### Harmful Effects of Substance Use on the Body

#### Alcohol
- Distorted vision & coordination
- Impaired judgement
- Depression
- Anxiety
- Vitamin deficiencies
- Stomach problems
- Sexual impotence
- Liver damage
- Anemia
- Increased cancer risk

#### Rx Opiates
- Depressed breathing, risk for pneumonia
- Collapsed veins, blood clots
- Infections of heart and valve lining
- Constipation, cramping, liver & kidney disease
- Increased risk of HIV, Hepatitis B & C
- Tolerance, dependence, and withdrawal

#### Marijuana
- Impaired memory & concentration
- Diminished sexual pleasure
- Increased cardiac risk
- Paranoia, hallucinations
- Lung damage
- Chronic fatigue, weight gain
- Increased risk of cancer & infertility

#### Methamphetamine
- Increased heart rate and blood pressure
- Convulsions
- Irritability, insomnia, paranoia, violent behavior
- Stroke, heart attack, convulsions, death
- Severe dental problems
- Body sores, infection
- Lung, kidney, and liver damage

#### Heroin
- Depressed breathing, risk for pneumonia
- Collapsed veins, blood clots
- Infections of heart and lining of valves
- Constipation, cramping, liver, kidney disease
- Increased risk of HIV, Hepatitis B
- Tolerance, dependence, and withdrawal

#### Cocaine
- Increased blood pressure, heart rate, respiratory rate, and body temperature
- Violent, erratic, paranoid behavior
- Hallucinations, psychosis
- Heart attacks, strokes, seizures, respiratory failure, death
- Nosebleeds, stomach ulcers, asthma
- Movement disorders