



Rising Illegal Party Pill Linked to Addiction Cases & Overdoses

Description

Gamma-hydroxybutyrate (GHB) is a naturally occurring compound in the brain that plays a role in essential physiological processes like sleep regulation and muscle tone. As a neurotransmitter, GHB has been studied for its therapeutic potential in treating conditions such as alcohol withdrawal and sleep disorders. However, its misuse as a recreational drug has led to it being infamous as the "date rape drug" or "liquid ecstasy."

Due to its narrow therapeutic window, the line between a beneficial dose and an overdose is slim, making its misuse potentially lethal. Recent studies from Australia have shown a rising trend in GHB intoxication, with emergency department visits increasing significantly over the years, especially among women and individuals aged 25-34. The severity of GHB-related incidents is increasing, with a notable rise in high urgency cases.

GHB is often used in combination with other substances, such as methamphetamine, which can lead to severe health complications. Understanding the underlying factors driving the misuse of GHB is crucial for developing effective harm reduction strategies.

While GHB has a controversial history and is often misrepresented, its pharmaceutical forms like sodium oxybate and low-sodium oxybate have shown promise in treating conditions like narcolepsy and idiopathic hypersomnia. Despite the benefits of GHB, it is essential to focus on addressing the root causes of sleep issues naturally, rather than relying solely on medication. Strategies like establishing a bedtime routine, getting regular exercise, and creating a sleep-friendly environment can help improve sleep quality without resorting to medications.

Vocabulary List:

1. **Neurotransmitter** /,nʊrəʊtræn'smɪtə/ (noun): A chemical substance that transmits signals across synapses between neurons.
2. **Therapeutic** /,θerə'pju:tɪk/ (adjective): Relating to the treatment of disease or disorders.
3. **Intoxication** /ɪn,tɒk.sɪ'keɪ.ʃən/ (noun): The state of being affected by a substance especially alcohol or drugs to the point of being impaired.
4. **Complications** /,kɒmplɪ'keɪʃənz/ (noun): Difficulties or problems that arise often as a result of a medical condition or treatment.
5. **Controversial** /,kɒn.trə'vɜ:ʃəl/ (adjective): Giving rise or likely to give rise to public disagreement or controversial debate.
6. **Hypersomnia** /,haɪ.pər'sɒm.ni.ə/ (noun): A condition characterized by excessive sleepiness during the day.



Comprehension Questions

Multiple Choice

1. What is one of the essential physiological processes in which Gamma-hydroxybutyrate (GHB) plays a role?
 - Option: Digestion regulation
 - Option: Sleep regulation
 - Option: Temperature regulation
 - Option: Hormone regulation
2. Which of the following conditions has GHB been studied for its therapeutic potential in treating?
 - Option: Diabetes
 - Option: Alcohol withdrawal
 - Option: High blood pressure
 - Option: Broken bones
3. What is GHB infamous for being used as, outside of its therapeutic context?
 - Option: Antidepressant
 - Option: Insomnia treatment
 - Option: Date rape drug
 - Option: Anti-inflammatory drug
4. In which age group have emergency department visits related to GHB intoxication been increasing significantly?
 - Option: Under 18
 - Option: 18-24
 - Option: 25-34
 - Option: 35-50
5. What can combining GHB with methamphetamine potentially lead to?
 - Option: Enhanced sleep quality
 - Option: Severe health complications
 - Option: Increased muscle tone
 - Option: Reduced appetite
6. Which of the following is a pharmaceutical form of GHB that has shown promise in treating sleep-related



conditions?

- Option: Gamma-max
- Option: Sodium oxybate
- Option: Sleep EZ
- Option: Hypno-Sedate

Answer

Multiple Choice: 1. Sleep regulation 2. Alcohol withdrawal 3. Date rape drug 4. 25-34 5. Severe health complications 6. Sodium oxybate

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term refers to the measurement of energy in food?
 - Option: Metabolism
 - Option: Caloric
 - Option: Inflammation
 - Option: Sensitivity
2. Which hormone is key in the preparation of the uterus for implantation of a fertilized egg?
 - Option: Progesterone
 - Option: Therapeutic
 - Option: Bioenergetic
 - Option: Neurotransmitter
3. Which condition is characterized by a decrease in bone density and quality?
 - Option: Intoxication
 - Option: Osteoporosis
 - Option: Perimenopause
 - Option: Hypersomnia
4. Which nutrient category includes carbohydrates proteins and fats?
 - Option: Bioenergetic
 - Option: Macronutrient
 - Option: Complications
 - Option: Efficacy
5. Which route of administration involves absorption through the mucous membranes?



- Option: Adherence
- Option: Transmucosal
- Option: Absorption
- Option: Inflammation

6. Which type of hormone therapy uses hormones that are structurally identical to those produced by the human body?

- Option: Facilitate
- Option: Therapeutic
- Option: Bioidentical
- Option: Complications

7. What term refers to the chemical processes that occur within a living organism to maintain life?

- Option: Efficacy
- Option: Metabolism
- Option: Inflammation
- Option: Macronutrient

8. Which process is the body's response to injury or infection characterized by redness and swelling?

- Option: Sedentary
- Option: Intoxication
- Option: Inflammation
- Option: Sensitivity

9. What disorder is characterized by excessive daytime sleepiness?

- Option: Perimenopause
- Option: Bioenergetic
- Option: Hypersomnia
- Option: Sensitivity

10. Which is the process of providing or obtaining the food necessary for health and growth?

- Option: Controversial
- Option: Nutrition
- Option: Complications
- Option: Efficacy

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Caloric _____ must be controlled to achieve a caloric deficit for weight loss.

12. Transmucosal _____ can provide a rapid onset of action.



13. Female hormone levels change during _____ leading to symptoms like hot flashes.
14. Appropriate macronutrient _____ is essential for a balanced diet.
15. Medication _____ is crucial for treatment success.
16. The _____ of a treatment is a measure of its effectiveness.
17. Proper _____ between bioidentical and synthetic hormones is important for patients.
18. Individual _____ to certain foods can vary widely.
19. A balanced diet can _____ overall health and well-being.
20. Understanding the _____ of proper nutrition is essential for maintaining health.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Living a lifestyle can have negative effects on overall health.
22. A caloric occurs when energy expenditure exceeds caloric intake.
23. hormones are chemically identical to those the body produces.
24. The phase before can bring hormonal fluctuations and irregular periods.
25. are chemical messengers that transmit signals in the brain.
26. interventions are aimed at treating a disease or disorder.
27. The process of nutrients occurs in the digestive system.
28. If not managed properly hormone therapy can lead to .
29. The use of certain supplements in sports is due to varying opinions on their effectiveness.
30. Assessing the effects of nutrients helps understand their impact on the body.

Answer

Multiple Choice: 1. Caloric 2. Progesterone 3. Osteoporosis 4. Macronutrient 5. Transmucosal 6. Bioidentical 7. Metabolism



8. Inflammation 9. Hypersomnia 10. Nutrition

Gap-Fill: 11. intake 12. administration 13. menopause 14. consumption 15. adherence 16. efficacy
17. distinction 18. sensitivity 19. facilitate 20. significance

Matching sentence: 1. Sedentary 2. Deficit 3. Bioidentical 4. Perimenopause 5. Neurotransmitter 6.
Therapeutic 7. Absorption 8. Complications 9. Controversial 10. Bioenergetic

CATEGORY

1. Health - LEVEL5

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