## Nutrition & Wellness for Life © 2012 Chapter 19: Drug and Supplement Use and Your Health—Glossary

**addiction.** A psychological or physical dependence on a drug.

alcoholism. An addiction to alcohol.

amphetamine. A stimulant drug.

anabolic steroid. An artificial hormone used to build a more muscular body.

cirrhosis. A liver disease in which liver cells die, causing the liver to lose its ability to work.

**depressant.** A drug that decreases the activity of the central nervous system.

**designer drug.** A lab-created imitation of an illegal drug.

**drug.** Any substance other than food or water that changes the way the body or mind operates.

**drug abuse.** The deliberate use of a drug or chemical substance for other than medical reasons and in such a way that the person's health or ability to function is threatened.

**drug misuse.** Unintentionally using a medicine in a manner that could cause harm to the individual.

ergogenic aids. Any substances designed to enhance strength and endurance.

**food-drug interaction.** A physical or chemical effect a drug has on a food or a food has on a drug.

**generic drug.** A drug available under its generic name.

hallucinogen. A drug that causes the mind to create images that do not really exist.

**illegal drug.** A drug that is unlawful to buy or use.

**inhalant.** A substance that is inhaled for its mind-numbing effects.

medicine. A drug used to treat an ailment or improve a disabling condition.

narcotic. A drug that brings on sleep, relieves pain, or dulls the senses.

opiate. A narcotic drug, such as codeine, morphine, opium, or heroin, made from the opium poppy.

overdose. Taking an unsafe quantity of a drug.

**over-the-counter (OTC) drug.** A legal drug that can be bought without a prescription written by a physician.

**prescription drug.** A medicine that can only be obtained from a pharmacy with a written order from a doctor.

**psychoactive drug.** A drug that affects the central nervous system.

**secondhand smoke.** The smoke released into the air by someone smoking that is inhaled by another individual as he or she breathes.

**side effect.** A reaction caused by a drug that differs from the drug's desired effect.

**smokeless tobacco.** Tobacco products that are not intended to be smoked, such as chewing tobacco or snuff.

**stimulant.** A kind of psychoactive drug that speeds up the nervous system.

tolerance. The ability of the body and mind to become less responsive to a drug.

withdrawal. Symptoms experienced by a person who stops taking a drug to which he or she is addicted.