

Short-term Effects:

- Impaired judgment
- False sense of affection
- Confusion
- Depression
- Sleep problems
- Severe anxiety
- Paranoia[†]
- Drug craving
- Muscle tension
- Involuntary teeth clenching
- Nausea
- Blurred vision
- Faintness
- Chills or sweating



Long-term Effects:

- Prolonged use causes long-lasting and perhaps permanent damage to the brain, affecting the person's judgment and thinking ability.

* amphetamine: a central nervous system stimulant, often called "speed."

† paranoia: suspicion, distrust or fear of other people.

Estasy made me crazy. One day I bit glass, just like I would have bitten an apple. I had to have my mouth full of pieces of glass to realize what was happening to me. Another time I tore rags with my teeth for an hour." — Ann





COCAINE & CRACK COCAINE

Cocaine and crack cocaine can be taken orally, through the nose (snorted), injected with a syringe or, in the case of crack, through inhalation of the fumes from heating it.

The terms used to describe ingestion include chewing, snorting, mainlining (injecting into a large vein) and smoking.

The word *cocaine* refers to the drug in a powder form (cocaine) and a crystal form (crack).

STREET NAMES:

- Coke
- Crack
- Flake
- Rocks
- Snow
- Charlie
- Sniff

It is made from the coca plant and, next to methamphetamine,* creates the greatest psychological dependence of any drug.



Short-term Effects:

Cocaine causes a short-lived intense high that is immediately followed by the opposite—intense feelings of depression and edginess and a craving for more of the drug. People who use it often don't eat or sleep properly. They can experience greatly increased heart rate, muscle spasms and convulsions. The drug can make people feel paranoid, angry, hostile and anxious, even when they aren't high.

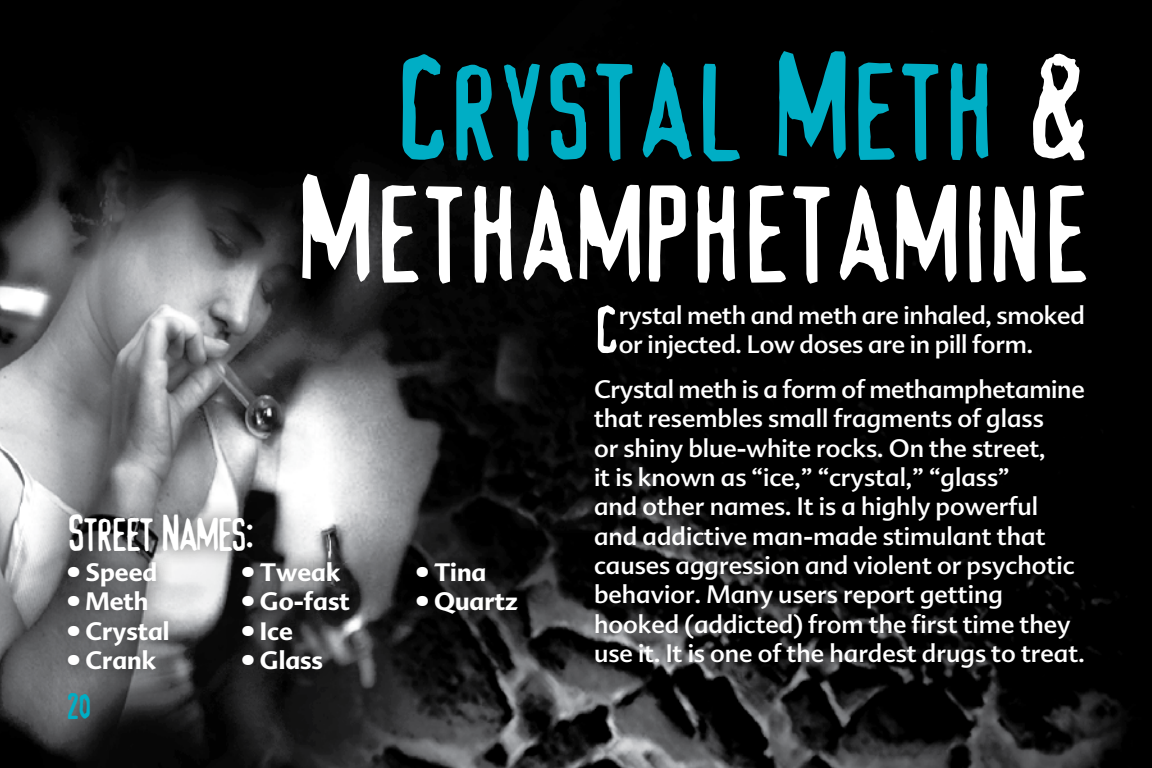
* methamphetamine: a highly addictive central nervous system stimulant.



Long-term Effects:

In addition to those effects already mentioned, cocaine can cause irritability, mood disturbances, restlessness, paranoia and auditory (hearing) hallucinations. Tolerance to the drug develops so that more is needed to produce the same “high.”

Coming down from the drug causes severe depression, which becomes deeper and deeper after each use. This can get so severe that a person will do almost anything to get the drug—even commit murder. And if he or she can't get cocaine, the depression can get so intense it can drive the addict to suicide.



CRYSTAL METH & METHAMPHETAMINE

Crystal meth and meth are inhaled, smoked or injected. Low doses are in pill form.

Crystal meth is a form of methamphetamine that resembles small fragments of glass or shiny blue-white rocks. On the street, it is known as “ice,” “crystal,” “glass” and other names. It is a highly powerful and addictive man-made stimulant that causes aggression and violent or psychotic behavior. Many users report getting hooked (addicted) from the first time they use it. It is one of the hardest drugs to treat.

STREET NAMES:

- Speed
- Meth
- Crystal
- Crank
- Tweak
- Go-fast
- Ice
- Glass
- Tina
- Quartz

Short-term Effects:

Negative effects can include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability. Can cause decreased hunger and bring on weight loss. In higher doses has a greater “rush,” followed by increased agitation and sometimes violence. Other effects can include insomnia, confusion, hallucinations, anxiety and paranoia. Can cause convulsions leading to death.

Long-term Effects:

Increased heart rate and blood pressure, damage to blood vessels in the brain, leading to strokes or irregular heart beat and cardiovascular (involving the heart and blood vessels) collapse or death. Can cause liver, kidney and lung damage. Users may suffer brain damage, including memory impairment and an increasing inability to grasp abstract thoughts. Those who recover are usually subject to memory gaps and extreme mood swings.

Crystal meth was my drug of choice, but there were others too—cheap, easy to get, easy to become addicted to and, of course, easy to use. I tried it once and BOOM! I was addicted. One of the main things that this affected was my music career. I had a great band and played great music and had great members who weren't only band members but best friends. That all changed when I started using meth.” — Brad



INHALANTS

STREET NAMES:

- Poppers
- Whippets
- Laughing Gas
- Rush

Inhalants include chemicals found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, nail polish remover, amyl nitrite* and lighter fuel. They are sniffed or “huffed” (act of inhaling vapors).

Inhalants affect the brain. When substances or fumes are inhaled through the nose or mouth, they can cause permanent physical and mental damage. They starve the body of oxygen and force the heart to beat irregularly and more rapidly. People who use inhalants can lose their sense of smell, suffer nausea and nosebleeds and may develop liver, lung and kidney problems. Continued use can lead to reduced muscle mass, tone and strength. Inhalants can



make people unable to walk, talk and think normally. Much of the damage is caused to the brain tissue when the toxic fumes are sniffed straight into the sinus.[†]

Short-term Effects:

In addition to the above, inhalants can kill a person by heart attack or suffocation as the inhaled fumes take the place of oxygen in the lungs and central nervous system. Someone on inhalants may also suddenly react with extreme violence.

Long-term Effects:

Can lead to muscle wasting and reduced muscle tone and strength. Can permanently damage the body and brain.

* amyl nitrite: a pale yellow liquid used to open or widen blood vessels, sometimes abused as a stimulant.

† sinus: one of the open spaces in the front of the skull that a person breathes through with the nose.





HEROIN

Heroin is usually injected, snorted or smoked. It is highly addictive. Heroin enters the brain rapidly but makes people think and react slowly, impairing their decision-making ability. It causes difficulty in remembering things.

STREET NAMES:

- Horse
- Smack
- H
- Skag
- Junk
- Brown Sugar

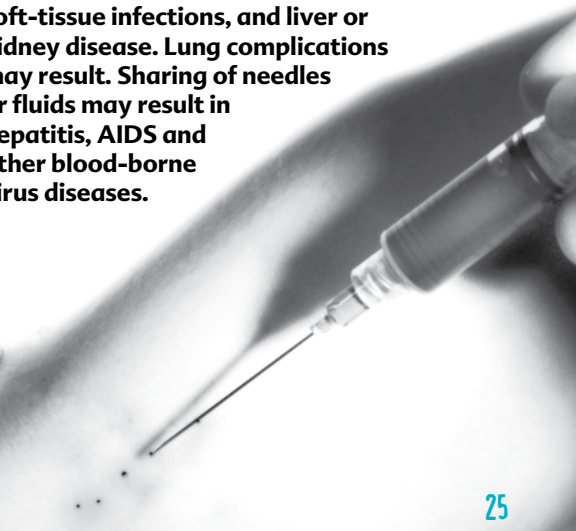
Injecting the drug can create a risk of AIDS, hepatitis (liver disease) and other diseases caused by infected needles. These health problems can be passed on to sexual partners and newborns. Heroin is one of the three drugs most frequently involved in drug abuse deaths. Violence and crime are linked to its use.

Short-term Effects:

Abusers experience clouded mental functioning, nausea and vomiting. Awareness of pain may be suppressed. Pregnant women can suffer spontaneous abortion. Cardiac (heart) functions slow down and breathing is severely slowed, sometimes to the point of death.

Long-term Effects:

Scarred and/or collapsed veins, bacterial infections of the blood vessels, heart valves, abscesses and other soft-tissue infections, and liver or kidney disease. Lung complications may result. Sharing of needles or fluids may result in hepatitis, AIDS and other blood-borne virus diseases.



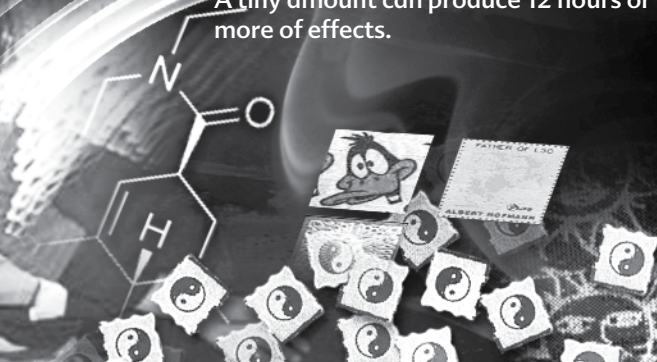
LSD

STREET NAMES:

- Acid
- Cid
- Blotter
- Heavenly Blue
- Microdot
- Purple Heart
- California Sunshine
- Tab
- Dots

LSD is sold in tablets, capsules or in liquid form. It is commonly added to absorbent paper and divided into small decorated squares. Each square is a dose.

LSD is still one of the most potent mood-changing chemicals and is derived from the extremely poisonous ergot fungus, a mold which grows on rye and other grains. Its effects are unpredictable. A tiny amount can produce 12 hours or more of effects.



Short-term Effects:



Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth and tremors. People can experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death and feelings of despair while using LSD.



Long-term Effects:

Flashbacks, or recurrences, of an LSD “trip” can be experienced long after the drug is taken and its effect has apparently worn off. The “trip” itself usually begins to clear up after about 12 hours, but some users manifest long-lasting psychoses.

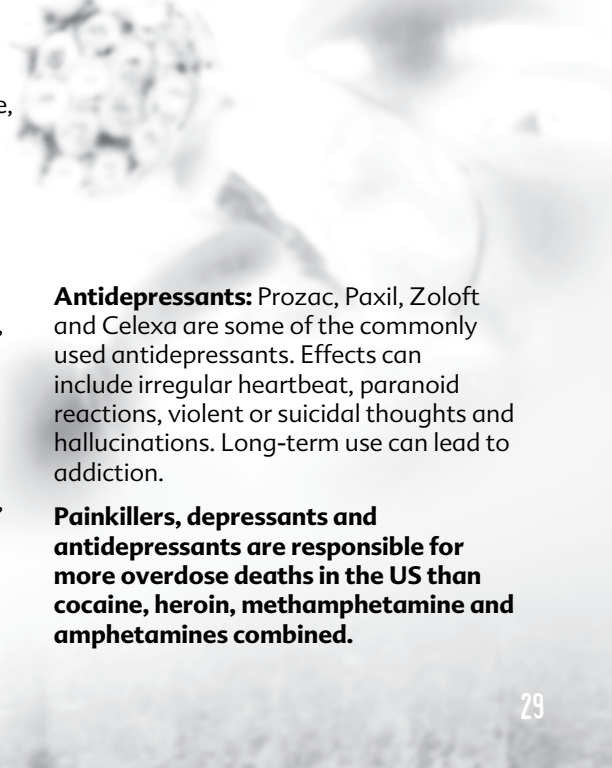
PRESCRIPTION DRUG ABUSE

Abuse of prescription drugs has become a more serious problem than most street drugs. Painkillers, tranquilizers, antidepressants, sleeping pills and stimulants may appear “safe” due to being prescribed by doctors, but they can be just as addictive and potent as the heroin or cocaine sold on the street. The painkiller OxyContin, for example, is as powerful

as heroin and affects the body in the same way. Continued use of painkillers, depressants (“downers”), stimulants (“uppers”) or antidepressants can lead to addiction—and painful withdrawal symptoms for those who try to quit.

Just a few of the effects of these drugs are given here.





Painkillers: OxyContin, Fentanyl, morphine, Percodan, Demerol are a few of a long list of painkillers. Effects can include slowed breathing, nausea and unconsciousness. Abuse can lead to addiction.

Depressants: These drugs, which slow down your brain and nervous system functions, include Xanax, Zyprexa, Amytal, Seconal, Valium and many others. Effects can include heart problems, weight gain, fatigue* and slurred speech. Continued use can lead to addiction.

Stimulants: These drugs speed up your heart rate and breathing, similar to “speed” or cocaine. They include Ritalin, Adderall, Concerta and drugs known as “bennies.” Effects include increased blood pressure and heartbeat, hostility and paranoia.

Antidepressants: Prozac, Paxil, Zoloft and Celexa are some of the commonly used antidepressants. Effects can include irregular heartbeat, paranoid reactions, violent or suicidal thoughts and hallucinations. Long-term use can lead to addiction.

Painkillers, depressants and antidepressants are responsible for more overdose deaths in the US than cocaine, heroin, methamphetamine and amphetamines combined.

* fatigue: extreme physical or mental tiredness.

What Dealers Will Tell You

When teens were surveyed to find out why they started using drugs in the first place, 55% replied that it was due to pressure from their friends. They wanted to be cool and popular. Dealers know this.

They will approach you as a friend and offer to “help you out” with “something to bring you up.” The drug will “help you fit in” or “make you cool.”

Drug dealers, motivated by the profits they make, will say anything to get you to buy their drugs.

They will tell you that “cocaine will make your life a party” and that “heroin is a warm blanket.” If you take Ecstasy, “you can be with a lot of girls.”

They don’t care if the drugs ruin your life as long as they are getting paid. All they care about is money. Former dealers have admitted they saw their buyers as “pawns in a chess game.”

Get the facts about drugs. Make your own decisions.

Millions of copies of booklets such as this have been distributed to people around the world in 22 languages. As new drugs appear on the streets and more information about their effects becomes known, existing booklets are updated and new ones created.

The booklets are published by the Foundation for a Drug-Free World, a nonprofit public benefit organization headquartered in Los Angeles, California.

The Foundation provides educational materials, advice and coordination for its international drug prevention network. It works with youth, parents, educators, volunteer organizations and government agencies—anyone with an interest in helping people lead lives free from drug abuse.

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FACTS YOU NEED TO KNOW

This booklet is one in a series of publications that cover the facts about marijuana, alcohol, Ecstasy, cocaine, crack cocaine, crystal meth and methamphetamine, inhalants, heroin, LSD and prescription drug abuse. Armed with this information, the reader can make the decision to live a drug-free life.



For more information or to obtain more copies of this or other booklets in this series, contact:

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