



Leicester forward Jamie Vardy (Image: Getty Images)

Premier League stars "causing concern" as health warning issued over impact of stimulant

Professional footballers, including Jamie Vardy, have been warned about the use of snus in the game with clubs even highlighting its negative health impact

Snus - is made from ground-up leaves packed into a pouch, which is placed under the top lip

Why are football managers warning against its use?

Side effects Snus

- In May, one mum told how her 15-year-old son was hospitalised after taking snus at his school in Treorchy, South Wales. She said: "The children pop these sachets at the top of their mouth and it's supposed to give them a head rush. My son stupidly took part in this craze and had an adverse reaction.
- "He was violently sick, eyes rolling, couldn't hold his head upright... along with losing feeling in his arms and legs."

Side *effects* Snus

And while it is "safer" than smoking, experts say snus is highly addictive - and has links to head and neck cancer, receding gums and burn-like mouth lesions.



Figure 6 (A-C) Large area of sloughing and

Cycle of addiction

- Using a drug to deal with a problem, rather than learning **real coping mechanisms or solving the problems**, is **not a real solution**
- This creates (at your age) **life-long circuits in your brain** that this is how to deal with issues
- **It does not solve them!**

of Addiction

Click on an area to go to its description.





What's the problem with
THC?

THC effects in young people

- “Popcorn” lung
- Other effects same as smoking, cancer etc
- Psychosis
- Paranoia
- A 2010 study found that **without weed** the incident rate of psychosis and/or permanent paranoia was **6%**
- But **with weed** it rose to **15%** (when they started smoking age 14-16)

THC vapes effects

- Studies suggest that vaporized cannabis may generate fewer chemicals than smoked cannabis However, the use of high-potency concentrates, like those found in vape pens also correlates with a higher incidence of mental and physical health problems.....such as paranoia and psychosis
- (especially in adolescent brains) so potentially higher than the 14% found in "normal weed"

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7757764/>

Repeat Cycle of addiction

- Again.....
- Using a drug to deal with a problem, rather than learning **real coping mechanisms** or solving the problems
- **IS NOT A REAL SOLUTION**

of Addiction

Click on an area to go to its description.



Takeaways

- If you are found with THC vapes, vapes, snus there are sanctions (obviously)
- Key takeaway: using a drug to deal with a problem, rather than learning real coping mechanisms or solving the problems, is NOT a real solution
- Talk to someone, we will need to report it, but the school is not interested in punishing you if your addicted, only for use in school. We are trying to help you
- You're not "broken" you just lack mechanism to deal with life. This is true of everyone to an extent. There are a lot of reasons you might need better mechanism.
- Get help now while your young and while there is still people who will fry to help