

DRUG EFFECTS ON: PERFORMING ARTS

Marijuana

- Impairs skill requiring eye-hand coordination
- Slows down reaction time
- Reduces motor coordination, “I have two left feet today – can’t dance”
- Slows reflexes
- Impairs tracking ability and perceptual accuracy
- Increases heart rate, “It feels like my heart is going to explode”
- Increases blood pressure
- Reduces blood oxygen concentration, “I can’t catch my breath”
- Frequently causes respiratory problems, “I’m coughing up black junk”
- Impairs concentration, and time appears to move more slowly
- Causes short and long-term memory loss, “I can’t remember the music”
- Increases time needed to learn
- Often leads to difficulty in thinking and problem solving, “They skipped some of their lines, I can’t figure out what to do”
- Heavy use impairs a person’s ability to form memories and recall events
- Skill impairment may last up to 24 to 36 hours after usage
- Reduces maximal exercise capacity resulting in increased fatigability
- Has no performance-enhancing potential
- Inhibits sweating and temperature control
- Reduces steadiness
- Disrupts coordination, balance and posture
- Decreases motivation to perform and/or give maximum effort
- Produces Tachycardia – the excessive rapidity in the action of the heart; a heart rate above 100 per minute
- Induces Bronchodilation – expansion of the larger air passages in the lungs
- Increases blood flow to the limbs taking it away from the brain

REFERENCES:

- <http://www.espn.go.com/special/s/drugsandsports/mari.html>
- <http://www.abovetheinfluence.com/facts/drugs-marijuana.aspx#>
- <http://www.nida.nih.gov/infofacts/marijuana.html>
- <http://www.drugabuse.gov/ResearchReports/Marijuana/default.html>
- <http://www.nhtsa.gov/people/injury/research/job185drugs/cannabis.htm>
- <http://www.acde.org/common/Marijuana2.pdf>

DRUG EFFECTS ON: PERFORMING ARTS

Cocaine

- Can cause disturbances in heart rhythm and heart attacks
- Constricts blood vessels, “I can’t shake this pounding headache”
- Increases heart rate and blood pressure, “It feels like my chest is going to explode”
- Respiratory effects include chest pain and respiratory failure
- May cause fluid to develop in the lungs, aggravation of other asthma and other lung disorders and respiratory failure
- Neurological impairments include strokes, seizures, and headaches
- Can lead to fungal brain infections, and hemorrhaging in tissue surrounding the brain
- Gastrointestinal complications include: abdominal pain and nausea, “I can’t focus on the routine, my stomach hurts too much”
- Increases temperature, “I think I am going to faint”
- Chronically running nose, “Gross. This is getting embarrassing”
- Distorts one’s perception of reality (performer may perceive an increase in performance and a decrease in fatigue, when in fact a decrease in performance occurs both in strength and endurance of activities)
 - ~ Perceived increase in self control and greater work capacity
 - ~ Perceived long-lasting mental or physical work ability without fatigue
 - ~ Perceived ability to forego food and sleep
- Excessive use may lead to bizarre, erratic and violent behavior
- Users may experience tremors, vertigo, and muscle twitches/spasms
- Users may experience feelings of restlessness, irritability and anxiety
- Irritability and mood disturbances
- Insomnia
- Anorexia
- Delirium, Confusion, Paranoia, Hallucinations, Psychosis can occur
- Dilates pupils, blurring vision
- Can cause optic neuropathy – damage of the optic nerve due to a blockage of its blood supply
- May lead to liver toxicity or liver poisoning
- Brings on ventricular arrhythmia – disorder of your heart rate or heart rhythm originating from within the ventricles
- Can provoke angina pectoris – recurring spasms/seizures affecting the chest with a feeling of suffocation and impending death
- Can cause myocardial infarction – heart attack or irreversible injury to heart muscle
- May lead to cerebral hemorrhage – bleeding in the brain; escape of blood from the vessels in the brain.

REFERENCES:

- <http://www.abovetheinfluence.com/facts/drugs-cocaine.aspx#>
- <http://www.nida.nih.gov/DrugPages/Cocaine.html>
- <http://www.acde.org/common/cocaine.pdf>
- <http://www.nhtsa.gov/people/injury/research/job185drugs/cocain.htm>