

# Grade 8 Health

**These assignments will be found in OneNote in the home instruction folder. Please complete the assignment by the due date. After the due date the assignment will be locked and you will be unable to complete it.**

## Grade 8 Health Assignment 1 Due 3/20/20

**Read the following article and answer the questions that follow. Answer the questions by restating the question and in complete sentences.**

### Are Steroids Worth the Risk?

#### What Are Steroids?

Steroids (sometimes referred to as "roids" or "juice") are the same as, or similar to, certain hormones in the body. The body makes steroids naturally to support such functions as fighting stress and promoting growth and development.

But some people use steroid pills, gels, creams, or injections because they think steroids can improve their sports performance or the way they look.

**Anabolic steroids** are artificially produced hormones that are the same as, or similar to, **androgens**, the male-type sex hormones in the body. There are more than 100 variations of anabolic steroids. The most powerful androgen is **testosterone** (pronounced: tess-TOSS-tuh-rone). Although testosterone is mainly a mature male hormone, girls' bodies produce smaller amounts. Testosterone helps build muscle and promotes the masculine traits that guys develop during puberty, such as deepening of the voice and growth of body hair. Testosterone levels can also affect how aggressive a person is.

Athletes sometimes take anabolic steroids because of their testosterone-like effects.

Other steroids, sometimes called **steroidal supplements**, contain dehydroepiandrosterone (DHEA) and/or androstenedione (also known as andro). For the most part, steroidal supplements, which used to be found at health food stores or gyms, are now illegal and require a prescription. DHEA is one of the few exceptions and can still be bought over the counter.

Steroid supplements are weaker forms of androgen. Their effects aren't well known, but it's thought that, when taken in large doses, they cause effects similar to other androgens like testosterone. But research studies suggest that they do very little or nothing to improve athletic performance.

Here's what *is* known about steroidal supplements: Companies that make them often use false claims, and very little is known about the long-term effects some of these substances have on the body. That's one reason why the government took action to protect citizens by passing laws controlling steroid distribution.

## **How Do Anabolic Steroids Work?**

Anabolic steroids stimulate muscle tissue to grow and "bulk up" in response to training by mimicking the effect of naturally produced testosterone on the body. Anabolic steroids can remain in the body anywhere from a couple of days to about a year. Steroids have become popular because they may improve endurance, strength, and muscle mass. However, research has not shown that steroids improve skill, agility, or athletic performance.

## **Dangers of Steroids**

Anabolic steroids cause many different types of problems. Some of the common side effects are:

- acne
- premature balding or hair loss
- weight gain
- mood swings
- aggression
- problems sleeping
- high blood pressure
- greater chance of injuring muscles and tendons
- jaundice (yellowing of the skin); liver damage
- stunted growth
- increased risk of developing heart disease, blood clots, stroke, and some types of cancer

## **Risks for Girls**

Specific risks for girls associated with anabolic steroids include:

- increased facial and body hair growth
- development of masculine traits, such as deepening of the voice, and loss of feminine body characteristics, such as shrinking of the breasts
- enlargement of the clitoris
- menstrual cycle changes

## **Risks for Guys**

Specific risks for guys include:

- testicular shrinkage
- pain when urinating
- breast development
- impotence (inability to get an erection)
- reduced sperm count and infertility

## Other Problems

Steroids can also have serious psychological side effects. Some users may become aggressive or combative, believe things that aren't true (delusions), or have extreme feelings of mistrust or fear (paranoia). And people who use steroids also appear to be at higher risk for using other drugs, such as alcohol or cocaine, often to counteract some of the negative effects of steroids.

Steroid users who inject the drugs with a needle are at risk for infection with HIV (human immunodeficiency virus), the virus that causes AIDS, if they share needles with other users. People who use dirty needles are also at risk for contracting hepatitis, a liver disease, or bacterial endocarditis, an infection of the inner lining of the heart.

## Steroids: Stacking and Addiction

Some people "cycle" their steroid doses. This means they take multiple doses of steroids over a period of time, stop for a period, then start up again. "Stacking" means taking two or more different anabolic steroids. Other steroid users may "pyramid" their steroids, starting with a low dose and gradually increasing the dose, frequency, or number of anabolic steroids taken, then tapering off to complete a cycle. Users believe that stacking enhances the effects of each individual drug, pyramiding allows the body to get used to high doses of steroids, and steroid-free periods help the body recuperate from the drugs. There is no scientific evidence to support any of these claims.

A lot of people tell themselves they'll only use steroids for a season or a school year. Unfortunately, steroids can be addictive, making it hard to stop taking them.

And once users stop taking steroids, they can have withdrawal symptoms such as loss of appetite, tiredness, restlessness, insomnia, mood swings, and depression.

## Strong Alternatives to Steroids

Anabolic steroid use is illegal and banned by professional sports organizations and medical associations. In spite of this, some athletes continue to take steroids because they think it gives them a competitive advantage. As seen in high-profile cases, if an athlete is caught using steroids, his or her career can be destroyed. And there are serious health consequences.

When it comes right down to it, harming your body or getting disqualified aren't smart ways to try to improve your athletic performance. Being a star athlete means working hard and training the healthy way: eating the right foods, practicing, and strength training without the use of drugs.

Answer the questions using complete sentences and restating the questions.

1. What is a steroid?
2. What is an anabolic steroid?
3. How does an anabolic steroid work?
4. What do you think is the worst side effects of anabolic steroids?
5. Why are steroid users at risk for HIV?
6. What does is mean to cycle a dose?
7. What is an alternative to using steroids?
8. What is the difference between how women and men have different risks.
9. What is DHEA and what is unique about it?

## Grade 8 Health Assignment 2 Due: 3/27/20

Read the following article and answer the questions that follow. Answer the questions by restating the question and in complete sentences.

### Prescription Drug Abuse

Taking prescription drugs in a way that hasn't been recommended by a doctor can be more dangerous than people think. In fact, it's drug abuse. And it's illegal, just like taking street drugs.

#### Why Do People Abuse Prescription Drugs?

Some people abuse prescription drugs because they think they will help them have more fun, lose weight, fit in, and even study more effectively. Prescription drugs can be easier to get than street drugs: Family members or friends may have them. But prescription drugs are also sometimes sold on the street like other illegal drugs. In 2017, 1 in 7 teens surveyed said they have taken a prescription drug without a doctor's prescription.

But prescription drugs are only safe for the people who have prescriptions for them. That's because a doctor has examined these people and prescribed the right dose of medicine for their medical condition. The doctor has also told them exactly how they should take the medicine, including things to avoid while taking the drug. They also are aware of side effects and can watch patients closely for these.

#### Which Drugs Are Abused?

The most commonly used prescription drugs fall into three classes:

##### 1. Opioids

- **Examples:** oxycodone (OxyContin), hydrocodone (Vicodin), and meperidine (Demerol)
- **Medical uses:** Opioids are used to treat pain or relieve coughs or diarrhea.
- **How they work:** Opioids attach to opioid receptors in the central nervous system (the brain and the spinal cord), preventing the brain from receiving pain messages.

##### 2. Central Nervous System (CNS) Depressants

- **Examples:** phenobarbital (Luminal), diazepam (Valium), and alprazolam (Xanax)
- **Medical uses:** CNS depressants are used to treat anxiety, tension, panic attacks, and sleep disorders.
- **How they work:** CNS depressants slow down brain activity by increasing the activity of a neurotransmitter called GABA. The result is a drowsy or calming effect.

##### 3. Stimulants

- **Examples:** methylphenidate (Ritalin) and amphetamine/dextroamphetamine (Adderall)
- **Medical uses:** Stimulants can be used to treat narcolepsy and ADHD.

- **How they work:** Stimulants increase brain activity, resulting in greater alertness, attention, and energy.

## What Are the Dangers of Abusing Medicines?

The likelihood that someone will commit a crime, be a victim of a crime, or have an accident is higher when that person is abusing drugs — no matter whether those drugs are medicines or street drugs.

Like all drug abuse, using prescription drugs for the wrong reasons has serious risks for a person's health.

**Opioid abuse** can lead to vomiting, mood changes, decrease in ability to think (cognitive function), and even decreased respiratory function, coma, or death. This risk is higher when prescription drugs like opioids are taken with other substances like alcohol, antihistamines, and CNS depressants.

**CNS depressant abuse** is risky too. Abruptly stopping or reducing them too quickly can lead to seizures. Taking CNS depressants with other medicines, such as prescription painkillers, some over-the-counter cold and allergy medicines, or alcohol can slow a person's heartbeat and breathing — and even kill.

**Stimulant abuse** (like with some ADHD drugs) may cause heart failure or seizures. These risks are increased when stimulants are mixed with other medicines — even OTC ones like cold medicines. Taking too much of a stimulant can lead to a dangerously high body temperature or an irregular heartbeat. High doses over a short period may make someone aggressive or paranoid. Stimulant abuse might not lead to physical dependence and withdrawal, but users might take the drugs so often that they become a hard habit to break.

The dangers of prescription drug abuse can be made even worse if people take drugs in a way they weren't intended to be used. Ritalin may seem harmless because it's prescribed even for little kids with ADHD. But when a person takes it either unnecessarily or in a way it wasn't intended (such as snorting or injection), Ritalin toxicity can be serious.

Probably the most common risk of prescription drug abuse is addiction. People who abuse medicines can become addicted as easily as if they were taking street drugs. That's one reason most doctors won't renew a prescription unless they see the patient — they want to examine the patient to make sure he or she isn't getting addicted.

## Tips for Taking Prescription Medicine

If a doctor prescribes a pain medicine, stimulant, or CNS depressant, follow the directions exactly. Also be sure to:

- Keep all doctor's appointments. Your doctor will want you to visit often so he or she can see how well the medicine is working for you and adjust the dose or change the medication as needed.
- Make a note of the effects the drug has on your body and emotions, especially in the first few days as your body gets used to it. Tell your doctor about these.
- Keep any information your pharmacist gives you about any drugs or activities you should steer clear of while taking your prescription.
- Never increase or decrease the dose of your medicine without checking with your doctor's office first.

Finally, never use someone else's prescription. And don't allow anyone to use yours. Not only are you putting others at risk, but you could suffer too: Pharmacists may be stopped from refilling a prescription if a medicine has been used up before it should be. And if you're found giving medicine to someone else, it's considered a crime and you could find yourself in court.

Answer the following questions in complete sentences and restating the question.

1. How many teens used drugs in 2007?
2. Why are prescription drugs only safe for the person it is prescribed for?
3. What is a medical use for an opioid?
4. How does a CNS depressant work?
5. What can be used to treat ADHD?
6. Taking too much of a stimulant might cause what?
7. What happens if you take opioids together with other substances like alcohol?
8. What is an example of a danger when prescription drugs are taken the way it is intended?
9. What are four tips for taking prescription medicine properly?
10. What can happen if you are found with someone else's prescription medicine?