

# Drugs

## Drugs:

Substances that alter or affect chemical reactions in the body.

## Medicinal Drugs:

Used to prevent or treat diseases.

- Antibiotics: Treat bacterial infections by targeting bacterial features. They don't work on viruses or other pathogens. Overuse can lead to antibiotic resistance, where bacteria evolve to survive, exemplifying natural selection. To prevent this, antibiotics should be used responsibly and courses completed.

## Misused Drugs:

- Alcohol and Heroin: Both are depressants that slow reaction times, cause addiction, and lead to withdrawal. Alcohol can damage the liver, while heroin use (often via shared needles) can lead to STIs like HIV.
- Tobacco Smoke: Contains harmful chemicals:
  - Carbon monoxide: Blocks oxygen transport by binding to red blood cells.
  - Nicotine: Addictive.
  - Tar: Can cause cancer.
  - Linked to chronic diseases like COPD, lung cancer, and coronary heart disease.

Sourced from: <https://freeexamacademy.com>

## Testosterone in Sports:

- Used to build muscle and enhance recovery. Anabolic steroids are synthetic forms of testosterone, and are banned in most sports for unfair advantages.