

"In 14 years of modeling,
this is my favorite shot of myself."



*Christy Turlington considers quitting smoking her biggest success.
One of her biggest regrets is that she ever started.*

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

Starsnip
Children's Health

SMOKING AND DRUGS AND DIABETES

(Taken from http://www.cdc.gov/tobacco/youth/information_sheets/youthfax1.htm#)

Tobacco and Athletic Performance



- Don't get trapped. Nicotine in cigarettes, cigars, and spit tobacco is addictive.
- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can wreck lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Cigars and spit tobacco are NOT safe alternatives.

AND

Smoking also adds to your risk of cardiovascular (heart disease) if you have diabetes

Tobacco and Personal Appearance



- Yuck! Tobacco smoke can make hair and clothes stink.
- Tobacco stains teeth and causes bad breath.
- Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.
- Surgery to remove oral cancers caused by tobacco use can lead to serious changes in the face. Sean Marcee, a high school star athlete who used spit tobacco, died of oral cancer when he was 19 years old.

SO...



- Know the truth. Despite all the tobacco use on TV and in movies, music videos, billboards and magazines—most teens, adults, and athletes DON'T use tobacco.
- Make friends, develop athletic skills, control weight, be independent, be cool ... play sports.
- Don't waste (burn) money on tobacco. Spend it on CDs, clothes, computer games, and movies.
- Get involved: make your team, school, and home tobacco-free; teach others; join community efforts to prevent tobacco use.

ILLICIT DRUGS AND DIABETES

(Taken from <http://www.lifeeducation.org.nz/teens-only/drugs-and-alcohol.php>)

Although initial use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn can affect our behaviour. Once addiction develops, these brain changes can interfere with a person's ability to make voluntary decisions, leading to compulsive drug craving, seeking and use. Words, thoughts and behaviour can become dictated by the drug. Drugs might temporarily provide a false sense of happiness, but for every high, there's a low, and they can get lower, and lower, and lower.

WHAT ARE ILLICIT DRUGS?

(Taken from <https://www.lilly.com.au/ela/stayconnected/drugs.htm>)

Commonly used illicit drugs are referred to as being either an 'upper' or a 'hallucinogen'.

Uppers consist of:

Ice/Crystal Meth
Ecstasy/E/MDMA
Cocaine/Coke/snow
Speed/Whiz/Goey

Hallucinogens consist of:

Cannabis/Marijuana/Pot/Weed
Magic Mushrooms
LSD/Acid/Trip/Tabs



The associated effects of 'uppers' on the body

- > Numbness
- > Increased heart rate
- > Poor coordination
- > Dilated pupils
- > Twitching
- > Disrupted sleep
- > Memory problems
- > Depression
- > Overdose
- > Increased body temperature
- > Weakness
- > Increased metabolism
- > Nausea/Vomiting
- > Decreased appetite
- > Bad 'come downs'
- > Loss of appetite
- > Panic attacks
- > Addiction
- > Increased risk of cardiac problems
- > Hydration problems
- > Long term use can trigger mental health problems

The effects on diabetes control

- Increased risk of forgetting to take insulin due to altered perception.
- Hypos due to increased metabolism and decreased appetite.
- Perception may be altered, and as a consequence the ability to manage diabetes and BGLs maybe affected, as will the ability to recognise a hypo.
- Diabetes ketoacidosis may occur due to missing insulin injections.

Hallucinogens

The associated effects of 'hallucinogens' on the body

- > Depression
- > Disorientation
- > Lack of coordination
- > Mental disorders
- > Confusion
- > 'Whitey'/Nausea (Usually from drinking alcohol at the same time)
- > Increased appetite
- > Impaired judgement
- > Sleepiness
- > Loss of motivation
- > Paranoia

The effects on diabetes control

- High levels due to increased appetite.
- High levels due to forgetting to take insulin.
- Diabetes ketoacidosis due to elevated blood sugar level.
- Tiredness could disrupt the 'normal' diabetes routine.
- If taken in large amounts, Marijuana can lower blood glucose level.

Information sourced from Susan Payne, Launceston Diabetes Centre, 2007

For more information on diabetes and illicit drugs check out:

<http://www.diabetes.org/for-parents-and-kids/for-teens/alcohol-tobacco-drugs.jsp>