

Pre-Reading Discussion: If a drug such as alcohol or tobacco is legal, does that mean it is safe to use? When can other drugs be dangerous to one's health?

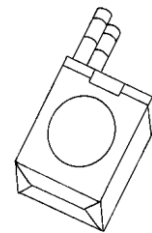
Reading Passage Section 16: Other Drugs

To make good health decisions, you need to know when drugs are dangerous.



Most drug groups (tobacco, alcohol, prescription medications, and over-the-counter medications) are legal in the United States. Some drugs, such as cocaine and heroin, are illegal drugs in the United States.

People smoke tobacco (in cigarettes, pipes, and cigars) and chew tobacco. Health professionals say that tobacco may cause cancer. If you are using tobacco now, try to use it less or quit. Health professionals also say that pregnant women should not use any tobacco.



Alcohol use might be a problem if you drink more than a moderate amount. **Moderate drinking of alcohol** is not dangerous, but pregnant women should never drink alcohol. People who think they might have a drinking problem should talk to a health professional to get help.