

# YOUR BODY AND YOUR HEALTH

Making your own decisions is an important part of becoming an adult. It's hard enough to make choices when you're straight-why make it harder by drinking or using drugs?

\*Alcohol is a drug that can cause more serious health problems for girls than guys. Girls feel the effects of alcohol more quickly, and health problems happen faster.

\*Cocaine increases your blood pressure. Both alcohol and cocaine increases your heart rate. When you use alcohol and cocaine together, your heart rate increases more than if you used either drug alone.

\*Pills-like those taken for nerves or to sleep-can be dangerous...especially if you take them with alcohol.

\*Girls get *HIV* infection and *AIDS* more easily from boys than boys do from girls.

\*Inhalants (glue, paint thinner, etc.) can cause damage to your lungs, liver, and heart. They can also cause memory loss.

\*Steroids can stunt your growth, lead to sterility and cause you to be angry and tense all the time.

\*Marijuana can harm your lungs and increases your heart rate and blood pressure.

\*Alcohol is a drug that can hurt your liver. Heavy drinking makes it harder for your body to fight off diseases. So does using heroin or cocaine.

\*If you drink a lot of alcohol in a very short time, you can die of alcohol poisoning. The people who usually die from this kind of drinking are teens.

*"Girls Talk to Girls" and "Guys Talk to Guys" in "Who's Got The Power? You or Drugs," a brochure available from NCADD.*