

“street” and are of medical and legal concern are the hallucinogenic, narcotic, hypnotic, and stimulant drugs. In addition, health professionals are concerned about the use of alcohol and volatile substances that are inhaled to achieve altered sensation (e.g., gasoline, antifreeze, plastic model cement, organic solvents). Cough and cold preparations such as NyQuil, Coricidin, and Robitussin are common substances abused by adolescents and young adults. The abuse of prescription and synthetic drugs such as oxycodone, alprazolam (Xanax), and amphetamine-dextroamphetamine (Adderall), has reached epidemic proportions among adolescents and young people ([Maxwell, 2011](#)). Many of the prescription drugs are available at a decreased cost compared with the more exotic drugs of abuse and are often found in the medicine or kitchen cabinet at home. Websites also promote the “safe use” of some psychoactive drugs and supply information on new “designer” drugs that are not detectable on a standard urine drug screening test.

### **Tobacco.**

Cigarette smoking has been on a slow decline since the peak in 1999 despite multiple efforts, including increased costs, changes in community attitudes about smoking, media campaigns with counter-advertising, and tobacco-free environments. Use of all tobacco products among youth has not significantly changed between 2004 and 2014 ([Johnston, O'Malley, Miech, et al, 2015](#)).

Cigarette smoking is still considered a chief avoidable cause of death. The hazards of smoking at any age are undisputed; however, a preventive approach to teenage smoking is especially important. Because of its addictive nature, smoking begun in childhood and adolescence can result in a lifetime habit, with increased morbidity and early mortality.

The effects of secondhand smoke exposure are well known and include increased incidence of low birth weight and subsequent illness, increased incidence of sudden infant death syndrome (maternal smoking during and after pregnancy), increased incidence of lower respiratory tract infections and ear infections, exacerbation of asthma attacks, sleep disturbances, and intellectual impairment ([Homa, Neff, King, et al, 2015](#); [Al-Sayed and Ibrahim, 2014](#)).