

Looking out for Self and Others- Alcohol and Drug Abuse **Jan 2016**

There has been a significant increase in the number of students dropping out of Universities and Colleges due to abuse of **alcohol** and **drugs**.

Outlined below are some of the negative implications of abusing alcohol and drugs such as Marijuana (bhang).

Effects of alcohol on the body are:

- Cardio myopathy – Stretching and drooping of heart muscle,
 - Arrhythmias – Irregular heart beat
 - Stroke
 - High blood pressure
 - Steatosis, or fatty liver
 - Alcoholic hepatitis
 - Liver Fibrosis
 - Liver Cirrhosis
 - Lowered immunity
 - Deficiency of vitamin B1
 - Cancer of Mouth, Esophagus, Throat, Liver & Breast
 - Black out and memory lapses
 - Trembling
- **Wernicke's encephalopathy**- signs are: mental confusion, paralysis of the nerves that move the eyes (i.e., oculomotor disturbances), and difficulty with muscle coordination
 - **Korsakoff's psychosis**- signs are: persistent learning and memory problems.

Short term effects of Marijuana in the body are:

- Dizziness
- Shallow breathing
- Red eyes and dilated pupils
- Slowed reaction time (If you drive after using marijuana, your risk of being in a car accident more than doubles.)
- Sensory distortion
- Panic
- Anxiety
- Poor coordination of movement
- Lowered reaction time
- After an initial "up," the user feels sleepy or depressed
- Increased heartbeat (and risk of heart attack)

Long-term effects of marijuana in the body are:

- Hallucinations
- Dry mouth
- Increased appetite
- Low Immunity
- Reduced resistance to common illnesses (colds, bronchitis, etc.)
- Growth disorders
- Inability to understand things clearly
- Increase of abnormality in body cells
- Reduction of male sex hormones
- Rapid destruction of lung fibers and lesions (injuries) to the brain could be permanent
- Reduced sexual capacity
- Study difficulties: reduced ability to learn and retain information
- Apathy, drowsiness, lack of motivation
- Personality and mood changes

The end results of these effects are high drop out rates from Universities and Colleges, health complications, loss of potential income for self and family, low self-esteem, increased crime rates, domestic violence and many more.

The office of Guidance and Counseling in the Dean of Students Office wishes to advise you to stay alert to these realities and keep yourself away from alcohol and drug abuse because of their potentially devastating consequences.

Feel free to visit KyUC Guidance and Counseling office for various issues affecting your life and you feel you require psychological help. Also direct your colleagues whom you think require help to this office so that we can make KyUC a safe home away from home for all of us. **(Above information is available in the following web locations).**

<http://www.healthline.com/health/alcohol/effects-on-body>
<http://www.drugfreeworld.org/drugfacts/alcohol/short-term-long-term>
<http://www.menshealth.com/health/your-body-on-boozem-effects>
<http://www.drugabuse.gov/publications/research-reports/marijuana/available-t>
<http://www.drugfreeworld.org/drugfacts/marijuana/short-and-long-term-effec>

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