



## GLOSSARY OF TERMS

**abscess:** collection of pus in body tissues often with swelling and inflammation, frequently caused by bacteria.

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**abstract:** thought of apart from concrete realities, specific objects or actual instances, as *an abstract idea*.

**abuse:** the illegal, improper or harmful use of something.

**addiction:** a state of physical and/or mental dependence on a drug to such an extent that stopping causes severe trauma.

**addictive:** causing *addiction*, a state of physical and/or mental dependence on a drug to such an extent that stopping causes severe trauma.

**additive:** a substance added to another to alter or improve it in some way, such as, to change the color or texture of food.

**aerosol spray:** a small container holding a substance that is pushed out of the container as a spray, under the pressure of a gas.

**aggression:** fighting, or acting in a way that is likely to start a fight.

**aggressiveness:** describes a person who acts in a way that is likely to start a fight.

**AIDS:** (short for *Acquired Immune Deficiency Syndrome*) a disease that destroys the natural system of protection that the body has against other diseases.

**amphetamine:** any of a group of powerful stimulant drugs, often called “speed,” that act on the central nervous system (the brain and the spinal cord), increasing heart rate and blood pressure while reducing fatigue. Exhaustion and depression follow when the effects of the amphetamine wear off. Serious mental problems can develop from repeated use.



**amyl nitrite:** a pale yellow liquid used to open or widen blood vessels to allow more blood flow, sometimes abused as an inhalant.

**anesthetics:** substances doctors use to stop a person from feeling pain during an operation, either in the whole body when unconscious or in a part of the body when awake.

**anorexia:** an eating disorder marked by an extreme fear of becoming overweight and leading to excessive dieting to the point of severe ill health and sometimes death.

**antidepressant:** any drug intended to prevent or handle depression is categorized as an antidepressant. Such drugs tend to deal only momentarily with the symptoms without addressing the cause.

**anxiety:** distress, nervousness or fear.

**Appalachians:** a mountain system in Eastern North America, extending from Southern Quebec to North Alabama.

**auditory:** related to hearing.

**binge:** a spree or bout of unrestrained drinking alcohol, eating, or spending money.

**biochemical:** the interaction of life forms and chemical substances. *Bio* means life; of living things. From the Greek *bios*, life or way of life, and *chemical*, of or having to do with chemicals. *Chemicals* are substances, simple or complex, that are the building blocks of matter.

**blackout:** a temporary loss of consciousness, sight or memory.

**blood vessel:** any of the veins (large and small) that transport blood through the body.

**bludgeon:** to hit with, or as with, a heavy club.

**body chemistry:** any or all of the elements that make up the body as well as its various reactions.

**bronchitis:** an inflammation (irritation, swelling, painful condition) of the *bronchi*, the two branches of the windpipe that carry air into the lungs.

**butane:** a gas obtained from petroleum and used as a fuel.

**caffeine:** a stimulant in coffee, tea and the kola nuts used to make soft drinks. It is widely used in medicines and painkillers.



**cannabis:** describes any of the different drugs that come from Indian hemp, including marijuana (made from the dried flowers, seeds and leaves) and hashish (made from the resins). Its nonmedical use is illegal in many countries.

**cardiac:** relating to or affecting the heart.

**cardiovascular:** related to both the heart and the blood vessels.

**Center for Disease Control (CDC):** an agency of the U.S. Government, with headquarters and main laboratories in Atlanta, Georgia. The CDC conducts research into the origin and occurrence of diseases and develops methods for their control and prevention.

**central nervous system:** the part of the nervous system that is made up of the brain and spinal cord.

**cocktail:** a beverage or solution made up of various drugs.

**cold flash:** a sudden rush or sensation of coldness.

**collapsed veins:** damage caused by repeated injections into veins (in the arms or other areas of the body) using needles.

**coma:** a long period of unconsciousness from which a person cannot be awakened.

**controlled substance:** any of a category of behavior-altering or addictive drugs, as heroin or cocaine, whose possession and use are restricted by law.

**convulsion:** a violent shaking of the body or limbs caused by uncontrollable muscle contractions (strong and painful movements), which can be a symptom of brain disorders and other conditions.

**craving:** a strong desire for something.

**culture:** the beliefs and activities that are common to members of a group. Culture includes ideas that people have about art, religion, family and government, their ideas about what is important or valuable, how people should act and what people like to do for fun or entertainment.

**cut:** to add a substance to another, especially to a drug or an alcoholic drink, usually to make it weaker or cheaper.

**dehydration:** a dangerous lack of water in the body resulting from inadequate intake of fluids or excessive loss through sweating, vomiting or diarrhea.

**delirium:** a state marked by extreme restlessness, confusion and sometimes hallucinations, caused by fever, poisoning or brain injury.



**delirium tremens:** a psychotic condition typical of withdrawal in chronic alcoholics, involving tremors, hallucinations, anxiety and disorientation.

**delusions of power:** gross and false overestimation of personal worth, importance, powerfulness or attractiveness.

**dependence:** having a physical or mental “need” to use a drug or other substance regularly, despite the fact that it is likely to have a damaging effect (usually used with another word, as in “alcohol dependence”).

**dependency:** a fact of being *dependent*.

**dependent:** having a physical or mental “need” to use a drug or other substance regularly, despite the fact that it is likely to have a damaging effect (usually used with another word, as in “alcohol-dependent”).

**depress:** to weaken something or make something less active.

**depressants:** often referred to as central nervous system depressants, these drugs slow down brain function. They include sedatives and tranquilizers.

**depression:** a set of symptoms such as persistent feelings of hopelessness, poor concentration, lack of energy and inability to sleep.

**derivative:** developed or obtained from another source.

**designer drug:** a drug that has been chemically altered to enhance its properties or to evade a legal prohibition.

**diabetes:** a chronic disease characterized by excess sugar in the blood, excessive thirst, hunger, urination, and weakness. If not treated, diabetes can result in coma and death.

**dilated:** enlarged, usually describing the pupils of the eyes.

**disassociate:** cut association with, disconnect from; no longer be involved with.

**dog deworming substance:** a chemical substance used to get rid of worms, parasites that live in a dog’s intestines and other tissues.

**drug:** any substance other than food that, when put into the body, changes the way the body works or the way the person thinks or feels.

**drug abuse:** substance abuse involving the use of illegal drugs or misuse of medicines.



**drug culture:** refers not only to the lifestyles of people who abuse drugs and the modes of dress and behavior common to abusers of different types of drugs, but also refers to the degree to which drugs have invaded so many aspects of our society and have influenced our culture in fundamental ways.

**Drug Enforcement Administration (DEA):** an agency of the US Government, established in 1973. The primary task of the agency is to reduce the supply of illegal drugs produced inside the US or entering the US from abroad.

**edginess:** a state of being nervous and anxious and likely to lose control.

**emergency room:** a part of a hospital for patients who need immediate urgent attention, e.g., for heart attacks or traffic accidents.

**emotionally draining:** depleting somebody of strength or vitality, as in *an emotionally draining experience*.

**epilepsy:** a medical illness demonstrated by the occasional sudden loss or impairment of consciousness, often accompanied by convulsions (violent shaking of the body or limbs).

**ergot fungus:** the mold *ergot*, which infects the flowers of wheat, rye and other grains and produces poisons that can harm humans and animals that eat the infected grain.

**erratic:** unpredictable and unstable.

**euphoria:** a feeling of great joy, excitement or well-being.

**fatal:** causing or capable of causing death, as in a *fatal car crash*.

**flashbacks:** experiencing the effects of a hallucinogenic drug such as LSD, long after discontinuing use of the drug.

**flushed:** reddened skin due to blood vessels opening up.

**focus:** concentrated effort or attention on a particular thing.

**Food and Drug Administration:** See US Food and Drug Administration.

**gateway drug:** a drug, which when used, may lead to the use of more addictive substances.

**genetic abnormalities:** conditions in the body caused by irregularity of the genes (those parts of cells that define the way a cell will grow, what it does and how it acts).



**hallucination:** the perception of somebody or something that is not really there, which is often a response to some drugs.

**hallucinogen:** a substance, especially a drug such as LSD, that causes hallucinations. A *hallucination* is the perception of somebody or something that is not really there, which is often a response to some drugs.

**hangover:** a set of symptoms including headache, nausea, thirst and sickness resulting from drinking too much alcohol.

**hazard:** something that is potentially very dangerous.

**heart attack:** a sudden, serious, painful and sometimes fatal break in the heart's normal functioning, especially due to a blockage in the artery supplying blood to the heart.

**heart or kidney failure:** a breakdown or lessening of the performance of the heart or kidneys or an occasion when they stop working or stop working adequately.

**heart valve:** a *valve* is a small piece of tissue in the heart or in a vein that controls the flow of blood and keeps it flowing in one direction only.

**heatstroke:** a condition caused by too long an exposure to high temperatures, causing high fever, headaches, hot, dry skin, physical exhaustion and sometimes physical collapse and coma.

**hemorrhaging:** serious bleeding inside the body.

**hepatitis:** inflammation of the liver caused by a virus or toxin, resulting in fever, a yellowing of the skin, severe stomach pain and weakness, often caused by sexual contact or needle injection.

**high:** having a temporary false feeling of happiness, with reduced physical and mental control, by use of alcohol or a drug.

**high blood pressure:** blood pressure is the amount of force with which blood flows through the body. When someone has high blood pressure, it means the heart must work harder to pump blood through the arteries. If the condition persists, damage to the heart and blood vessels is likely.

**HIV:** the virus that causes AIDS, a disease that destroys the natural system of protection that the body uses against other diseases.

**hostile:** unfriendly.



**humanitarian:** committed to improving the lives of other people, as in a *humanitarian organization*.

**hyperactivity:** a condition of being extremely active and restless and lacking the ability to concentrate for any length of time.

**hyper-excitability:** *hyper-* means excessive, unusually high. Therefore, *hyper-excitability* means unusually high excitability (nervous and liable to become quickly excited).

**hyper-stimulation:** *hyper-* means excessive, unusually high. Therefore, *hyper-stimulation* means unusually stimulated (to cause physical activity in something such as a nerve or an organ).

**illegal drug:** a drug that is forbidden by law to use, possess, buy or sell.

**imminent:** about to happen.

**immune system:** the immune system consists of all the organs and processes in the body that protect a person from illness and infection.

**impaired:** not able to act in a normal way; not working correctly.

**impairment:** being impaired, not able to act in a normal way, not working correctly.

**impotence:** chronic inability to have an erection for the performance of a sexual act.

**ingestion:** the act of taking something into the body as by swallowing.

**inhalant:** any substance, in the form of a gas or vapor, that can be inhaled, which is sometimes abused for its stimulating effect. Nearly all inhalants produce effects similar to painkilling drugs, which slow down the body's functions. The user experiences an initial high and loss of inhibition, then drowsiness, lightheadedness and agitation.

**inhale:** to breathe in or draw a gas, liquid or solid into the lungs through the nose or mouth.

**inhibitions:** ideas or rules that tend to stop a person from doing something.

**insomnia:** inability to fall asleep or to remain asleep long enough to feel rested, especially when this is a problem that continues over time.

**irreversible:** impossible to reverse or undo.

**judgment:** the ability to form sound opinions and make sensible decisions.



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**kidney failure:** a breakdown or lessening of the performance of the kidneys or an occasion when they stop working or stop working adequately.

**laced:** added a small amount of a substance to food or drink.

**lethal:** certain to or intended to cause death.

**long-term effect:** an effect continuing for a long period.

**LSD “trip”:** the experience produced by taking a hallucinogenic drug—in this case, LSD.

**mainlining:** injecting an illegal drug, especially heroin or cocaine, into a large vein.

**malaise:** a general feeling of illness or sickness.

**malnutrition:** a lack of healthy foods in the diet, or an excessive intake of unhealthy foods, leading to physical harm.

**mass media:** communications media that reach a large audience, especially television, radio and newspapers.

**menstrual cycle:** in a non-pregnant woman, the discharge of blood and other material from the lining of the uterus about once a month.

**methamphetamine:** an illegal, man-made synthetic drug in the same class as cocaine and other powerful street drugs. It is highly addictive.

**metric ton:** a unit of weight equal to 1,000 kilograms (2,205 pounds).

**mood-altering:** drugs or substances that affect the mind and change the way a person thinks or feels.

**mood-changing:** same as mood-altering.

**mood disturbances:** disturbances in a person’s emotional life. These may include feelings of sadness, hopelessness and worthlessness, complaints of physical pain, and changes in appetite, sleep patterns and energy level.

**mood swings:** sudden and extreme changes in a person’s emotions and feelings.

**morphine:** a drug that comes from the opium poppy and that may become addictive with prolonged use. It is used for the relief of severe pain.

**motor skills:** dexterity and ease of coordination in the execution of body motions.

**muscle tone:** the firmness and strength of a person’s muscles.





**muscle wasting:** gradual shrinking of the muscles because the muscle tissue (the material that makes the muscles) is being burned up by the body.

**narcotic:** a drug affecting the central nervous system, which can cause dizziness, euphoria, loss of memory, lack of coordination and unconsciousness.

**nerve cells:** cells that are part of the nervous system and send messages to and from the brain.

**nerve ending:** one of the millions of points on the surface of the body and inside it that sends messages to the brain, causing people to feel sensations such as heat, cold and pain.

**nervous system:** all the nerves in the body together with the brain and spinal cord.

**nitrous oxide:** a type of gas used by dentists to make a patient unconscious during dental surgery.

**opium:** a brownish, gummy extract from the opium poppy (a flower). Heroin is made from opium.

**opium poppy:** a poppy (type of flower) with grayish green leaves, grown as a source of opium.

**Opium Wars:** a war between Great Britain and China that began in 1839 as a conflict over the opium trade and ended in 1842.

**paint thinner:** a liquid such as turpentine that is added to paint to make it less thick.

**panic attack:** a sudden overpowering feeling of fear or anxiety that prevents somebody from functioning, often triggered by a past or present source of anxiety.

**paranoia:** suspicion, distrust or fear of other people.

**paranoid:** suspicious, distrustful or afraid of other people.

**perception:** the process of using the senses to acquire information about the surrounding environment or situation.

**poison:** a substance that causes illness, injury or death if taken into the body or produced within the body.

**potency:** the strength of something such as a drug or alcoholic beverage.



**potent:** producing a powerful effect on the body or mind when taken, eaten or drunk.

**prenatal:** existing or happening during pregnancy but before childbirth.

**propane:** a colorless gas used for cooking and heating.

**psychological warfare:** the use of propaganda, threats and other psychological techniques to mislead, intimidate, demoralize or otherwise influence the thinking or behavior of an opponent.

**psychoses:** plural of *psychosis*.

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**psychosis:** a condition of having *delusions* (false beliefs about oneself or the situation one is in), *hallucinations* (things that one imagines they can see or hear but that are not really there), *incoherence* (speaking in a way that cannot be understood) and distorted perceptions of reality.

**psychotic:** a person afflicted by *psychosis*.

**psychotic behavior:** behavior that shows the existence of *psychosis*, a condition of having *delusions* (false beliefs about oneself or the situation one is in), *hallucinations* (things that one imagines they can see or hear but that are not really there), *incoherence* (speaking in a way that cannot be understood) and distorted perceptions of reality.

**public service announcement (PSA):** messages broadcast free of charge on radio and TV (compared to advertisements to get people to buy something) that promote programs, activities or services of governments or nonprofit organizations serving community interests. Examples are the PSAs in these drug education lessons.

**pustule:** a small round raised area of inflamed skin filled with pus.

**rave:** a large party or club event where popular music is played and that sometimes continues all night. Rave parties attract large crowds to clubs or other venues for frenzied dancing to recorded music. Many people who attend raves take an illegal drug popularly known as Ecstasy.

**rebel:** to refuse to conform to the usual codes and conventions of society.

**reflexes:** instant reactions to something, without having to think about it.

**regimen:** a regulated course, as of diet, exercise or manner of living, intended to preserve or restore health or to attain some result.



**rehab (or drug rehab):** the period or process of rehabilitation, as for a person addicted to a chemical substance.

**reproductive damage:** damage caused to the parts of the body having to do with the production of children.

**resin:** a semisolid substance that comes from the sap of some plants and trees. It is used in varnishes, paints, adhesives, inks and medicines.

**respiratory failure:** *respiratory* means relating to or used in breathing or the system in the body that takes in and distributes oxygen. *Failure* means a breakdown or lessening of the performance of something. Therefore a respiratory failure is a lessening or breakdown of the ability to breathe oxygen into the body.

**respiratory tract:** the passage formed by the mouth, nose, throat and lungs, through which air passes during breathing.

**rush:** the first surge in sensation felt when smoking or injecting a drug, varying in length depending on the drug.

**scarred or collapsed veins:** a common result of repeated needle injections into veins in some types of drug abuse. Veins may become temporarily blocked if the internal lining of the vein swells in response to repeated injections and permanent vein collapse may occur.

**sedation:** a state of artificial calm, restfulness or drowsiness, especially as brought on by a sedative or tranquilizing drug.

**sedative:** a medicine or drug that calms or makes one sleep.

**shoot up:** to inject an illegal drug.

**short-term effect:** an effect that lasts for the period extending from the present only a short time into the future.

**short-term value:** *short term* means the period extending from the present only a short time into the future; *value* is the worth, importance or usefulness of something to somebody.

**sinuses:** the open spaces in the front of the skull that a person breathes through with the nose.

**sleep deprivation:** not having or being prevented from having sufficient sleep.

**snorted:** inhaled through the nostrils.

**solvent:** a substance that dissolves another substance to form a solution.



**spontaneous abortion:** an involuntary ending of a pregnancy through the release of an unborn baby from the womb at too early a stage in its development for it to survive.

**stimulant:** a drug that increases immediate energy and alertness but that is accompanied by increases in blood pressure, heart rate and breathing.

**stroke:** a sudden blockage or rupture (the breakage of something) of a blood vessel in the brain resulting in, for example, loss of consciousness, partial loss of movement or loss of speech.

**suffocation:** lack of air needed to breathe; smothering.

**surrender:** to yield to a strong emotion, influence or temptation.

**symptom(s):** an indication of a disease in the body or some other bad condition of the body; for example, pain, dizziness or itching.

**synthetic drug:** a drug made artificially from chemicals, especially one made to resemble a natural product.

**systematically:** done or acting according to a fixed plan or system, methodical.

**tactile:** relating to or used for the sense of touch.

**tactile hallucinations:** *tactile* means having to do with the sense of touch and a *hallucination* means experiencing a seemingly real perception that is not actually present. *Tactile hallucination* is when someone experiences some perception related to touch when it is not really there.

**THC:** the main chemical in cannabis that causes its drug reaction.

**tolerance:** the natural or developed ability to resist the effects of the continued or increasing use of a drug.

**toluene:** a colorless, flammable liquid, obtained chiefly from coal tar and petroleum and used as a solvent and a fuel.

**toxic:** harmful, destructive or deadly; poisonous.

**toxicity:** the state of being poisonous to somebody or something.

**toxin(s):** a substance that accumulates in the body and causes it harm.

**tremors:** uncontrolled shaking of the body or arms and legs.

**trip:** the experience produced by taking a drug such as LSD.



**tuberculosis:** a serious infectious disease that affects the lungs and other parts of the body.

**United Nations:** an international organization of countries created to promote world peace and international cooperation, founded after World War II ended in 1945 to maintain world peace, develop good relations between countries, promote cooperation in solving the world's problems and encourage respect for human rights. One of the UN agencies is the World Health Organization (WHO), established in 1948 to organize and fund healthcare programs worldwide.

**UN Office on Drugs and Crime:** the United Nations Office on Drugs and Crime helps countries fight illegal drugs, crime and terrorism.

**unrestricted:** if an activity is unrestricted, one is free to do it in the way that one wants without being limited by any rules.

**US Food and Drug Administration (FDA):** an agency of the US Government that is supposed to ensure that foods are pure and healthful and produced under sanitary conditions; that drugs and machines used by doctors are safe and effective for their intended uses; that cosmetics are safe and made from appropriate ingredients and are not harmful; and that labels and packaging of products are truthful, informative and not deceptive.

**vaporize:** to change into invisible particles floating in the air by heating or spraying.

**virus:** a small germ that can infect the body, causing colds and other illnesses.

**water pipe:** a pipe for smoking tobacco or marijuana that uses a water container through which the smoke is drawn and cooled.

**wear off:** to weaken, fade, lessen, diminish or disappear.

**wheezing:** breathing with a whistling sound and with difficulty.

**withdrawal:** the unpleasant physical and emotional reactions felt when coming off a drug, ranging from mild discomfort to intense pain and seizures, depending on the drug. Avoiding this pain is one reason addicts don't come off drugs, even when they want to quit.