



# Alcohol: the whole truth



Health Services • 7120 Hurontario St., PO Box 610 RPO, Streetsville, Mississauga, ON, L5M 2C1 • Tel : 905-799-7700 • www.peelregion.ca

## DRUG DICTIONARY

**Alcohol** – is a drug that slows down parts of the brain. Drinking alcohol can make you feel more relaxed. It can also make it harder to think clearly, make good decisions and do various tasks. Alcohol is found in many drinks such as wine, beer, and liquor.

**Alcoholic** – Someone suffering from alcoholism

**Alcoholism** – A chronic disorder in which someone needs alcohol all the time and in large amounts.

**Alcohol Poisoning** – When someone drinks too much alcohol too fast, the body can't process the alcohol. Overdosing on alcohol could lead to death.

**Anxiety** - A state of restlessness or worry about certain events or things in life

**Binge Drinking** – Drinking 5 or more standard alcoholic drinks at one time for the purpose of getting drunk

**Bandwagon** – When people do and believe things just because other people do or believe the same things. Following the actions or beliefs of others also known as “jumping on the bandwagon”

**Cancer** – is a class of diseases where a group of cells grow uncontrollably and can invade surrounding tissues and organs.

**Consequence** – is the result of a particular action (cause and effect).

**Coordination** – The result of making different people or things work together for a goal or effect. i.e. hand-eye coordination

**Courage** – Allows someone to face extreme dangers and difficulties without fear

**Dehydration** – extreme loss of water from the body

**Depressant** – A category of drugs which slows down the functions of the central nervous system like breathing and heart rate

**Depression** – a state of low mood and dislike of activities once felt as enjoyable.

**Drowsiness** – is a state of near-sleep, a strong desire for sleep, or sleeping for unusually long periods.

**Drug** – a substance other than food, which changes the way your mind and body function.

**Drunk (Intoxicated)** – A physical state when someone has high levels of alcohol in their body because they had too much to drink.

**Glucose** – A type of sugar made by the body in order to give cells and organs the energy they need to work.

**Hangover** – Describes the unpleasant physical effects after drinking too much alcohol. The most commonly reported features of a hangover include headache, nausea, sensitivity to light and noise, tiredness, diarrhea and thirst, typically after the effects of the alcohol begin to wear off.



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## DRUG DICTIONARY continued

**Hallucinations** – When reality is distorted and someone can see or hear things that may not necessarily be real.

**Hallucinogens** – A category of drugs that cause hallucinations (see above definition)

**High Blood Pressure** – A chronic condition where the pressure in the arteries (blood vessels) is high. This causes the heart to work harder in order to circulate the blood throughout the body

**Inhibitions** – Self-control of a desire or an urge. Most people lose their inhibitions when they drink or do drugs, so they say or do things they wouldn't necessarily do when they were sober.

**Marijuana (Cannabis)** – is an illegal drug and refers to the dried flowers and stems of the cannabis plant. It can be smoked in a joint (like a cigarette) and can cause hallucinations (see and/or hear things that aren't really there) and short term memory loss.

**Mental Health** – A level of mental or emotional well-being, or an absence of a mental disorder. Mental health is an expression of emotions and represents a person's ability to successfully cope with the normal stresses of life

**Reaction Time** – The amount of time it takes you to process and respond to a stimulus. For example, the time it takes to remove your hand from a hot surface

**Recovery Position (BACCHUS Manoeuvre)** – If someone you know has had too much alcohol to drink and passed out, you can put them in this position to help prevent them from choking on their vomit.

**Second-hand Smoke** – Occurs when tobacco smoke is in the air and is inhaled by people within the area of smokers

**Side Effect** – Any effect of a drug that is unpleasant or harmful.

**Slurred Speech** – a side effect of drinking too much alcohol when a person speaks very slowly, words are joined together, or are hard to understand

**Sober** – not intoxicated or affected by the use of drugs

**Spirits** – an alcoholic beverage, distilled liquor. Examples: rum, vodka, whiskey etc.

**Stimulants** – A category of drugs that speeds up the functions of the central nervous system like breathing and heart rate.

**Stressful life events** – Things that happen in our life that cause us stress

**Suicide** – The act or instance of someone intentionally killing themselves.