – rendszerint gyermek vagy serdülőkorban kezdődik



Source: PNAS 101:8174–8179, 2004.

Genetikai háttér



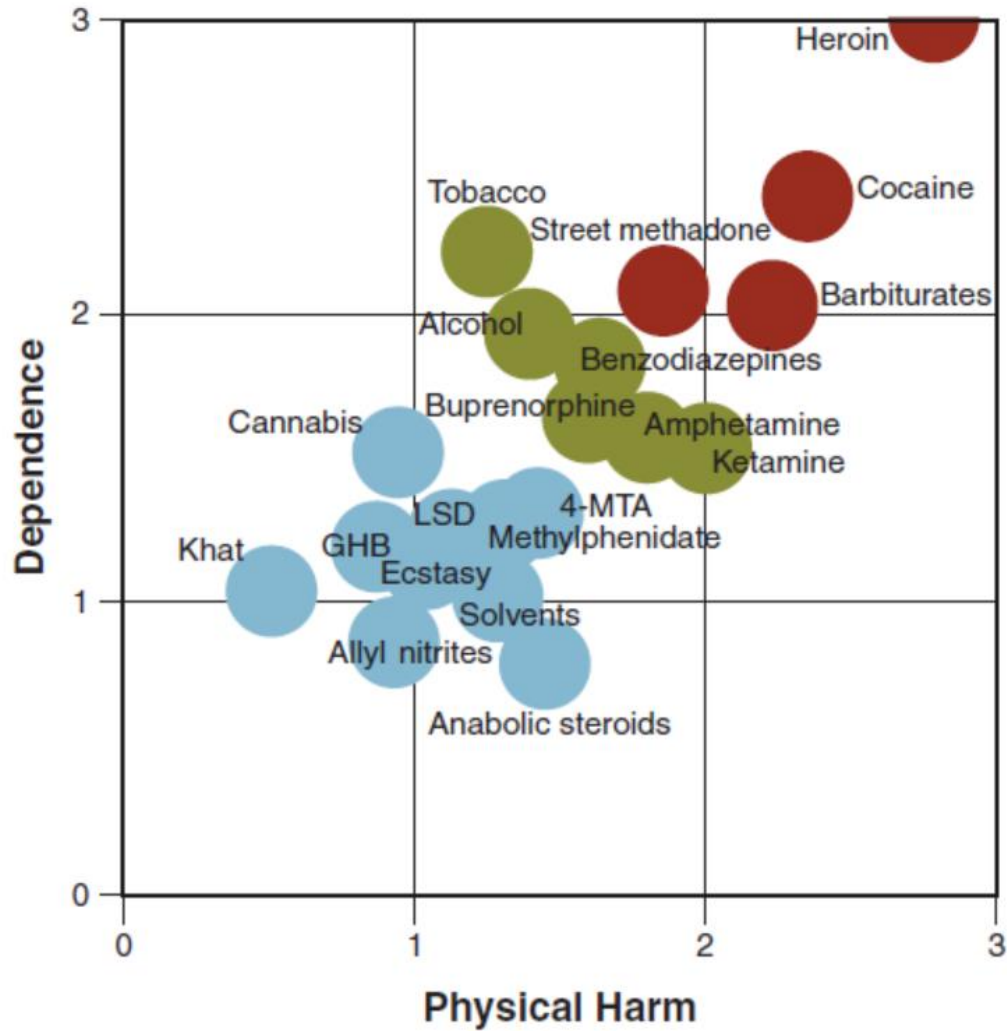
CYP2A6 (nicotine metabolism) tobacco dependence

FAAH (endogenous cannabinoid regulator) problem drug use

Mu-opioid receptor in heroin addiction

THE IMPACT OF ADDICTION CAN BE FAR REACHING

- Cardiovascular disease
- Stroke
- Cancer
- HIV/AIDS
- Hepatitis B and C
- Lung disease
- Mental disorders







Túladagolás

HALÁL

Károsodó

betegségek

HALÁL

LESZOKÁS



Adverse (negative) effects of Methamphetamine

Psychological

- Insomnia
- Aggressive behavior
- Paranoia
- Incessant conversations
- Decreased appetite
- Increased alertness
- Irritability
- Slurred speech
- Dizziness
- Confusion
- Hallucinations
- Obsessive behaviors
- Depression
- Panic attacks

Systemic

- Hypothermia
- Malnutrition
- Impaired immune system

Circulatory

- High blood pressure
- Vessel damage in brain
- Clotting and stroke

Heart

- Chest pain
- Rapid heart rate
- Heart attack

Liver

- Damage

Eyes

- Dilated pupils

Mouth

- Grinding of teeth

Skin

- Sweating
- Numbness

Respiratory

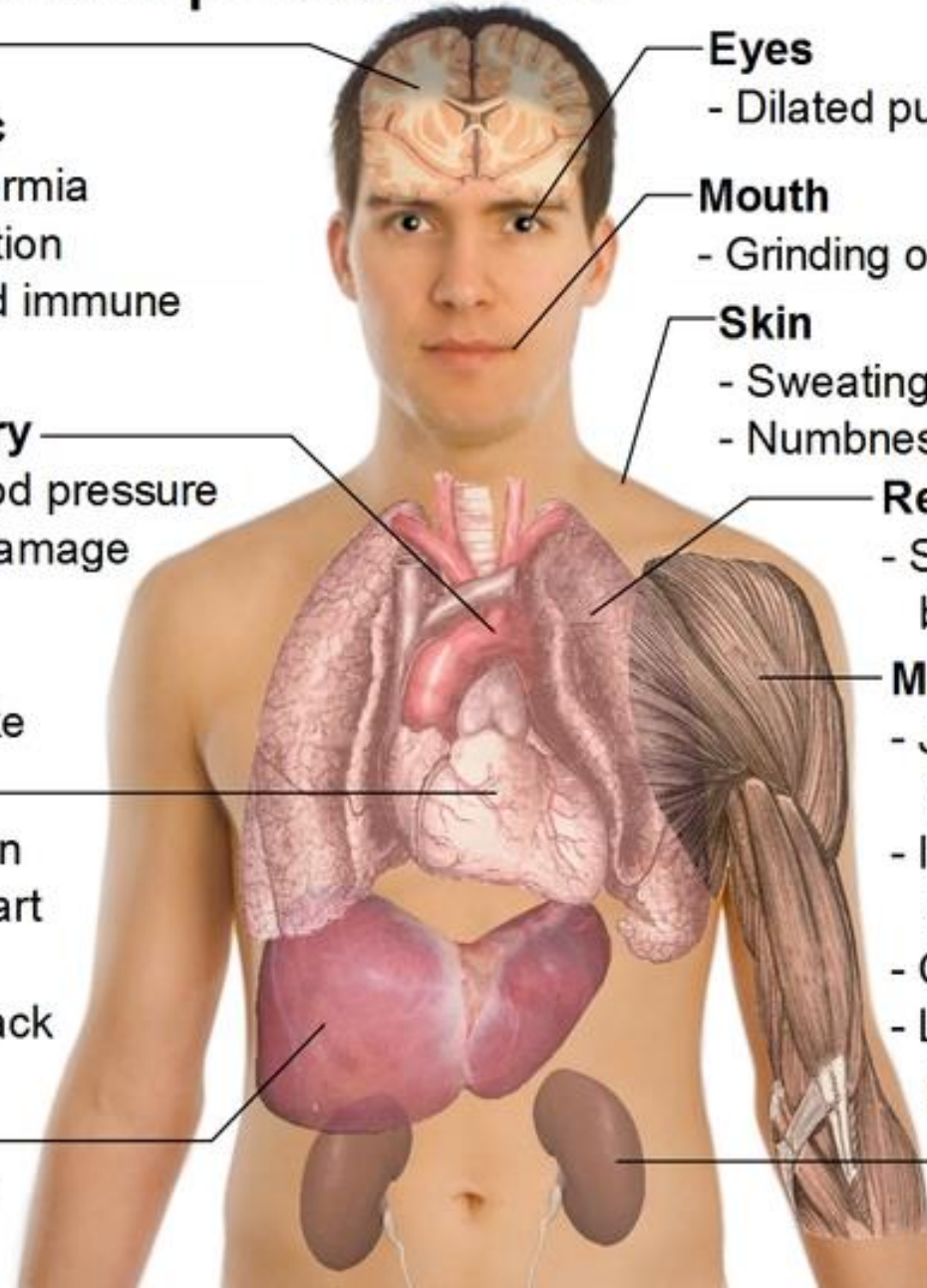
- Shortness of breath

Muscular

- Jerky movements
- Increased activity
- Convulsions
- Loss of coordination

Kidneys

- Damage



Short-term effects of Heroin

Central

- Euphoria
- Alternately alert and drowsy state

Mouth

- Dryness

Skin

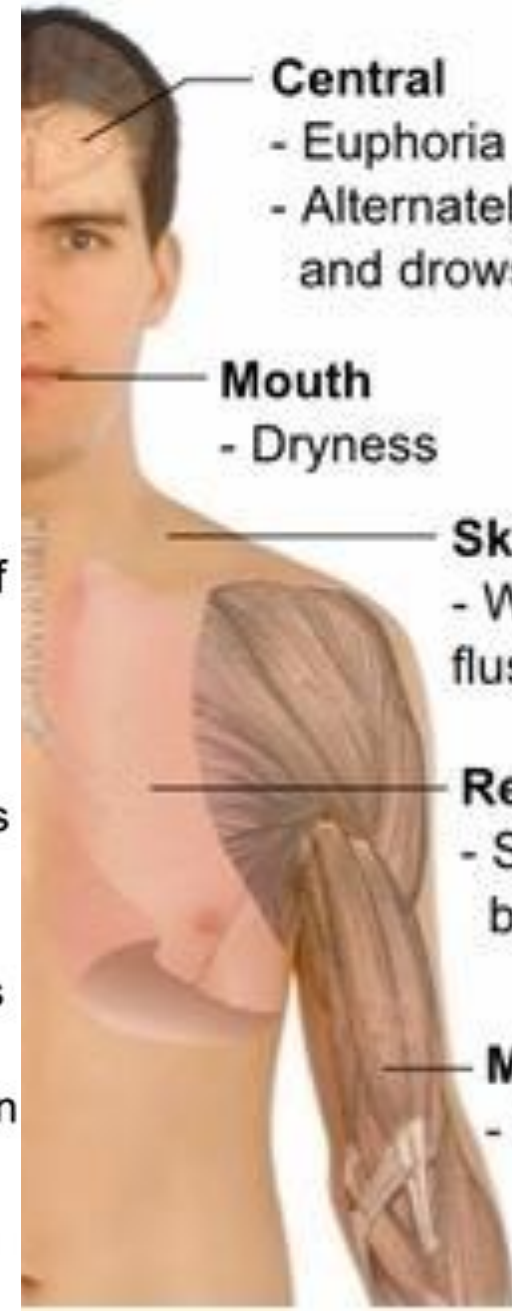
- Warm flushing

Respiratory

- Slowed breathing

Muscular

- Weakness



Side effects of chronic use of Cocaine

Brain:

- Increased risk of strokes
- Reduced attention
- Insatiable hunger
- Insomnia/Hypersomnia
- Lethargy

Throat:

- Soreness
- Hoarse voice

Lungs:

- Hemoptysis
- Bronchospasm
- Dyspnea
- Infiltrates
- Eosinophilia
- Chest pain
- Asthma

Systemic:

- Fever
- Eosinophilia

Nose:

- Rhinorrhea (discharge)

Teeth:

- Bruxism (abrasion)

Heart:

- Increased risk of infarction

Skin:

- Pruritus

Long-term effects of Heroin

Central

- Addiction
- Tolerance
- Dependence

Circulatory

- Collapsed veins

Heart

- Infection of heart lining and valves

Respiratory

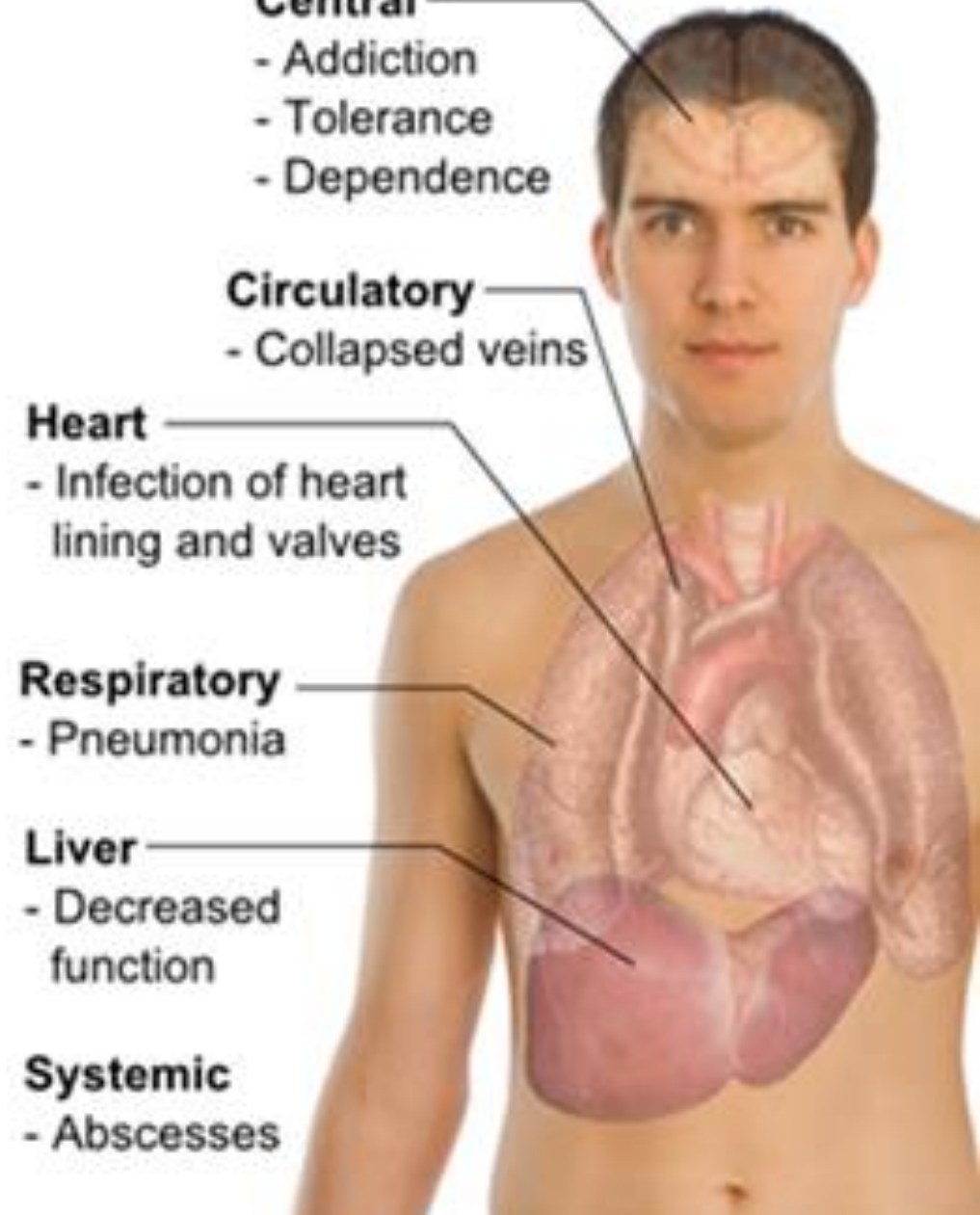
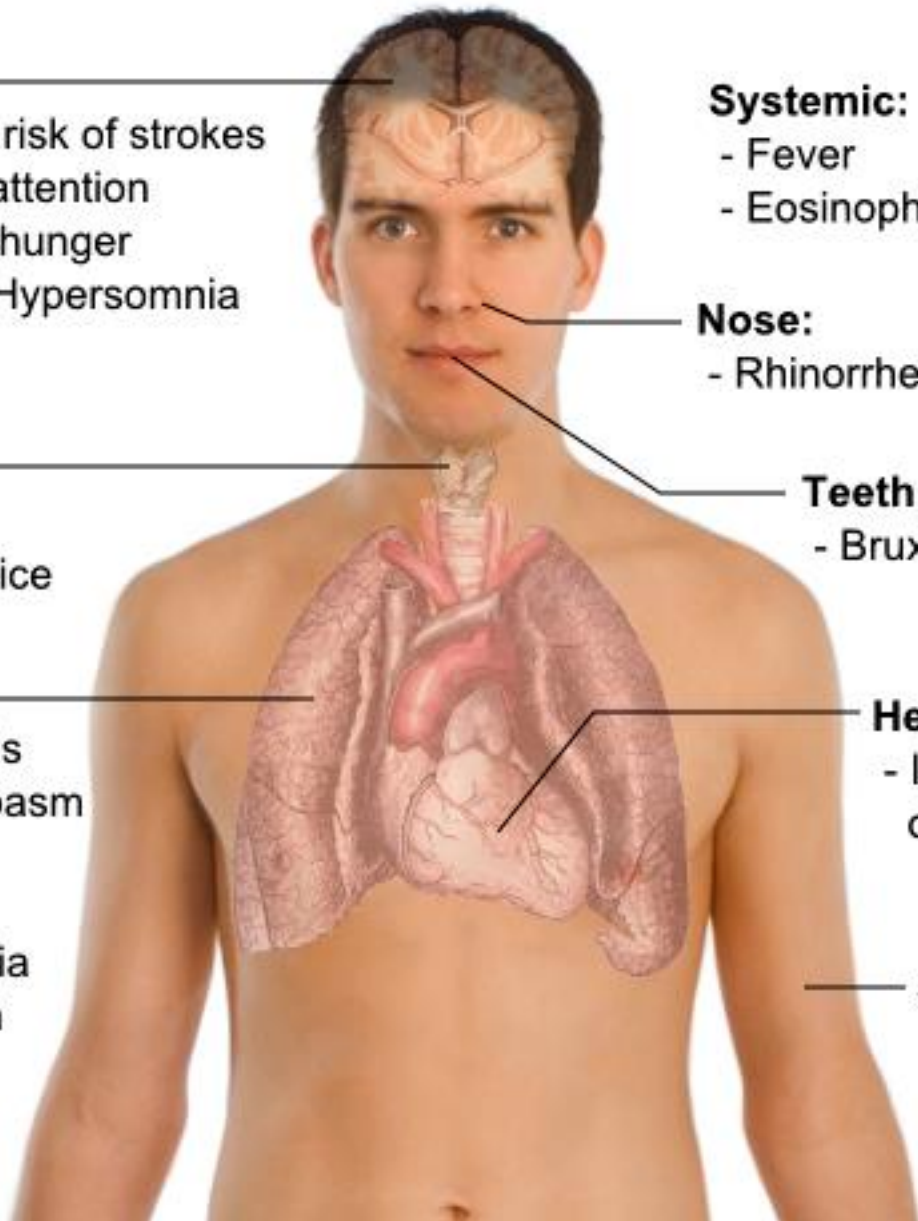
- Pneumonia

Liver

- Decreased function

Systemic

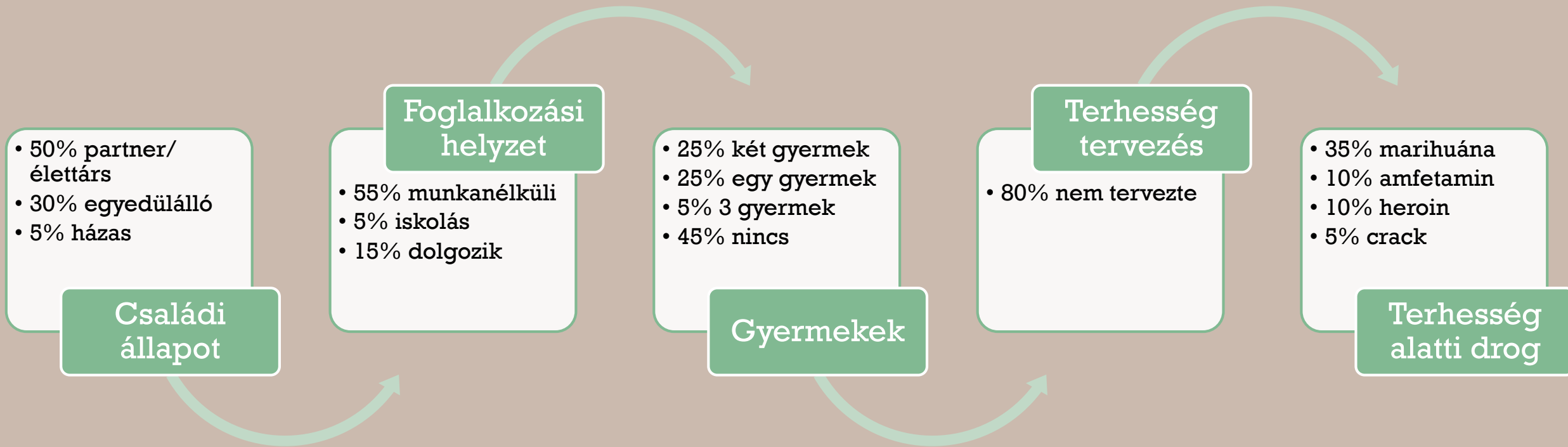
- Abscesses





drag a mouse
to the chair

Várandóosság és **kábítószerek** (1)



Várandóosság és **kábítószer**ek (2)

Előny

Hátrány

Fejlődési
rendellenességek

Alacsony
születési súly

Koraszülés

Magzat méhen
belüli elhalása



Fig. 10. Primary drug of concern for people in treatment, by region (2011 or latest year available)

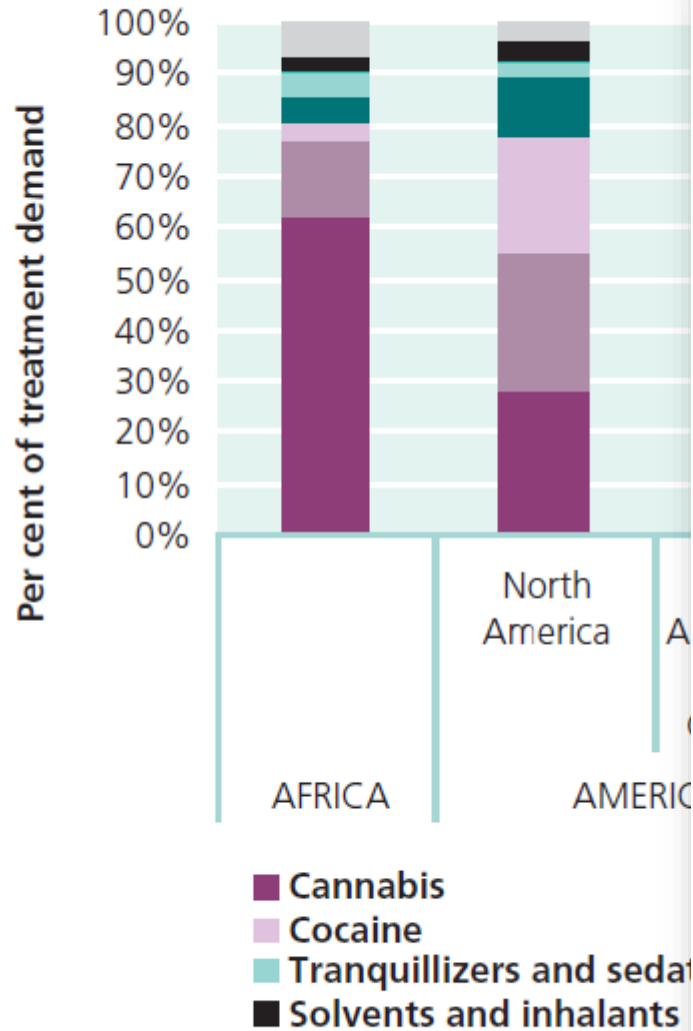
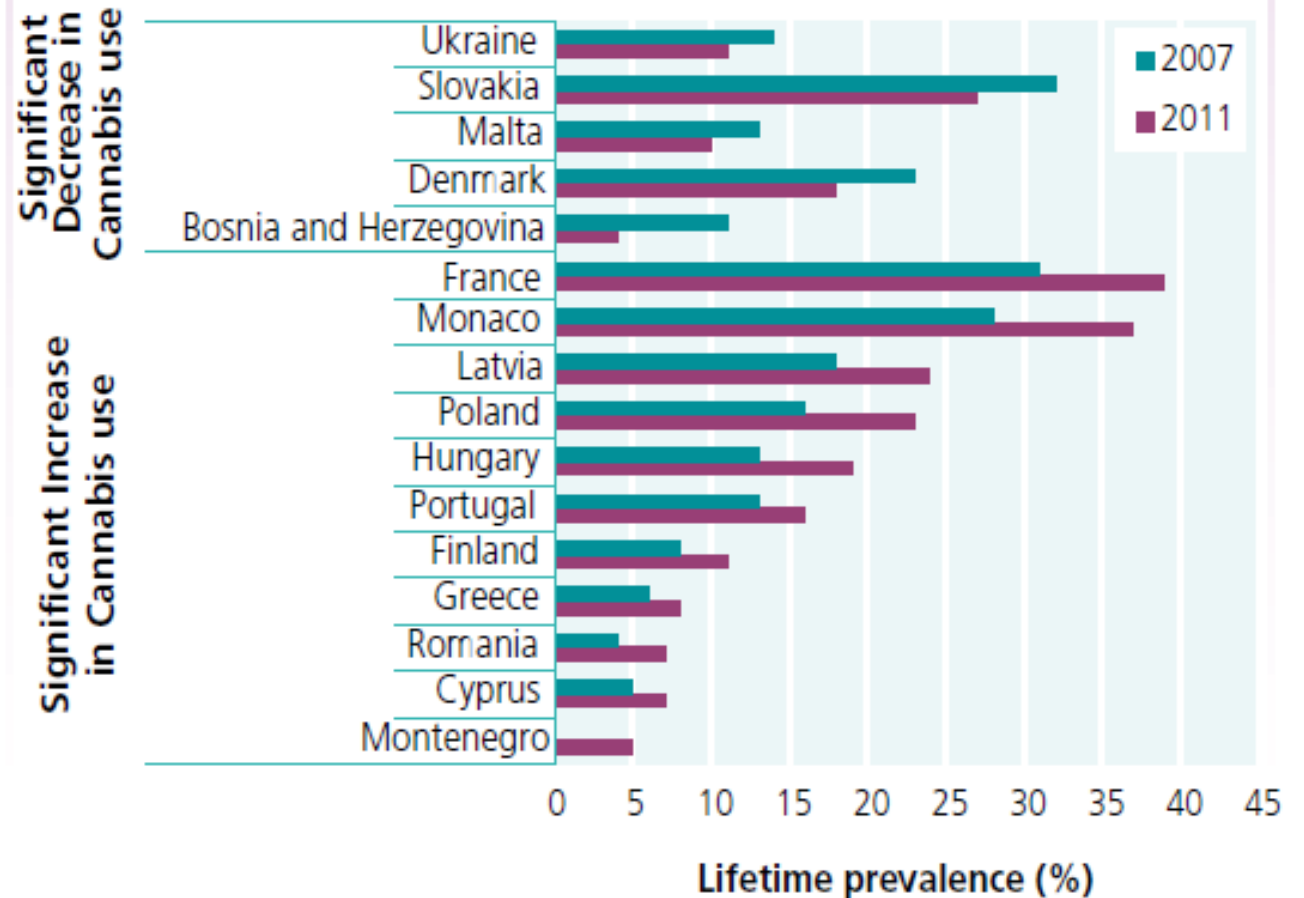


Fig. 16. Trends in cannabis use in European countries that reported a significant change among school students



Source: United Nations Office on Drugs and Crime, data reports.

Svájc: kábítószeresek

Kábítószer-függők 85%-a orvosi nyilvántartásban és kezelésben részesül (n=22.000); 0,6%

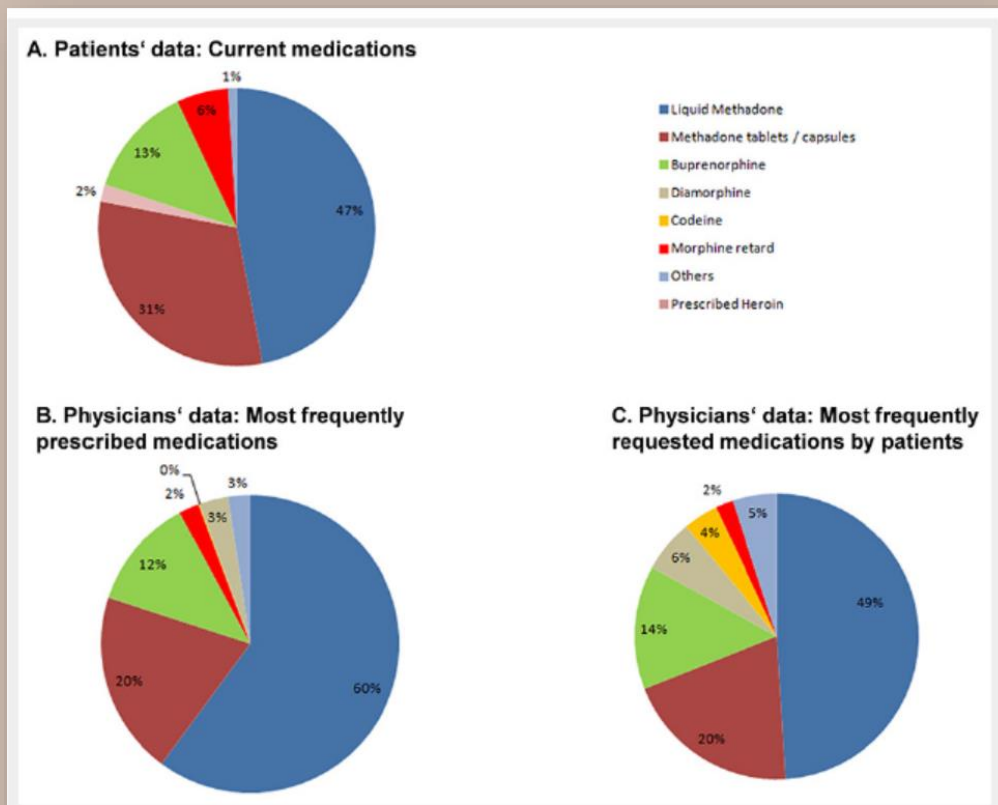


Figure 4

A summary of opioid maintenance therapy medication choices in Switzerland. A. Patients' current medication. B. Most frequently prescribed medications. C. Medications most frequently requested by patients, as reported by physicians.

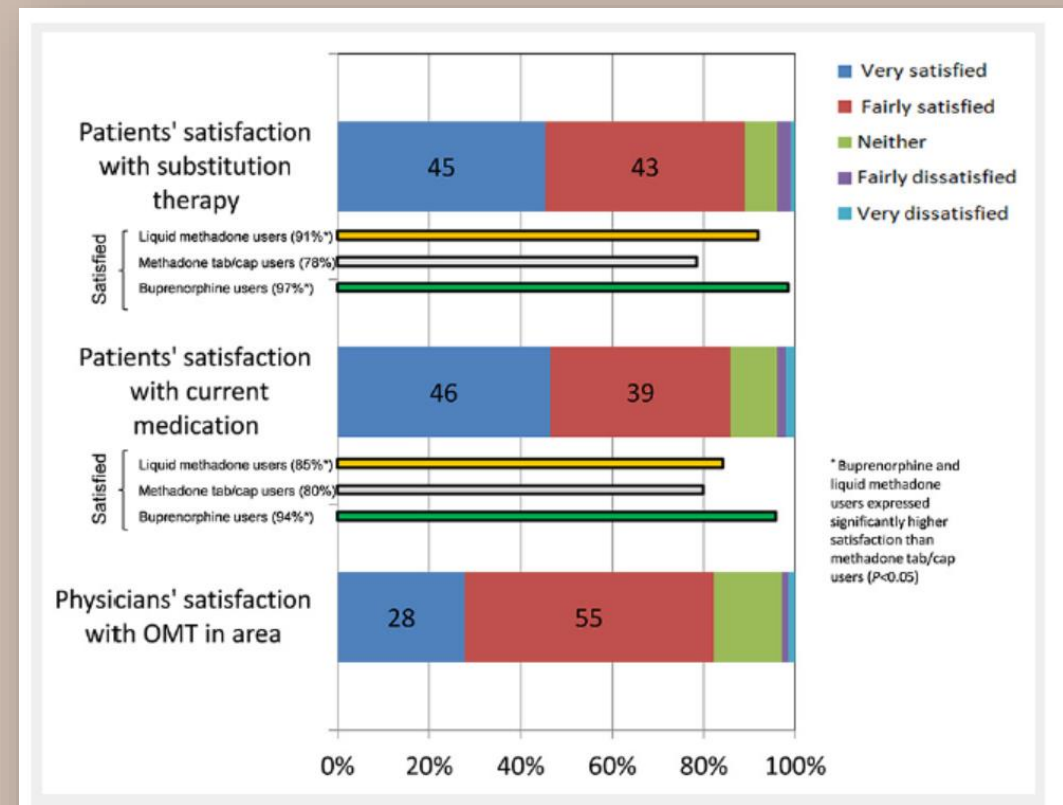
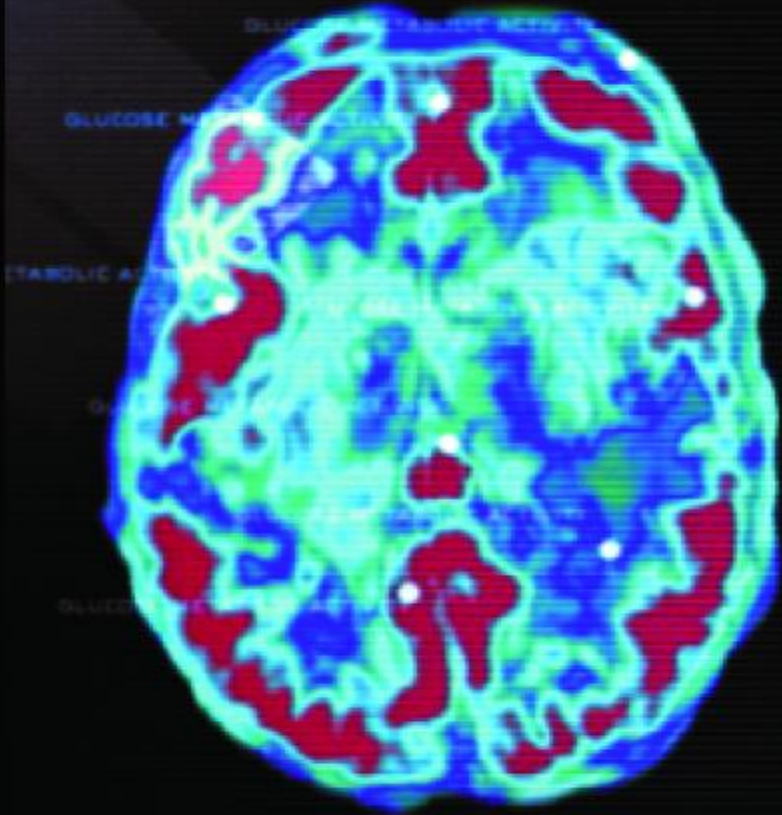
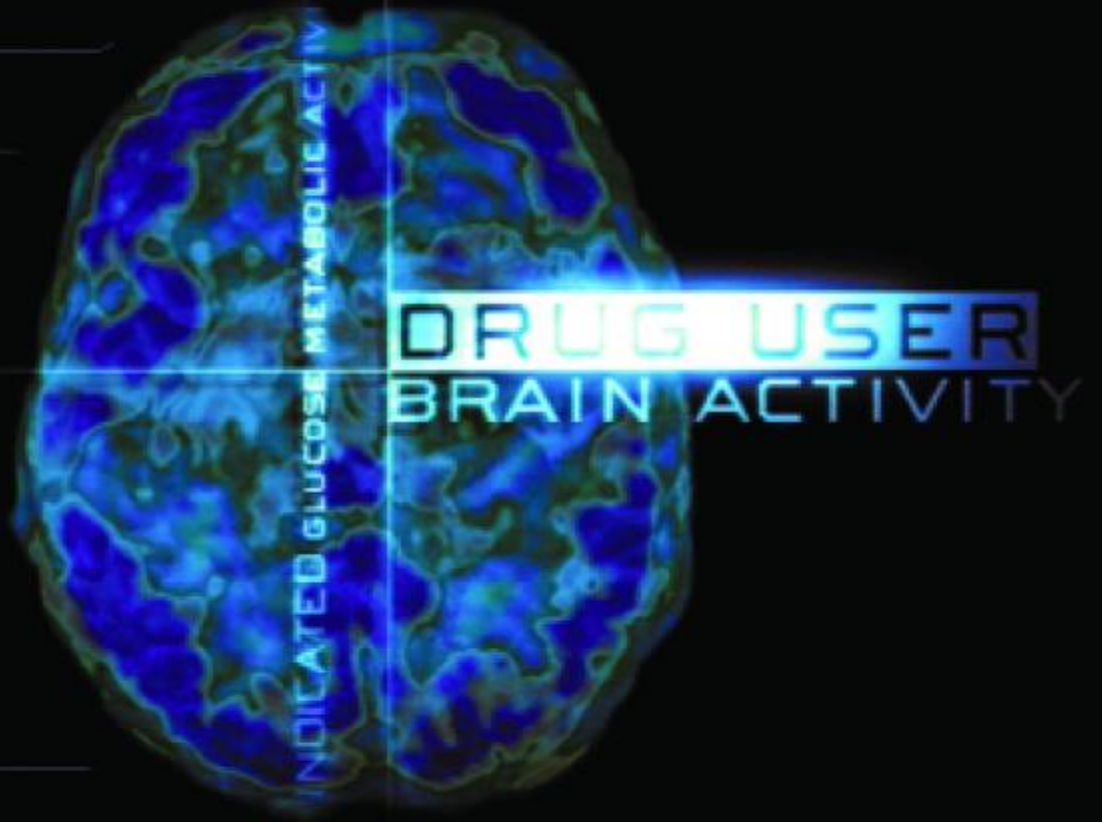


Figure 5

A summary of satisfaction with current medications and opioid maintenance therapy (OMT). The patients' satisfaction was further stratified according to medications used.

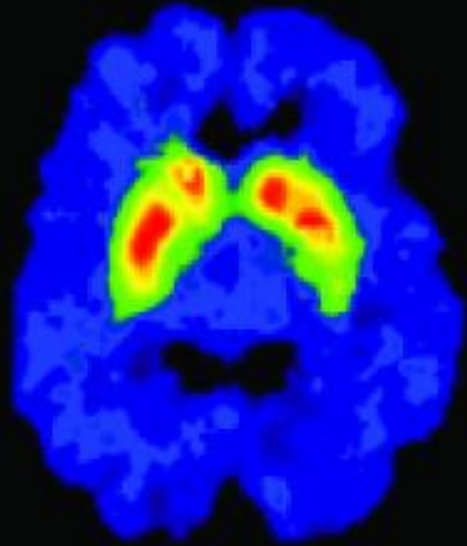


HEALTHY BRAIN ACTIVITY
INDICATED GLUCOSE METABOLIC ACTIVITY

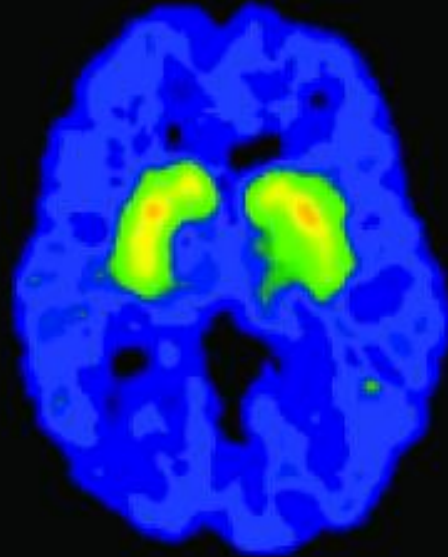


DRUG USER
BRAIN ACTIVITY

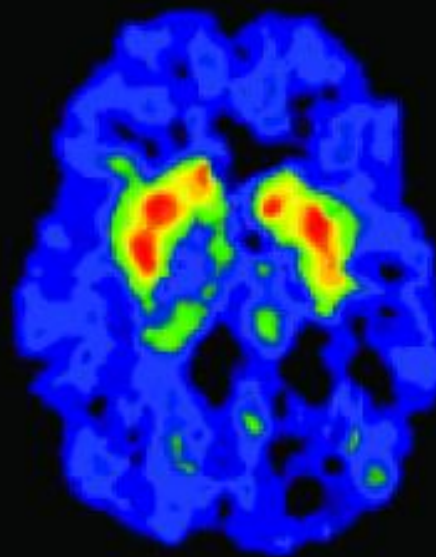
BRAIN RECOVERY WITH PROLONGED ABSTINENCE



Healthy Person



**METH Abuser
1 month abstinence**



**METH Abuser
14 months abstinence**

These images of the dopamine transporter show the brain's remarkable potential to recover, at least partially, after a long abstinence from drugs—in this case, methamphetamine.

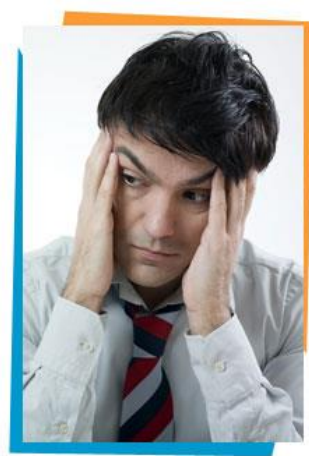
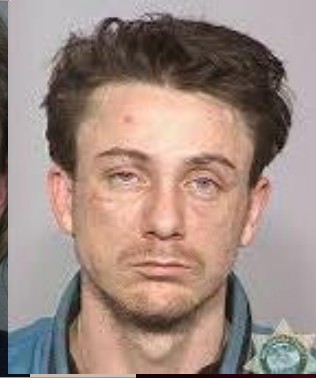
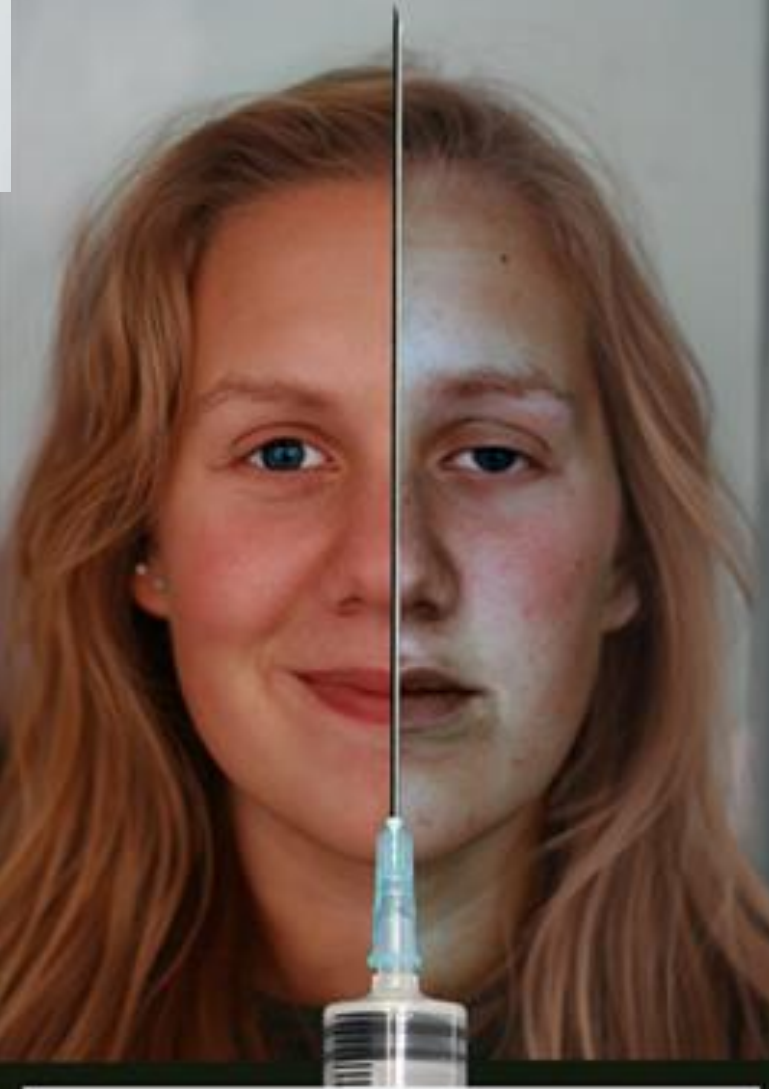
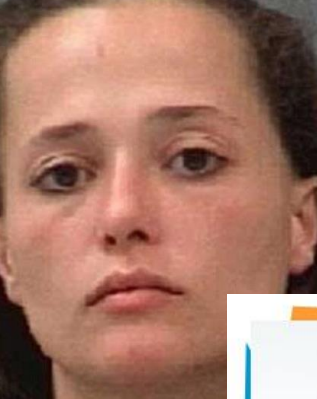
Source: J Neurosci 21:9414–9418, 2001.

Message to take home:





CHOOSE YOUR SIDE



**Drugs can lead to a slow and painful death
Don't start in the first place!**





**“If you want to live a
happy life, tie it to a
goal, not to people or
objects.”**

-Albert Einstein

