

WHAT IS SUBSTANCE ABUSE?

What do you know about substance abuse? Take this quiz to see if you know the facts. Put a check in the box for true or false. Then, check your answers on the back.

True or false quiz — Facts About Substance Abuse	True	False
1. People who use methamphetamines are at risk for gruesome side effects.	<input type="checkbox"/>	<input type="checkbox"/>
2. Substance use cannot be addictive because “I feel so good when I use.”	<input type="checkbox"/>	<input type="checkbox"/>
3. I can’t get hooked on marijuana.	<input type="checkbox"/>	<input type="checkbox"/>
4. Inhalants (also known as whippets or poppers) sniffed in high doses may result in death.	<input type="checkbox"/>	<input type="checkbox"/>
5. Made popular at parties known as raves, ecstasy use is much more widespread.	<input type="checkbox"/>	<input type="checkbox"/>
6. My substance use may affect my family and job performance and cause legal troubles.	<input type="checkbox"/>	<input type="checkbox"/>
7. If I am a minor, it is safe to take someone else’s prescribed medication as long as I get it from a parent.	<input type="checkbox"/>	<input type="checkbox"/>
8. I am addicted when I keep using despite negative effects on my health.	<input type="checkbox"/>	<input type="checkbox"/>

Thinking about stopping your substance use?

Learn more about it. Talk to your primary care provider (PCP). Your PCP can help you find support or a treatment program in your area.

Other resources

You can also contact the Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator by calling **1-800-662-HELP (4357)** or going online to **www.findtreatment.samhsa.gov**. Other resources include:

- Alcohol Drug Abuse Addiction Rehab Treatment Center— www.addict-help.com
- The National Alliance on Mental Illness (NAMI) — www.nami.org



Answer key — Facts About Substance Abuse	True	False
<p>1. People who use methamphetamines are at risk for gruesome side effects. True. Methamphetamines (also known as crank, crystal or ice) can cause hallucinations (meth bugs), rotten teeth (meth mouth), oozing sores and sagging skin. Increased blood pressure and heart rate related to use may be fatal.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>2. Substance use cannot be addictive because “I feel so good when I use.” False. At first, substance use makes you feel good. As addiction sets in, more of it is needed to produce the same level of pleasure.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>3. I can’t get hooked on marijuana. False. The National Institute on Drug Abuse (NIDA) states that long-term marijuana (weed or reefer) use can lead to addiction. Using marijuana impairs a person’s memory and ability to shift focus.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>4. Inhalants (also known as whippets or poppers) sniffed in high doses may result in death. True. Inhalants are commonly used household products. The NIDA states that inhalants replace oxygen in lungs. This may cause death from heart failure or suffocation.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>5. Made popular at parties known as raves, ecstasy use is much more widespread. True. According to the NIDA, use of ecstasy (also known as the hug drug or love drug) has become much more common over the years.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>6. My substance use may affect my family and job performance and cause legal troubles. True. Substance use may cause problems with relationships, job performance and the law. This may lead to feelings of loneliness, guilt and shame.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>7. If I am a minor, it is safe to take someone else’s prescribed medication as long as I get it from a parent. False. No matter your age, only a physician is qualified to prescribe the right medication and dose for you.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>8. I am addicted when I keep using despite negative effects on my health. True. There are many health problems that may be related to substance use such as heart disease, stroke, HIV, hepatitis and lung disease. Brain changes that occur with substance use can affect coordination and decision-making.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>