



# Highlights: Nutrition, Health, and Substances



This fact sheet is about nutrition, health and substances (drugs). Substances are:

- ⊗ Alcohol
- ⊗ Amyl/Butyl nitrite
- ⊗ Anabolic steroids
- ⊗ Anticholinergic drugs (Elavil and others)
- ⊗ Barbiturates
- ⊗ Benzodiazepines (Valium and others)
- ⊗ Caffeine
- ⊗ Cocaine/Crack
- ⊗ Ecstasy (MDMA)
- ⊗ GHB
- ⊗ Hallucinogens (LSD, etc.)
- ⊗ Heroin
- ⊗ Ketamine (Vitamin K)
- ⊗ Marijuana
- ⊗ Methamphetamine (speed)
- ⊗ Methaqualone
- ⊗ Nitrous oxide
- ⊗ Phencyclidine (PCP)
- ⊗ Rohypnol (roofies)
- ⊗ Tobacco
- ⊗ Other illegal drugs



Read the questions below. Mark the box for each question you answer yes to.

- I eat *less than usual* or I may forget to eat.
- I eat food with lots of fat and eat snack foods *every day*.
- I eat 'fast foods' or canned foods *most days* of the week.
- I drink *three or more* cups of coffee, tea, juice, or soda each day.
- I *have smoked* cigarettes or used marijuana.
- I often have bruises on my body and do not know why.
- I do not eat fruit or vegetables with my meals.
- I eat less than two dairy foods (milk, cheese, ice cream, yogurt, etc.) a day.
- I eat less than three protein servings (chicken, fish, meat, eggs, etc.) a day.
- I have used *alcohol* (beer, wine, etc.) or the drugs listed above.
- I may *not* take a shower or bath, or brush my teeth for a few days.

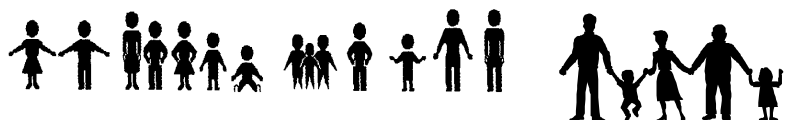
Add your yes answers. More yes answers mean a higher risk of being ill due to drug use. Turn the page to learn about nutrition and drugs.

If you have questions about drugs, talk to a health care provider. Write down your weight and height. Give this form to a health care provider.

**Date:**

**Weight:**

**Height:**





# Highlights: Nutrition, Health, and Substances



## Alcohol, Caffeine, Nicotine And Illegal Drugs

Some drugs can be bad for nutritional status and health. Drug use can cause

- loose or hard stools
- people to see things that are not real
- heart, liver, and kidney disease
- high cholesterol
- sleeping problems
- stomach problems
- brain disorders
- taste or eating changes
- a loss of vitamins and minerals
- weight changes

Alcohol or smoking can increase bone loss and the growth of HIV and cancer. The use of alcohol can change how the body uses protein too. Illness is higher in people who start drinking at a young age. Do not use aspirin and drugs like it with alcohol. It can cause stomach problems. Smoking can cause weight loss. The need for vitamin C can increase up to 40%. Caffeine can cause people to have loose stools. Drinking too many fluids with caffeine can cause bone loss.

<p><b>Anabolic Steroids</b></p> <p>Anabolic steroids increase the risk for heart and liver disease. These drugs also increase cholesterol and blood pressure.</p>
---

## Club Drugs

Club drugs such as MDMA, Ecstasy, GHB, Roofies, Vitamin K, and LSD can cause

- brain damage
- death
- heat stroke
- kidney disease
- memory loss

**Intravenous (IV) Drugs** increase health problems such as infections, hepatitis and tuberculosis (TB). People with hepatitis C are at higher risk of liver disease. Using heroin can cause

- appetite loss
- high blood sugar
- kidney disease
- nausea
- a loss of vitamins and minerals

**Stimulants** such as cocaine, crack, and speed cause

Anemia	Appetite loss
Dental problems	Dehydration
Heart and kidney disease	
High calorie needs	Stomach upset
Loss of vitamins and minerals	
Mental disorders	Weight loss



## Nutrition, Health and Substances Review

Some drugs can be bad for nutritional status and health. Taking illegal drugs with prescription drugs can cause serious problems. Many illegal drugs change the way that other drugs work. They can even cause death. There is more information on illegal drugs and prescribed drugs at [www.harmreduction.org](http://www.harmreduction.org).

**Note:** This fact sheet is made to help people learn about nutrition, health, and drugs. This information is current as of March 2005. It is not medical, fitness, dietetic, or professional advice. Ask a health care provider about the things in this fact sheet.