

# VOCABULARY LIST:

## GRADES 6-12

### Dear Teacher,

The vocabulary list on the following pages is drawn from the “A Dangerous Mix” student article and the “Read the Label!” activity sheet.

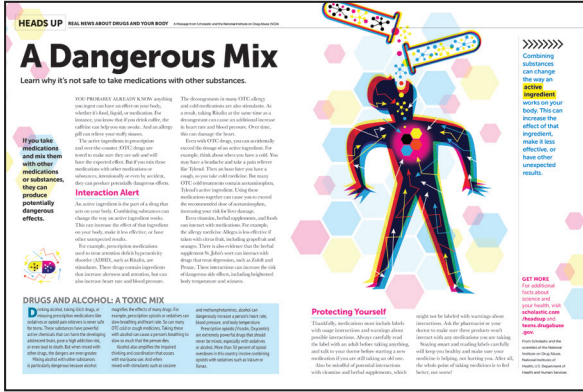
It can be previewed with students prior to reading or reinforced with students afterward. Encourage students to incorporate these words into their discussions and writing about the student article and activity sheet.

The list integrates vocabulary words that would be used across several content areas, such as *adolescent*, *ingest*, and *usage*, as well as domain-specific words, such as *decongestant*, *dose*, and *vitamin*.

#### **Some suggestions for students to help their understanding include:**

- organizing concept maps that include word parts, synonyms, antonyms, and examples;
- composing memory aids that explain the words or use them in a meaningful context;
- employing the words to create newspaper articles, stories, or poems.

Sources: Unless otherwise noted, definitions are sourced or adapted from *Merriam-Webster’s Collegiate Dictionary* and *Scholastic Children’s Dictionary*.



**HEADS UP** REAL NEWS ABOUT DRUGS AND YOUR BODY

## A Dangerous Mix

Learn why it's not safe to take medications with other substances.

**YOU PROBABLY ALREADY KNOW** that eating too many sugary snacks can be bad for your body, whether it's a hard sugar or an additive. But did you know that some drugs can be bad for your body, too? Some drugs can be bad for your body, too. Some drugs can be bad for your body, too.

**If you take medications and mix them with other medications or substances, they can produce potentially dangerous effects.**

**Interaction Alert**

As you know, a person's body is a complex system. It can be affected by many things, including the medicines you take. When you take a medicine, it goes into your body and starts to work. But if you take another medicine at the same time, it can change the way the first medicine works. This can be dangerous. For example, some medicines can make you feel dizzy or lightheaded. If you take another medicine at the same time, it can make you feel even more dizzy or lightheaded. This can be dangerous. For example, some medicines can make you feel dizzy or lightheaded. If you take another medicine at the same time, it can make you feel even more dizzy or lightheaded. This can be dangerous.

**DRUGS AND ALCOHOL: A TOXIC MIX**

Drugs and alcohol can be a dangerous mix. When you take a drug and drink alcohol, it can make you feel dizzy or lightheaded. This can be dangerous. For example, some medicines can make you feel dizzy or lightheaded. If you take another medicine at the same time, it can make you feel even more dizzy or lightheaded. This can be dangerous.

**Protecting Yourself!**

Always read the label on your medicine. It will tell you how to take it and what to avoid. If you are not sure, ask your doctor or pharmacist. They can help you understand the medicine and how to take it safely.

### Supplement for “A Dangerous Mix”

- Student Article: [scholastic.com/headsup/adangerousmix](http://scholastic.com/headsup/adangerousmix)
- Teacher’s Guide (includes activity sheet): [scholastic.com/headsup/teachers/adangerousmix](http://scholastic.com/headsup/teachers/adangerousmix)

**acetaminophen** (*noun*): a substance used in medications to relieve pain and reduce fever

**active** (*adjective*): producing or involving action or movement

**addiction** (*noun*): a brain disorder or illness associated with compulsive (uncontrollable) behavior, such as drug use, despite negative consequences

**adolescent** (*adjective*): related to the time when a young person is becoming an adult

**alertness** (*noun*): the state of being aware and ready to act

**allergy** (*noun*): a condition in which a person’s body is very sensitive to certain substances, resulting in rashes, breathing difficulties, and other problems

**alprazolam** (*noun*): a type of sedative drug used to increase calmness

**amplify** (*verb*): to increase the strength or amount of

**antihistamine** (*noun*): a substance used to reduce allergy reactions in the body as well as some cold symptoms

**attention-deficit/hyperactivity disorder (ADHD)** (*noun*); also called **attention deficit disorder**: a disorder that makes it difficult to pay attention and control impulsive behaviors. It may also involve restlessness and near-constant activity.

**blood pressure** (*noun*): the force caused by the blood pressing against the blood vessels that carry blood through the body (such as/especially arteries); high blood pressure is connected to a higher risk for heart disease

**bronchitis** (*noun*): a condition that occurs when the tubes that carry air to the lungs become inflamed (red and swollen), causing coughing

**caffeine** (*noun*): a substance found in coffee, tea, and chocolate that tastes bitter and is a stimulant

**chemical** (*noun*): a substance, such as an element or a mix of elements (compound), that is made by a chemical process

**chlorpheniramine maleate** (*noun*): an antihistamine

**citrus** (*noun*): a type of tree or shrub that has pulpy fruit covered in a thick rind

**cocaine** (*noun*): an addictive illegal drug that produces a temporary increase in alertness and feelings of pleasure

**coordination** (*noun*): the functioning of different muscles together to perform complex movements

**D&C yellow no. 10** (*noun*): a substance used to color foods and drugs

**decongestant** (*noun*): a substance found in medications that relieves congestion (clogged sinuses)

**depression** (*noun*): a medical condition in which a person experiences symptoms such as extreme sadness, difficulty concentrating, and a lack of energy

**developing** (*adjective*): growing or becoming more advanced

**diazepam** (*noun*): a type of sedative drug used to increase calmness

**disorder** (*noun*): a physical or mental illness

**dose** (*noun*): the quantity of an active ingredient that should be taken at one time

**emphysema** (*noun*): a condition that damages the lungs and causes shortness of breath and may cause heart problems

**evidence** (*noun*): something that gives proof or a reason to believe something

**exceed** (*verb*): to go over a set limit

**expected** (*adjective*): thought to be likely or certain to occur

**glaucoma** (*noun*): a disease that affects the eye and can cause vision loss over time

**heart rate** (*noun*): the number of times the heart beats in one minute

**heightened** (*adjective*): greater in amount or degree

**herbal supplement** (*noun*): a substance made from herb plants or parts of the plant that is meant to be used as an addition to a person’s diet and often claiming to have possible health benefits

**hydrocodone** (*noun*): an opioid drug used to treat severe pain

**illicit** (*adjective*): against the law

**impaired** (*adjective*): weakened or damaged in function or ability

**ingest** (*verb*): to take into the body, normally through the mouth

**ingredient** (*noun*): something that is part of a combination or mixture

**intentionally** (*adverb*): on purpose or with awareness of what one is doing

**interact** (*verb*): to act upon one another

**interaction** (*noun*): the action or effect of two or more things on each other

**lactose** (*noun*): a type of sugar found in milk products

**liver** (*noun*): a large organ in the body that cleanses the blood

**magnesium stearate** (*noun*): a fine white powder added to drug capsules to prevent ingredients from sticking to one another, ensuring better absorption by the body

**magnify** (*verb*): to increase or intensify

**marijuana** (*noun*): dried leaves and flowers of the plant, which can be used as a drug

**medication** (*noun*): a chemical or substance that is used to treat a disease or medical condition

**methamphetamine** (*noun*): a substance found in some prescription medications that is a stimulant and is sometimes misused illegally

**microcrystalline cellulose** (*noun*): a substance produced from wood pulp that is added to some drug and vitamin tablets

**mindful** (*adjective*): aware

**misuse** (*verb*): to use something in a way that is unintended or harmful, such as misuse of a prescription drug

**opioid** (*noun*): one of a group of drugs that produce relaxation, pleasure, and pain relief. Opioids can be addictive and potentially deadly due to overdoses.

**overdose** (*noun, verb*): a lethal or toxic amount of a drug; to take a lethal or toxic amount of a drug

**over-the-counter (OTC) drug** (*noun*): a medication that can be purchased without a doctor’s prescription

**oxycodone** (*noun*): an opioid drug used to treat severe pain

**OxyContin®** (*noun*): a brand-name version of the drug oxycodone, which is an opioid drug used to treat severe pain

**particularly** (*adverb*): to an unusual degree

**pharmacist** (*noun*): a trained health-care professional legally allowed to dispense prescription drugs, monitor drug interactions, and advise patients on the proper use of medications

**pose** (*verb*): to present

**potentially** (*adverb*): possibly, but not yet actual

**pregelatinized starch** (*noun*): a substance usually produced from corn or potatoes that is added to many drug or vitamin tablets to help them dissolve easily

**prescription drug** (*noun*): a medication that must be ordered by a doctor before it can be dispensed

**prostate gland** (*noun*): a small organ located at the base of the bladder in males

**recommended** (*adjective*): to be suggested

**relieve** (*verb*): to ease or reduce discomfort

**Ritalin®** (*noun*): a brand-name version of a stimulant drug used to treat ADHD

**risk** (*noun*): the possibility of loss or injury; danger

**sedative** (*noun*): a chemical such as a drug that makes a person feel calm or reduces anxiety or nervousness

**seizure** (*noun*): a sudden attack caused by abnormal activity in the brain that causes convulsions or loss of consciousness

**sinus** (*noun*): an open space in the skull that connects with the nose openings

**stimulant** (*noun*): a drug that causes a temporary increase in activity in parts of the brain and/or body and makes a person more active or energetic

**substance** (*noun*): a material with a specific chemical makeup

**tranquilizer** (*noun*): a powerful drug used to calm nerves and reduce severe anxiety

**treat** (*verb*): to care for or deal with medically

**Tylenol®** (*noun*): a brand-name version of an over-the-counter pain reliever that contains acetaminophen as its active ingredient

**usage** (*noun*): the amount or way of using something

**Valium®** (*noun*): a brand-name version of the drug diazepam, which is a type of sedative used to increase calmness

**Vicodin®** (*noun*): a brand name for a combination of the drug hydrocodone, which is an opioid drug used to treat severe pain, and non-opioid pain reliever acetaminophen

**vitamin** (*noun*): a natural substance that is needed in small amounts in the body but does not provide energy; vitamins are found in some food and are sometimes produced inside the body

**Xanax®** (*noun*): a brand-name version of the drug alprazolam, which is a type of sedative used to increase calmness