HEALTH RISKS OF ALCOHOL AND OTHER DRUGS

Alcohol: Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol also increase the risk of irreparable brain damage. Acetaminophen (Tylenol) is a medication sometimes used to relieve alcohol-induced liver damage, but even this drug can cause severe liver damage and even death.

Cocaine: The smoking of tobacco products is the chief avoidable cause of death in our society. Smoking causes more deaths each year (170,000 per year) than all illegal drugs combined. It is estimated that the use of tobacco will result in 5 million deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among non-smokers. Smoking during pregnancy poses serious risks such as spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths. Perhaps the most dangerous substance in tobacco smoke is nicotine. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20% succeed in stopping on the first try.

Amphetamines: Drugs: Legal use of amphetamines poses serious risks such as spasticity, hyperactivity, hyperthermia, convulsions, delirium, and coma. Because users often inhale the unfiltered smoke directly, it is particularly likely to cause withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Amphetamines cause life-threatening. Long-term consumption of large quantities of cocaine can also lead to permanent damage to vital organs such as the brain and the liver. Females who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome, a condition that can result in lifelong mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk of developing behavioral problems.

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Hallucinogens: Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have bad psychological reactions to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased. Users of PCP report persistent memory problems and sleep difficulties. Some of these effects may last 6 months to a year following prolonged daily use. Mood disorders (depression, anxiety, and violent behavior) also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior. Large doses may produce convulsions and coma, as well as heart and lung failure.

Depressants: The effects of depressants are in many ways similar to the effects of alcohol. Small amounts of depressants can cause drowsiness, impaired judgment, and impaired coordination. Large doses of depressants can cause loss of coordination, loss of blood pressure, loss of consciousness, and death. Depressants, such as barbiturates and benzodiazepines, are often abused by individuals who are trying to fall asleep, or to stay asleep, or to reduce insomnia. Depressants are often abused by individuals who are trying to stay awake, or to reduce anxiety, or to produce a feeling of relaxation. Depressants are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Depressants are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Depressants are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Depressants are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem. Depressants are often abused by individuals who are trying to reduce anxiety, or to increase confidence, or to improve mood. Depressants are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Depressants are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Depressants are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Depressants are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem. Depressants are often abused by individuals who are trying to reduce anxiety, or to increase confidence, or to improve mood. Depressants are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Depressants are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Depressants are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Depressants are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem.

Narcotics: Narcotics are drugs that are used to induce euphoria and relaxed feelings. Some narcotics are legal, such as aspirin and codeine. Other narcotics are illegal, such as heroin, methadone, and oxycodone. Narcotics can cause drowsiness, impaired judgment, and impaired coordination. Large doses of narcotics can cause loss of coordination, loss of blood pressure, loss of consciousness, and death. Narcotics are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Narcotics are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Narcotics are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Narcotics are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem. Narcotics are often abused by individuals who are trying to reduce anxiety, or to increase confidence, or to improve mood. Narcotics are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Narcotics are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Narcotics are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Narcotics are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem. Narcotics are often abused by individuals who are trying to reduce anxiety, or to increase confidence, or to improve mood. Narcotics are often abused by individuals who are trying to reduce stress, or to increase confidence, or to improve concentration. Narcotics are often abused by individuals who are trying to reduce fatigue, or to increase energy, or to improve performance. Narcotics are often abused by individuals who are trying to reduce boredom, or to increase interest, or to improve mood. Narcotics are often abused by individuals who are trying to reduce depression, or to increase happiness, or to improve self-esteem.
EDUCATIONAL RECORDS AND STUDENT RIGHTS

The following information concerning student records maintained by Lamar University is published in compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA) as amended (PL93-380).

Access to educational records directly related to a student will be granted to him or her unless the type of record is exempt from the provisions of the law.

The types, locations and names of custodians of educational records maintained by the University are available from the Registrar.

Access to records by persons other than the student will be limited to those persons and agencies specified in the statute. Records will be maintained of persons granted such access and the legitimate interest in such access.

The release of information to the public without the consent of the student will be limited to the categories of information which have been designated by the University as directory information. The student may request this information be withheld from the public by making written request to the Records Office. Directory information includes name, all addresses, telephone listings, e-mail address, major, classification, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, last educational agency or institution attended, and photographs.

A student has the right to challenge records and information directly related to him or her if it is considered to be inaccurate, misleading or otherwise inappropriate. Issues may be resolved either through an informal hearing with the official immediately responsible or by requesting a formal hearing. The procedure to be followed in a formal hearing is available in the Records Office.

Prior consent is not required from a student to disclose information to the Comptroller General of the United States, the Attorney General of the United States, the Secretary of State and State and local educational authorities.

A reasonable attempt will be made by Lamar University to notify a student of a records request to comply with a judicial order or a lawfully issued subpoena.

The right of parental access to student records may be established by either of two methods: first, by the student filing a written consent statement and, second, by the parent validating the student’s dependence as defined by the Internal Revenue Service.

A student has the right to file a complaint with the U.S. Department of Education concerning alleged failures by Lamar University to comply with the requirements of FERPA.

Lamar University may release personally identifiable information to school officials. School officials include faculty, staff, or student workers who have a legitimate educational interest in gaining access to a student’s education record. Contracted individuals who are not employees of the Institution, but who provide a service that the institution normally would perform itself, may also be classified as school officials.

Upon request, the university discloses educational records without consent to officials of another school in which a student seeks or intends to enroll or which the university has an articulation agreement.

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Member of The Texas State University System

Lamar University is an equal opportunity/affirmative action educational institution and employer. Students, faculty, and staff members are selected without regard to their race, color, creed, sex, age, handicap or national origin, consistent with the Assurance of Compliance with Title VI of the Civil Rights Act of 1964; Executive Order 11246 as issued and amended; Title IX of the Education Amendments of 1972, as amended; Section 504 of the Rehabilitation Act of 1973.

IMPORTANT INFORMATION ON IMMUNIZATION TO ALL APPLICANTS OF LAMAR UNIVERSITY

MEASLES

(aka. Rubeola, Red Measles, Hard Measles, 10-day Measles)

Measles is a highly contagious viral disease for which antibiotics are not effective. It has been responsible for many hospitalizations and several deaths among the college-aged population. The measles vaccine is usually given in combination with vaccines for mumps and rubella (MMR). It is strongly recommended that students of Institutions of Higher Education receive two doses of the vaccine prior to beginning classes. Many young adults have received only one dose.

TETANUS

(aka. Lockjaw)

The illness caused by tetanus results from the poison produced by a bacteria. Again, this is a very difficult illness to treat once it occurs and prevention is the most appropriate choice. The vaccine is effective for about 10 years and needs to be boosted at that interval. It is now common for older adults to develop Tetanus in the United States as many adults do not receive the recommended 10 year boosters. The Tetanus vaccine should be given in combination with the diphtheria vaccine.

POLIOMYELITIS

In the United States, polio immunization is not routinely recommended for persons 18 years of age or older. However, if travel to other parts of the world is planned, a physician should be contacted for specific recommendations.

Immunization is an integral part of your health care. This part is called PREVENTION. It means that you must do something before you become ill to stay healthy! Don’t be part of the PROBLEM, be part of the SOLUTION. Make sure that your immunizations are current NOW!

For more information on immunizations, contact your physician, public health clinic, or:

Lamar University Health Center
P. O. Box 10015
Beaumont, TX 77710
Phone: 409-880-8466

Health students must contact their advisor for specific information.

BACTERIAL MENINGITIS VACCINATION REQUIREMENT

Texas Senate Bill 62 requires that all new students under age 22 who attend on-campus classes at an institution of higher learning either receive a vaccination against bacterial meningitis or meet certain criteria for declining such a vaccination before the first day of the semester. The requirement also applies to returning students under age 22 who were not enrolled in the previous long semester. Please go to http://beacardinal.lamar.edu/bacterial-meningitis for more information.

HAZING

The University reserves the right to take disciplinary action against individual students and/or groups who are involved in hazing activities. Such disciplinary action may be taken independent of state and local prosecutorial actions regardless of the outcome of such prosecutorial actions. Hazing on the part of students, faculty or staff is strictly forbidden, whether on or off campus. The state law providing penal sanctions in the event of a conviction of hazing is set forth in sections 4.51-4.58, Texas Education Code. Full policy is available in the student affairs office in 115 Wimberly Building.