Drugs + Your BODY: It Isn’t Pretty

Altering drugs interfere with the body’s normal functioning. This interference can affect virtually everything a human body does. Here is the information to answer the questions about the table.

<table>
<thead>
<tr>
<th>Organ</th>
<th>Drugs</th>
<th>EFFECT(S)</th>
<th>Reaction</th>
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<tbody>
<tr>
<td><strong>HEART</strong></td>
<td>Tocotrienols</td>
<td>Tocotrienols affect lipid levels in the heart, which can reduce the risk of heart disease.</td>
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**Think It Through:**

1. How does alcohol damage the liver? How does it damage the heart? How does it affect the brain?

2. What are the symptoms of liver damage?

3. What are the symptoms of heart damage?

4. What are the symptoms of brain damage?

5. What are some actions that include both voluntary and involuntary responses?

6. What is the difference between voluntary and involuntary responses?

**ACTIVITY 3**

Drugs + Your LIFE: It Isn’t Pretty

In addition to the harm drugs do to the body, they also alter our behavior and affect how we think, feel, and act. Abusing drugs can change a person’s behavior and affect their relationships. This can lead to negative outcomes, such as poor decision-making, which can result in serious accidents and injuries. Abusing drugs can also lead to serious health problems, such as addiction, which can cause permanent damage to the body. These effects may last for years and can have serious consequences for both the individual and society.

**Think It Through:**

1. In a causal diagram, a causal link shows possible outcomes that can result from an event. How do drugs affect our behavior and thinking? What are the possible outcomes of drug abuse?

2. How can drug abuse impact our thinking and behavior? How can it affect our relationships? How can it affect our health?

3. What are some ways that drug abuse can affect our thinking and behavior?

4. What are some ways that drug abuse can affect our relationships?

5. What are some ways that drug abuse can affect our health?

**ACTIVITY 1**

The Brain–Body Connection

The brain and nervous system work together to control all aspects of what the body does. The brain is a network of cells that communicate with each other to control the body’s movements, thoughts, and feelings. The brain and nervous system receive information from the body, process it, and send messages back to the body to control its functions. This process is called the brain–body connection. The brain–body connection is responsible for controlling all aspects of the body, from the muscles to the organs.

**Think It Through:**

1. What is the brain–body connection?

2. How does the brain–body connection work?

3. What are some actions that the brain–body connection controls?

4. What are some actions that include both voluntary and involuntary responses?

5. What is the difference between voluntary and involuntary responses?

**ACTIVITY 2**

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