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# YOUTH HEALTH BULLETIN

AUGUST 2009

## Hello Wild Cubs and Wild Cats,

As always, I would like to thank all of my wild cat and wild cub friends who keep sending me emails.

I would like to thank all of my wild cat and wild cub friends who sent a poem for the wally cat Spring Poetry Contest.

I was so impressed with the Spring Poetry contest, that I decided a good idea would be to have a Summer Poetry Contest.

Email your poem about "What Summer Means to You" to [Wally.Cat@uky.edu](mailto:Wally.Cat@uky.edu). Tell your friends to email me their poem as well.

I am so excited about all the wonderful poems I am going to receive that I cannot help but to let out a wally cat "Hoooooooooeeeel!"

Wally Cat 



## THIS MONTH'S TOPIC:

# DRUGS

**W**ally Cat has met so many new friends from across the state. A true friend will never tell you to do anything that will harm you or cause you to get in trouble. If anyone asks you to do drugs, take it from Wally Cat, they are not your friend.

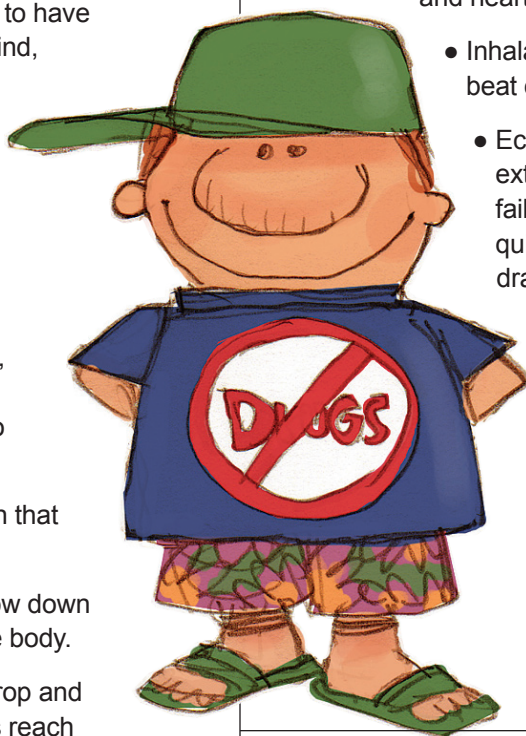
Never try drugs or hang around anyone who does. Wild Cat and Wild Cubs don't need drugs to have fun. Drugs can destroy your body, your mind, and eventually your life.

Cool Cats and cool Cubs don't do drugs!

### How Will Drugs Affect Your Body?

Illegal drugs such as marijuana, inhalants, nicotine, heroin, cocaine, methamphetamine, and steroids can cause damage to the body.

- Inhalants can shrink the part of the brain that controls movement.
- Some drugs act as depressants and slow down the messages sent from the brain to the body.
- Depressants cause your heart rate to drop and your breathing to slow down. Messages reach the brain more slowly, causing your muscles to move slower and your legs and arms to react slower to signals sent from your brain.
- Depressants prevent your body from reacting quickly when you are in a dangerous situation.
- Some drugs act as stimulants and fool your body into thinking it is in danger.
- Stimulants speed up messages sent from the brain to the body.
- Stimulants cause your heart rate to speed up, your body temperature to rise, and your liver to release glucose (your body's fuel for energy) into your blood stream.
- Because your body is already stressed, your body may not be able to respond when you are in a dangerous situation.



- Methamphetamine damages brain cells.
- Marijuana can damage your short-term memory making it hard to learn and remember.
- Steroids can cause you to have a stroke or heart attack because they can block blood flow to the brain and heart.
- Inhalants can cause your heart to skip a beat or beat out of rhythm.
- Ecstasy can cause your kidneys to work extra hard resulting in possible kidney failure if your temperature rises too quickly and your body becomes dehydrated from sweating.
- Steroids can keep your bones from growing. Abusers may never reach their full height. Don't stunt your growth, stay away from steroids!

**REMEMBER  
COOL CATS  
AND COOL CUBS  
DON'T DO DRUGS!**

#### SOURCES:

- <http://teacher.scholastic.com/scholasticnews/indepth/headsup/facts/index.asp?article=medications>
- <http://teacher.scholastic.com/scholasticnews/indepth/headsup/intro/index.asp?article=welcome>

### YOUTH HEALTH BULLETIN

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