**TEST YOUR DRUG KNOWLEDGE QUIZ**

1. The effects of smoking pot can last for two days. True or false?

2. Chocolate and marijuana stimulate the same receptors in the brain. How much chocolate would you have to eat to get the same effect as one joint?

3. Which cup of coffee has more caffeine—the one brewed in the office coffeemaker from grocery-bought beans or the expensive cup from the new gourmet coffee bar?

4. Ecstasy was first popularized by California psychotherapists who tried to use it for “empathy training” in marriage counseling. True or false?

5. What popular recreational drug was originally developed as a treatment for asthma?

6. What popular nightclub drug is actually an animal tranquilizer—and the difference between a recreational dosage of it and an overdose is dangerously small?

7. What are the most dangerous drugs and also the ones most often used by children under age fourteen?

8. Which drug prescribed each year to millions of Americans impairs memory?

9. Put these drugs in the order of addictiveness: marijuana, nicotine, heroin.

10. Tonight you are at a club sipping on a soft drink, or still on your first beer, when suddenly you begin to feel very drunk and uncoordinated. What might have happened?

11. What was the drug misinformation promulgated by the movie Pulp Fiction?

12. What was the drug effect correctly portrayed by the movie Trainspotting?

13. Which drug carries a greater danger of fatal overdose—alcohol or LSD?

14. Right or wrong: alcohol before bed makes you sleep better.

15. Are the herbal remedies sold in health-food stores actually drugs?

16. Why do people inject a drug instead of just taking a pill?

17. What is the most popular illegal drug in America now?

18. If a child or an animal eats a cigarette, will it cause harm?

19. Does marijuana kill brain cells?

20. Does alcohol kill brain cells?

21. Isn’t it safe to drink a glass or two of wine with your dinner when you’re pregnant?

22. Is caffeine addictive?

23. Are crack babies doomed to mental retardation and behavioral problems? 24. What drug, popular on the club scene and among high school students, causes definitive brain damage in rodents and monkeys?

**Test Your Drug Knowledge Quiz Answer Key**

1. True. THC, the active ingredient in marijuana, is extremely fat-soluble and can still enter the bloodstream from the fatty tissues and have effects on the brain for up to two days after being smoked. Its by-products can turn up in the blood many months after the last use if the smoker suddenly loses a lot of weight.

2. About twenty-five pounds.

3. The office cup. The African robusta beans found in grocery stores can contain up to twice as much caffeine as the more expensive arabica beans found in specialty coffee shops. Plus you can add as much coffee as you want.

4. True!

5. Amphetamine, which was originally synthesized as a derivative of ephedrine, the active ingredient of the Chinese herbal drug mahuang.

6. Ketamine, otherwise known as Special K (not the cereal!).

7. Chemical solvents such as toluene, benzene, propane, and those found in glue and paint. More than 12 percent of eighth graders have used such inhalants.

8. Valium and other drugs of its class.

9. Nicotine, heroin, marijuana (actually, there is little evidence that marijuana is addictive).

10. Someone probably slipped a sedative into your drink, like a roofie (Rohypnol) or GHB (gamma-hydroxybutyrate), also known as Easy Lay. These drugs can be fatal, so seeking medical attention is wise.

11. The movie shows a heroin overdose being treated by an injection of adrenaline into the heart, which is useless and dangerous. The opiate-blocking drug naloxone reverses heroin overdose after injection by more conventional routes. (See chapter 9.)

12. The main character in the movie is overcome with diarrhea after coming down off heroin. Because heroin causes constipation, once it’s eliminated from the body just the opposite effect kicks in.

13. Alcohol. Many deaths each year are caused by alcohol overdose. There is little danger of LSD overdose unless it is combined with or contaminated by other drugs.

14. Wrong. Alcohol might make you sleepy at first, but its by-products can cause sleeplessness, so after a night of drinking you might fall asleep quickly but wake up in the middle of the night feeling agitated.

15. Anything you take with the intention of changing how your body acts is a drug. Any drug that comes from a plant is herbal. This includes nicotine, ephedrine, and cocaine. “Herbal remedies” are completely unregulated and the amount and purity of what you buy is unknown.

16. For the speed with which the drug gets into the bloodstream and into the brain. The faster it gets to the brain, the better the “rush.” This faster delivery also means a greater chance of overdose because the amount of drug can reach fatal levels before the user can do anything about it.

17. Marijuana is used by far more people than any other illegal drug: 77 percent of all illegal drug users use marijuana, and almost 5 percent of the population used marijuana in the last month.

18. Yes. There is enough nicotine in a cigarette to make a small child or animal very sick, or even to kill one.

19. Probably not, but it does interfere with learning and memory.

20. It is unlikely that a single drink kills brain cells, but long-term chronic drinking can cause permanent memory loss and definite brain damage.

21. No. Studies have shown that even very moderate drinking during pregnancy can permanently hinder a child’s ability to learn and to concentrate.

22. Not really. People who stop drinking coffee may experience mild withdrawal that includes drowsiness, headaches, and lethargy, but people very rarely engage in the compulsive, repetitive pattern of drinking coffee that typifies use of addictive substances. Addiction is not defined simply by the presence of withdrawal.

23. Not necessarily. In fact, the most common problems that crack babies experience are the same as those experienced by children of women who smoke cigarettes: low birth weight and the associated health risks, and subtle developmental delays in childhood. Cocaine can cause very severe problems, including premature separation of the placenta from the uterus, premature birth, and intrauterine stroke, but these are rare.

24. Ecstasy (MDMA). Studies show dramatic damage to nerves containing the neurotransmitter serotonin that is irreversible at doses approximating those consumed by humans.

Source:

Kuhn, Cynthia. Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy (Fully Revised and Updated Fourth Edition). W. W. Norton & Company.

