



Drug Awareness

May 9, 2007

7:00 pm

Alcohol



Short Term Effects

Even at low doses, alcohol significantly impairs the judgment and coordination required to drive a car or operate machinery safely. Low to moderate doses of alcohol can also increase the incidence of a variety of aggressive acts, including domestic violence and child abuse. Effects of moderate alcohol intake include dizziness and talkativeness. The immediate effects of a larger amount of alcohol include slurred speech, disturbed sleep, nausea, and vomiting. “Hangovers” are another effect after large amounts of alcohol are consumed — symptoms including headache, nausea, thirst, dizziness, and fatigue.

Long Term Effects

Prolonged, heavy use of alcohol can lead to addiction (alcoholism). Sudden cessation of long term, extensive alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Long-term effects of consuming large quantities of alcohol can lead to:

- permanent damage to vital organs
- several different types of cancer
- gastrointestinal irritations, such as nausea, diarrhea, and ulcers
- malnutrition and nutritional deficiencies
- sexual dysfunctions
- high blood pressure
- lowered resistance to disease

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may suffer from mental retardation and other irreversible physical abnormalities. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics.

Amphetamines



Street Name / Slang Terms

amp, amped, bennie(s), benz, black & white, black beauties, black mollies, bumblebees, cartwheels, co-pilot, coast to coasts, crisscross, cross tops, dexies, dominoes, eye openers, footballs, hearts, jelly baby, jelly bean, jollies, leapers, lid Proppers, lightning, marathons, oranges, pep pills, rippers, road dope, snap, sparkle plenty, speed, sweets, thrusters, truck drivers, uppers, ups, wake-ups

What are they ?

Amphetamines belong to a group of drugs called *psycho stimulants*, a central nervous system stimulant. They speed up the messages going to and from the brain and body. Their effect is similar to that of the body's own adrenalin. Even though amphetamines mimic the effects of adrenalin, they act for a much longer time in the body.

Most amphetamines are produced in "backyard" laboratories and sold illegally. People who buy amphetamines illegally are often buying the drugs mixed with other substances that can have unpleasant or harmful effects.

What do they look like ?

On the streets, amphetamines can come as a white through to a brown powder, sometimes even orange and dark purple. The drug has a strong smell and bitter taste.

Capsules vary considerably in color and are sometimes sold in commercial brand shells. They are packaged in "foils" (aluminum foil), plastic bags, or small balloons when sold on the streets.

Tablets vary in color and contain a cocktail of drugs, binding agents, caffeine, and sugar. This form of amphetamines is increasing.

The reddish-brown liquid is sold in capsules.

How are they used ?

Swallowed, injected (methamphetamine) or smoked. They are also "snorted" (sniffed) through the nose.

Short Term Effects

Increased talkativeness, aggressiveness, breathing rate, heart rate, and blood pressure. Reduced appetite, dilated pupils, visual hallucinations, auditory hallucinations, compulsive, repetitive action.

Effects of large doses can include fever and sweating, dry mouth, headache, paleness, blurred vision, dizziness, irregular heartbeat, tremors, loss of coordination, and collapse.

Long Term Effects

Long-term effects include tolerance and dependence, violence, aggression, and malnutrition due to suppression of appetite.

Barbiturates



Street Names / Slang Terms

Barbs, Block Busters, Christmas Trees, Goof Balls, Pinks, Red Devils, Reds & Blues, Yellow Jackets

What are they ?

Barbiturates are prescription sedatives—depressants that affect the central nervous system. Depressants act as “downers,” slowing down both the mind and body. There are over 2,000 known barbiturates.

Commonly abused barbiturates include:

- amobarbital (Amytal)
- pentobarbital (Nembutal)
- secobarbital (Seconal)

What do they look like ?

multi-colored tablets and capsules

How are they used ?

Usually swallowed or injected. As similar effects are produced, they are often abused as a substitute for alcohol. People use barbiturates to get a sense of euphoria and relaxation. However, it is illegal to take barbiturates without a doctor’s prescription and supervision. Often they are used to counteract the unpleasant effects of illicit stimulants or to reduce anxiety. On the street, they are often used in combination with stimulants such as cocaine, amphetamines, and crystal meth.

Short Term Effects

Slurred speech, shallow breathing, sluggishness, fatigue, disorientation, lack of coordination, dilated pupils. Barbiturates mimic alcohol intoxication causing mild euphoria, disinhibition, relief of anxiety and sleepiness. Higher doses cause impairment of memory, judgment and coordination, irritability, paranoid and suicidal ideation.

Long Term Effects

Tolerance develops quickly and larger doses are then needed to produce the same effect, increasing the danger of an overdose. In an overdose (or when taken with other drugs like alcohol) death is due to depression of the respiratory center in the brain.

Long-term effects include chronic tiredness, general uncoordination, vision problems, dizziness, slowed reflexes and response, sexual dysfunction, menstrual irregularities, and breathing disorders.

Withdrawal symptoms included tremors, elevated blood pressure and pulse, sweating, and possible seizures.

Cocaine



Street Names / Slang Terms

Cocaine Powder

badrock, bazooka, beam, berni, bernice, big C, blast, blizzard, blow, blunt, bouncing powder, bump, C, cabello, caine, candy, caviar, charlie, chicken scratch, coca, cocktail, coconut, coke, cola, damablanca, dust, flake, flex, florida snow, foo foo, Freeze, g-rock, goofball, happy dust, happy powder, happy trails, heaven, king, lady, lady caine, late night, line, mama coca, marching dust/powder, mojo, monster, mujer, nieve, nose, nose candy, p-dogs, Peruvian, powder, press, prime time, rush, shot, sleighride, sniff, snort, snow, snowbirds, soda, speedball, sporting, stardust, sugar, sweet stuff, token, trails, white lady, white powder, yeyo, zip

Smokeable Cocaine

ball, base, beat, bisquits, bones, boost, boulders, brick, bump, cakes, casper, chalk, cookies, crack, crumbs, cubes, fatbags, freebase, gravel, hardball, hell, kibbles n' bits, kryptonite, love, moonrocks, nuggets, onion, pebbles, piedras, piece, ready rock, roca, rock(s), rock star, Scotty, scrabble, smoke house, stones, teeth, tornado

Cocaine



What is it ?

Cocaine is the most potent stimulant of natural origin — a powerfully addictive stimulant that directly affects the brain. Cocaine has been labeled the drug of the 1980s and 90s because of its extensive popularity and use during this period. However, cocaine is not a new drug. In fact, it is one of the oldest known drugs.

The pure chemical, *cocaine hydrochloride*, has been an abused substance for more than 100 years. Coca leaves (*Erythroxylon coca*, indigenous to the Andean highlands of South America), the source of cocaine, have been ingested for thousands of years.¹

Crack, the freebase form of cocaine, derives its name from the crackling sound made when heating the sodium bicarbonate (baking soda) or ammonia used during production. Crack became popular in the mid-1980s because of its immediate high and its inexpensive production cost.¹

Although most cocaine in the USA is snorted intranasally, smoking crack cocaine has become widely publicized. Use of crack by the urban poor and the criminal market for crack have become the most feared problems of drug abuse. Despite frequent predictions, crack use has not expanded to the suburbs or the urban middle class. Its continued use still occurs primarily in poor Americans.²

Addiction studies have shown that laboratory rats will choose cocaine over food and water. Rats will also take huge electric shocks or press a lever over 10,000 times to get a dose of cocaine. Left on their own, they will inject themselves to death.

Humans are different from rats, right? Yes. Rather than electric shocks, human addicts empty their bank accounts, sell their possessions, commit crimes, sell their bodies, and betray their loved ones. Think you can use cocaine casually? Think again. If you're using coke and you're not addicted, you're just not addicted yet.

Cocaine



What does it look like ?

Cocaine is distributed on the street in two main forms: *cocaine hydrochloride* is a white crystalline powder and *crack* is cocaine hydrochloride that has been processed with ammonia or sodium bicarbonate (baking soda) and water into a freebase cocaine — chips, chunks, or rocks. On the illicit market, crack is sold in small, inexpensive dosage units.

How is it used ?

Snorting is inhaling cocaine powder through the nose where it's absorbed into the bloodstream through the nasal tissues.¹

Injecting is using a needle to release the drug directly into the bloodstream.³

Smoking involves inhaling cocaine vapor or smoke into the lungs, where it's absorbed into the bloodstream as quickly as if injected.³ The duration of cocaine's immediate euphoric effects depends upon the route of administration. The faster the absorption, the more intense the high. Also, the faster the absorption, the shorter the duration of action. The high from snorting is relatively slow in onset, and may last 15–30 minutes, while that from smoking may last 5–10 minutes.

Availability

Powder cocaine is abundant in the Dallas area, available in gram (\$50–\$80) to ounce (\$650–\$950) quantities. An ounce of crack cocaine sells for \$750–\$1,100.

DXM

(Dextromethorphan)



Some users claim to see aliens conjured from the collective unconscious. Others temporarily lose their ability to walk. Some have written stories on the Internet: “I felt my soul being ripped from my body,” and, “Are you a vampire? No, I just met God.” But it’s not heroin or PCP they are taking – it’s cough syrup.

What is it ?

Dextromethorphan (DXM), a synthetic drug chemically similar to morphine, was approved by the FDA as a cough suppressant in 1954. Drug manufacturers developed and began putting it in cough syrups in the 1970s as a suppressant that would be less addictive and have fewer side effects than the narcotic, codeine. When used at the recommended doses, it is a very effective cough suppressant. When taken at much higher doses, however, it acts as a dissociative anesthetic, similar to [PCP](#) and [ketamine](#). At these high doses, DXM is also a central nervous system depressant. DXM is often used in combination with other drugs such as [marijuana](#), [ecstasy](#), or [alcohol](#), which only increase the dangerous physiological effects.

Poison control experts point to a four-fold increase in abuse cases since 2000, mostly involving school-aged youth and young adults, particularly among those who are part of the danceclub or “rave” scene. Intoxication comes from swallowing large doses of the cough syrup, known as “**robo-dosing**” or “**robo-tripping**” or taking hands full of cough suppressant pills, sometimes called “**skittles**” (because of an appearance similar to the popular fruit candy). Those who use the cough syrup to get high are sometimes called “**syrup heads**.” The drug creates a depressant effect, as well as a mild hallucinogenic effect, and is often used as an alternative to ecstasy. According to addiction experts, cough syrup’s inexpensive price and easy availability is attracting adolescents.

Street Names

Dex, DXM, Robo, Skittles, Syrup, Triple-C, Vitamin D, Tussin

What does it look like ?

DXM is the active cough-suppressant ingredient in more than 125 commercial cough remedies in the United States. It is found in **some** formulations of cough remedies sold under such brand names as: Robitussin®, Delsym®, Pertussin®, Drixoral®, Vicks formula 44®, Triaminic®, Coricidin®, Sudafed®, Contac®, and many generic brands. Most of these brands come in multiple formulations, and not each formulation contains DXM. Dextromethorphan-containing remedies often are labeled as “DX” or “Maximum Strength.” Each brand contains different quantities of DXM, with capsules, tablets, lozenges, and other “pills” containing about 20–30 mg. each. Most commercial cough remedies contain multiple active ingredients (to produce the advertised “multi-symptom” relief), and these other ingredients may create their own toxic effects when used in the high doses common among psychoactive users. Poison control experts consider the most dangerous in large amounts to be Coricidin HBP®, which contains an additional antihistamine that makes abuse far riskier than with other DXM products.

DXM

(Dextromethorphan)



How is it used ?

In the past, cough syrup was the most commonly abused form of the drug. Abusers consumed large doses—usually at least half an 8-ounce bottle—by drinking the liquid very quickly. (Consumption of large quantities of cough syrup induces vomiting. Thus, to achieve the desired effects, abusers must drink the product quickly enough to allow the body to absorb the DXM before vomiting occurs). Today, however, abusers use the Internet to not only buy DXM in pure powder form (which alleviates the vomiting), but to learn how to abuse it. Some sites even have online dosing calculators that coach abusers how much they'll need to take for their weight to get high.

Effects & Risk

Misuse of this legal drug is just as harmful as taking illegal drugs. The effects of DXM abuse vary with the amount taken. DXM abusers describe a set of distinct “plateaus” ranging from a mild stimulant effect or excitement with distorted visual perceptions to a sense of complete dissociation from one’s body. Since DXM’s psychoactive effects only kick in when massive amounts are consumed, common side effects blur together with symptoms of overdose. While under the influence of the drug, which can last for as long as six hours, DXM abusers risk injuring themselves and others because of the drug’s effects on visual perception and cognitive processes.

High doses of DXM can cause the inability to move arms or legs or to talk, slowed breathing, permanent brain damage, cerebral hemorrhages, stroke, and even death (from stopped breathing.) In addition, individuals risk hypothermia (exceptionally high fever), particularly if they use the drug in a hot environment or while physically exerting themselves—such as at a rave or dance club.

Other risks associated with DXM abuse include nausea, abdominal pain, vomiting, irregular heartbeat, high blood pressure, headache, numbness of fingers and toes, loss of consciousness, seizures, and even death.

Nationwide, thousands of overdoses have been reported by emergency room doctors. Authorities say DXM overdoses typically occur in clusters, as word of the drug spreads in a community’s middle schools and high schools.

Ecstasy



Street Terms

Adam, Bean, E, M, MDMA, Roll, X, XTC. When a person is experiencing the effects of ecstasy, they are referred to as “rolling.”

What is it ?

MDMA or *Ecstasy* (3-4-methylenedioxyamphetamine), is a synthetic drug with amphetamine-like and hallucinogenic properties.

What does it look like ?

Comes in tablet form that is often branded, e.g. Playboy Bunnies, Nike Swoosh, CK.

How is it used ?

Taken in pill form, users sometimes take Ecstasy at “raves,” to keep on dancing and for mood enhancement. Older teens and college students often frequent raves.

Surgical masks coated with a common, over-the-counter inhalant are often worn by ecstasy users at raves. The inhalant is said to heighten the sensations produced by the drug.

Short Term Effects

Immediate side effects include increased heart rate and blood pressure, dehydration, overheating, teeth-grinding, and jaw clenching. Short-term effects include psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia — during and sometimes weeks after taking MDMA, physical symptoms such as muscle tension, nausea, blurred vision, rapid eye movement, faintness, and chills or sweating.

A common side effect of ecstasy is involuntary clenching of the jaw. Pacifiers are often used to prevent teeth grinding.

Long Term Effects

Ecstasy causes long-lasting, possibly permanent, damage to nerve endings in the brain that are critical for thought and memory. It impairs the function and long term production of serotonin, a brain chemical playing a role in regulating mood memory, sleep, and appetite.

GHB



Street Names / Slang Terms

G, Georgia Home Boy, Grievous Bodily Harm, Liquid Ecstasy, cap (as in cap-ful)

What is it ?

Gamma-hydroxybutyrate (GHB), is a compound that was initially used by body builders to stimulate muscle growth. In recent years it has become popular as a recreational drug among club kids and partygoers. GHB is a synthetically produced central nervous system depressant.

This “designer” drug is often used in combination with other drugs, particularly ecstasy.¹ GHB is synthesized from a chemical used to clean electrical circuit boards. GHB is often manufactured in homes with recipes and kits found and purchased on the Internet.

What does it look like ?

In liquid form, GHB is colorless and odorless and has a salty or soapy taste; however it is often diluted in liquids and virtually undetectable. GHB is also sold in powder or capsule form.

How is it used ?

In powder form, measuring a dose is fairly straightforward. On the street, it is usually sold as a liquid by the dose. In liquid form, GHB comes in a wide variety of concentrations with a single dose ranging from a few drops to a full glass. In some cities, GHB is put into water guns, and users buy it by the squirt. In other instances, candy, such as a lollipop, is dipped in GHB and sold.¹

Who uses GHB ?

The majority of GHB users are young adults. Many of these users do not realize that GHB affects each person differently or that differences in the purity and strength of the dose can mean the difference between life and death. Misinformation on the Internet may also contribute to the problem. GHB is described on many Web sites as a relatively benign drug. Addiction and the possibilities of overdose and death generally are downplayed. The use of GHB as a date-rape drug is often dismissed as media hype. GHB use is most common among white, middle-class males between ages 13 and 30. However, there are geographic and population variances in GHB use. Despite the belief of some users that GHB is a safe body-building or sleep aid, or a party drug that poses no risk for addiction or overdose, the effects of GHB can be tragic. The only legitimate use of GHB in the U.S. is for the treatment of cataplexy, a symptom of the sleep disorder narcolepsy in which muscles lose strength. The U.S. Food & Drug Administration approved GHB, under the brand name *Xyrem*, in July 2002, but mandated some of the most severe restrictions ever imposed on a medicine.²

Short Term Effects

At lower doses, GHB can relieve anxiety and produce relaxation. As the dose increases, the sedative effects may result in sleep and eventual coma or death. GHB is often produced in clandestine laboratories; therefore, the purity and strength of doses vary. This situation makes it difficult for emergency personnel to obtain useful information on the amount of GHB that a person took. Adverse effects of GHB include vomiting, seizure-like activity, loss of consciousness, respiratory arrest, coma, and death.

GHB



Why is GHB so dangerous ?

GHB, usually in combination with alcohol, was linked to more than 60 deaths from January 1992 to May 2001. Almost 60% of these deaths were people between ages 20 and 29. However, the number of GHB-related deaths may be underestimated because GHB does not remain in the body long and is usually not tested for at autopsy. The effects of GHB vary each time a person takes it, and it affects each person differently. A small increase in dose can increase the drug's sedative effects to a lethal level. High doses of GHB may overwhelm the body's ability to eliminate the drug; therefore, the effect.

Dependence and Withdrawal

Severe GHB dependence was found to follow daily use of varying amounts of GHB over a period ranging from 2 months to 3 years according to the findings in a retrospective study of eight patients with prolonged withdrawal symptoms after discontinuing chronic use of GHB. Researchers found that withdrawal symptoms started between 1 and 6 hours after the last dose and lasted between 5 and 15 days. One person died from cardiac complications on the 13th day. Reported withdrawal symptoms included:

- psychosis and severe agitation requiring self-protection procedures and sedation
- mild tachycardia (increased heart rate) and hypertension
- neurologic effects, including prolonged delirium
- hallucinations
- diaphoresis (profuse sweating), nausea, and vomiting

What are the symptoms of a GHB overdose ?

Symptoms of GHB overdose include nausea, bradycardia (slow heart rate), and a decreased level of consciousness.

Hashish



Street Names

Hash

What is it ?

Hashish is the most potent form of cannabis ([marijuana](#)). Hash is made from resin which is extracted from the flow clusters and the top leaves of the marijuana plant. Hashish does not include plant material such as leaves, stems and seed which causes marijuana to be less potent than hashish. This is not to say that hashish is always stronger or of higher quality than marijuana, certain strains of high quality marijuana may be more potent than certain strains of low quality hashish. Most hashish imported into the United States has been stepped (diluted/cut) by dealers making it very difficult to obtain high quality hash. The Middle East, North Africa, and Pakistan / Afghanistan are the main sources of hashish. The THC content of hashish that reached the United States, where demand is limited, averaged 6% in the 1990s.

What does it look like ?

Hashish consists of the THC-rich resinous material of the cannabis plant, which is collected, dried, and then compressed into a variety of forms, such as balls, cakes, or cookie-like sheets.

How is it used ?

Pieces are broken off, placed in pipes, and smoked or eaten.

Herbal Ecstasy



Street Names

Cloud 9, Rave Energy, Ultimate Xphoria, X

What is it ?

Herbal ecstasy is a term used to describe a combination of herbs that are legal, inexpensive, and marketed as a “natural high.” Herbal ecstasy can be purchased over the counter in drug stores, music stores, and shops around the country.

What does it look like ?

Pills sold in colorful packaging. The packaging on these products, including brand names Herbal Ecstasy, Cloud 9, and Ultimate Xphoria, promises “increased energy, inner visions, sexual sensations, and cosmic consciousness.”

How is it used ?

Swallowed, snorted, or smoked.

Short Term Effects

Ephedrine (the key ingredient) stimulates the cardiovascular and central nervous system. It may cause harmful reactions in people with high blood pressure, heart disease, diabetes, and other conditions. People with vulnerabilities to ephedrine can suffer from heart attacks, strokes, and seizures when taking the drug.

Long Term Effects

The Food and Drug Administration has received reports of adverse reactions, including liver failure, elevated blood pressure, strokes, and deaths. The FDA is currently deciding whether a safe level of ephedrine in food supplements exists, or whether sales of some ephedrine-based substances should be stopped altogether. Meanwhile many states have banned the sale of herbal ecstasy following the reports of deaths of users.

Heroin



Street Names

Big H, Blacktar, Brown Sugar, Dope, Horse, Junk, Mud, Skag, Smack

What is it ?

Heroin is a highly addictive drug derived from morphine, which is obtained from the opium poppy. It is a “downer” that affects the brain’s pleasure systems and interferes with the brain’s ability to perceive pain.

What does it look like ?

white to dark brown powder or tar-like substance

How is it used ?

Heroin can be used in a variety of ways, depending on user preference and the purity of the drug. Heroin can be injected into a vein (“mainlining”), injected into a muscle, smoked in a water pipe or standard pipe, mixed in a marijuana joint or regular cigarette, inhaled as smoke through a straw, known as “chasing the dragon,” or snorted as powder via the nose.

Short Term Effects

The short-term effects of heroin abuse appear soon after a single dose and disappear in a few hours. After an injection of heroin, the user reports feeling a surge of euphoria (“rush”) accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities. Following this initial euphoria, the user “goes on the nod,” an alternately wakeful and drowsy state. Mental functioning becomes clouded due to the depression of the central nervous system. Other effects included slowed and slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, vomiting, constipation.

Long Term Effects

Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, cellulites, and liver disease. Pulmonary complications, including various types of pneumonia, may result from the poor health condition of the abuser, as well as from heroin’s depressing effects on respiration. In addition to the effects of the drug itself, street heroin may have additives that do not really dissolve and result in clogging the blood vessels that lead to the lungs, liver, kidneys, or brain. This can cause infection or even death of small patches of cells in vital organs.

With regular use, tolerance develops — requiring abuser to use more heroin to achieve the same intensity or effect. As higher doses are used over time, physical dependence and addiction develop.

With physical dependence, the body has adapted to the presence of the drug and withdrawal symptoms may occur if use is reduced or stopped. Withdrawal, which in regular abusers may occur as early as a few hours after the last administration, produces drug craving, restlessness, muscle and bone pain, insomnia, diarrhea and vomiting, cold flashes with goose bumps (“cold turkey”), kicking movements (“kicking the habit”), and other symptoms. Major withdrawal symptoms peak between 48–72 hours after the last dose and subside after about a week. Sudden withdrawal by heavily dependent users who are in poor health can be fatal.

Inhalants



It's been used by more teens than any other illegal drug except marijuana. It can kill the first time it's used. One out of every five teens in America has used inhalants to get high — and inhalant abuse can begin at a very young age.

What are they ?

Inhalants are ordinary household products that are inhaled or sniffed by children to get high. There are hundreds of household products on the market today that can be misused as inhalants.

What do they look like ?

Examples of products youth abuse to get high include model airplane glue, nail polish remover, cleaning fluids, hair spray, gasoline, the propellant in aerosol whipped cream, spray paint, fabric protector, air conditioner fluid (*Freon*), cooking spray, and correction fluid.

How are they used ?

These products are sniffed, snorted, bagged (fumes inhaled from a plastic bag), or “huffed” (inhalant-soaked rag, sock, or roll of toilet paper in the mouth) to achieve a high. Inhalants are also sniffed directly from the container.

Who Uses Inhalants

National surveys indicate that inhalant abuse is particularly prevalent among young people. Some young people may abuse inhalants as a substitute for alcohol because they can be obtained easily. Data suggest that abuse reaches its peak at some point during the seventh through ninth grades. Eight-graders regularly report the highest rates of abuse. In fact, data for 2004 shows a significant increase in lifetime inhalant use among eight-graders.

Short Term Effects

When inhaled via the nose or mouth into the lungs in sufficient concentrations, inhalants can cause intoxicating effects. Intoxication can last a few minutes or several hours if inhalants are taken repeatedly. Initially, users may feel slightly stimulated; with successive inhalations, they may feel less inhibited and less in control; finally, a user can lose consciousness. Other effects include headache, muscle weakness, abdominal pain, severe mood swings and violent behavior, numbness and tingling of the hands and feet, nausea, hearing loss, limb spasms, fatigue, and lack of coordination.

Long Term Effects

Inhalants can directly induce heart failure and death. This is especially common from the abuse of *fluorocarbons* and butane-type gases. High concentrations of inhalants can also cause death from suffocation — by displacing oxygen in the lungs and then in the central nervous system so that breathing ceases. Other irreversible effects caused by inhaling specific solvents are hearing loss, limb spasms, and central nervous system or brain damage. Serious but potentially reversible effects include liver and kidney damage and blood oxygen depletion. Death from inhalants is usually caused by a very high concentration of fumes. Deliberately inhaling from an attached paper or plastic bag or in a closed area greatly increases the chances of suffocation

Ketamine



Street Name / Slang Terms

Blind Squid, Breakfast Cereal, Cat Valium, Date Rape Drug, Green, K, Keller, Keller's Day, Ket, Ketaject, Ketalar, Kit Kat, New Ecstasy, Psychedelic Heroin, Purple, Special-K, Special la coke, Super Acid, Super-C, Super-K, Vitamin K, and Vit K.

Slang for experiences related to ketamine or effects of ketamine include, K-hole, K-land, baby food, and God.

What is it ?

Ketamine hydrochloride is a central nervous system depressant and a rapid-acting general anesthetic. It has sedative-hypnotic, analgesic, and hallucinogenic properties. It is marketed in the U.S. and a number of foreign countries for use as a general anesthetic in both human and veterinary medical practices.

What does it look like ?

Clear liquid or white powder, similar to cocaine.

How is it used ?

As a liquid, the most potent ways of using it are by injecting it intramuscularly or intravenously. There is the risk of losing motor control before injection is completed. Ketamine also can be made into a tablet, or a powder by evaporating the liquid and reducing it to a fine white powder that can be smoked or snorted. It is being abused by an increasing number of young people as a *club drug*, and is often distributed at *raves* and parties. Because of its appearance, ketamine is often mistaken for cocaine or crystal methamphetamine. Some reports indicate it is sometimes sold on the streets as MDMA (ecstasy) and mixed with other drugs such as ephedrine and caffeine. *Cafeteria use* — the use of a number of hallucinogenic and sedative/hypnotic club drugs such as MDMA, GHB, LSD, and illegally used prescription drugs — is reported almost everywhere in the U.S.

Short Term Effects

Ketamine produces a disassociative state in a user. Effects can range from rapture to paranoia to boredom. The user feels its hallucinogenic effects and experiences impaired perception. Ketamine commonly elicits an out-of-body or near-death experience; it can render the user comatose. Ketamine is similar molecularly to *phencyclidine* (PCP) and thus creates similar effects including numbness, loss of coordination, sense of invulnerability, muscle rigidity, aggressive/violent behavior, slurred or blocked speech, exaggerated sense of strength, and a blank stare. Since ketamine is an anesthetic, it stops the user from feeling pain, which could lead the user to inadvertently cause injury to them self. Ketamine may relieve tension and anxiety, is purported to be a sexual stimulant, and intensifies colors and sounds. The effects of a ketamine *high* usually last an hour but they can last for 4–6 hours, and 24–48 hours are generally required before the user will feel completely *normal* again. Low doses (25–100mg) produce psychedelic effects quickly. Large doses can produce vomiting and convulsions and may lead to oxygen starvation to the brain and muscles; one gram can cause death.

Long Term Effects

Effects of chronic use of ketamine may take from several months to two years to wear off completely. Long-term effects include tolerance and possible physical and/or psychological dependence. Flashbacks may even occur one year after use.

LSD



Street Name / Slang Terms

LSD is sold under more than 80 street names including acid, blotter, cid, doses, and trips, as well as names that reflect the designs on the sheets of blotter paper.

What is it ?

Lysergic acid diethylamide (LSD) is the most potent hallucinogen known to man. It is manufactured from lysergic acid, which is found in *ergot*, a fungus that grows on rye and other grains.

What does it look like ?

LSD is produced in crystalline form and then mixed with excipients or diluted as a liquid for production in ingestible forms. Often, LSD is sold in tablet form (usually small tablets known as microdots), on sugar cubes, in thin squares of gelatin (commonly referred to as window panes), and most commonly, as blotter paper (sheets of paper soaked in or impregnated with LSD, covered with colorful designs or artwork, and perforated into one-quarter inch square, individual dosage units).

How is it used ?

LSD is taken orally and licked off blotter paper. Gelatin and liquid can be put in the eyes.

Short Term Effects

The effects of LSD are unpredictable. They depend on the amount taken, the user's personality, mood, and expectations, and the surroundings in which the drug is used. The physical effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors. Sensations and feelings change much more dramatically than the physical signs. The user may feel several different emotions at once or swing rapidly from one emotion to another. If taken in a large enough dose, the drug produces delusions and visual hallucinations. The user's sense of time and self changes. Sensations may seem to *cross over*, giving the user the feeling of hearing colors and seeing sounds. These changes can be frightening and can cause panic.

Long Term Effects

Some LSD users experience flashbacks, recurrence of certain aspects of a person's experience without the user having taken the drug again. A flashback occurs suddenly, often without warning, and may occur within a few days or more than a year after LSD use. Most users of LSD voluntarily decrease or stop its use over time. LSD is not considered to be an addicting drug because it does not produce compulsive drug-seeking behavior like cocaine, amphetamines, heroin, alcohol, or nicotine.

Marijuana



Street Name / Slang Terms

Aunt Mary, Bobby, Boom, Chronic, Dope ganja, Gangster, Grass, Hash, Herb, Kif, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Weed

What is it ?

Marijuana is a product of the hemp plant, *Cannabis sativa*. The main active chemical in marijuana is *THC* (delta-9-tetrahydrocannabinol). Of the roughly 400 chemicals found in the cannabis plant, THC affects the brain the most.

What does it look like ?

Green or gray mixture of dried, shredded leaves of the hemp plant.

How is used ?

Usually smoked as a cigarette or joint, or in a pipe or bong, marijuana has appeared in *blunts* in recent years. These are cigars that have been emptied of tobacco and re-filled with marijuana, sometimes in combination with another drug, such as crack. Some users also mix marijuana into foods or use it to brew tea.

Short Term Effects

Dry mouth and/or throat, problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety. These effects are even greater when other drugs are mixed with marijuana. Persons high on marijuana show the same lack of coordination on standard *drunk driver* tests as do people who have had too much to drink.

Long Term Effects

Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Someone who smokes 1 to 3 joints can produce the same lung damage and potential cancer risk as smoking five times as many cigarettes

Methamphetamine



Street Names

222, agua, albino poo, alffy, all tweakend long, anny, anything going on, bache knock, bache rock, bag chasers, baggers, Barney Dope, batak, Bato, bato, batu kilat, batu or batunas, batuwhore, beegokes, bianca, bikerdope, Billy, bitch, biznack, blanco, Blizzard, Blue acid, blue funk, bomb, booger, boorit-cebuano, boo-yah, Brian Ed, buff stick, bugger sugar, buggs, bumps, buzzard dust, caca, candy, cankinstien, CC, chach, cha-cha-cha, chalk, chalk dust, chank, cheebah, cheese, chicken flippin, chikin or chicken, chingadera, chittle, chizel, chiznad, choad, clavo, coco, coffee, cookies, CR, crack whore, crankster gansters, cri, criddle, cringe, crissy, critty, crizzy, crothch dope, crow, crunk, crypto, crystal meth, Crystalight, cube, Debbie, devil dust, devil's dandruff, Devil's drug, dingles, dirt, dirty, dizzy-D, D-Monic Or D, do da, doody, doo-my-lau, dope, Drano, Dummy Dust, dyno, epimethrine, Epod, eraser dust, Ethyl-M, Evil Yellow, Fatch, fedrin, fil-layed, fizz wizz, gackle-a fackle-a, gak, gas, gear or get geared up, gemini, glass, go, go fast, go-ey, go-go, go-go juice, Gonzales, goop, got anything, grit, gumption, gyp, Haiwaiian Salt, Hank, high speed chicken feed, highthen, hillbilly crack, hippy crack, homework, hoo, Horse Mumpy, Hydro, hypes, ice, ice cream, Icee, ish, izice, jab, jab, jasmine, Jenny Crank Program, jetfuel, jib, jib Nugget, jinga, juddha, juice, junk, kibble, killer, KooLAID, Kryptonite, laundry detergent, lemon drop, life, lily, Linda, lost weekend, love, low, Lucille, M Man, magic, meth, meth monsters, methaine, meth-and-friend, meth-and-friends-of-mine, methanfelony, methatrim, methmood, method, nazi dope, ne, newday, No Doze, nose candy, on a good one, Patsie, Peaking, Peanut butter, peel dope, phazers, phets, philopon, pieta, pink, poison, poop, poop'd out, poor man's cocaine, pootananny, powder, powder monkeys, powder point, project propellant, puddle, pump, Q'd, quick, quill, ratchet jaw, rails, rails, rank, redneck heroin, Richie Rich, rip, rock, rocket fuel, rocky mountain high, rosebud, Rudy's, rumdumb, running pizo, sack, Sam's Sniff, Sarahs, Satan Dust, scante, scap, schlep rock, Scooby snax, scud, scwadge, shab, sha-bang, shabs, shabu, shamers, shards, shards, shit, shiznack, shiznac, sciznac or shiznastica, shiznit, shiznitty, shizzo, shnizzie snort, shwack, skeepch, sketch, ski, skitz, sky rocks, sliggers, smiley smile, Smurf Dope, smzl, snaps, sniff, snow, space food, spaceman, spagack, sparacked, sparked, sparkle, speed racer, spin, spinack, Spindarella, spinney boo, spinning, spishak, spook, sprack, sprizzlefracked, sprung, Spun Ducky Woo, squawk, stallar, sto-pid, styels, sugar, suger, sweetness, swerve, syabu, ta'doww, talkie, Tasmanian Devil, tenner, the new prozac, the white house, tical, Tina or Teena, tish (shit backwards), tobats, toots, torqued, trippin trip, tubbytoast, tutu, twack, twacked out, tweak, tweedle doo, tweek, tweeze wasabi, twiz, twizacked, ugly dust, vanilla pheromones, wake, way, we-we-we, whacked, white bitch, white ink, white junk, white lady, white pony (ridin' the white pony), white, who-ha, wigg, xaing, yaaba, YAMA, yammer bammer, yank, yankee, yay, yead out, yellow barn, zingin, zip, zoiks, zoom

Methamphetamine



What is it ?

Methamphetamine (*meth*) is an extremely addictive stimulant drug that strongly activates certain systems in the brain. Chemically, it's closely related to the drug *amphetamine*, but the central nervous system effects of meth are greater. **Dependence occurs swiftly.** As a powerful stimulant, meth, even in small doses, can increase wakefulness and physical activity and decrease appetite. A brief, intense sensation, or *rush*, is reported by those who smoke or inject meth. Oral ingestion or snorting produces a long-lasting *high* instead of a rush, which reportedly can continue for as long as half a day. Both the rush and the high are believed to result from the release of very high levels of the neurotransmitter dopamine into areas of the brain that regulate feelings of pleasure.

Meth has toxic effects. In animals, a single high dose of the drug has been shown to damage nerve terminals in the dopamine-containing regions of the brain. High doses can elevate body temperature to dangerous, sometimes lethal levels, as well as cause convulsions. The withdrawal symptoms, especially the depression and physical agony, are reported to be worse than heroin or cocaine, and often addicts will drop out of recovery programs.

What does it look like ?

Meth is usually a clear-to-white crystalline substance. It gets one of its nicknames, *crystal*, because of its appearance — think sea salt crystals for example. The color can vary considerably, depending on its purity and method of manufacture. In its cheapest and most toxic form called *crank*, the drug takes on varying shades of greasy-brown, sometimes with black flecks. [Ice](#), a very pure form of the drug, is clear or transparent in appearance, closely resembling rock salt.

Physical Effects

Like other amphetamines, meth induces a temporary state of alertness, increased energy, suppressed appetite, and feelings of well-being. Continued use may result in severe anxiety, sleeplessness, and a paranoid psychosis.

Chronic abuse overtakes the body, resulting in malnutrition and increased susceptibility to disease. Users can become physically and psychologically dependent on meth.

Overdose leading to death can occur. With low to moderate doses, users may experience enhanced talkativeness, dizziness, headaches, palpitations, and tremors.

Meth is reported to attack the immune system, so users are often prone to infections of all different kinds, one being MRSA—a potentially deadly infection of Staph bacteria resistant to conventional antibiotics. This, too, may simply be a result of long-term sleep deprivation and/or chronic malnutrition.

It's a common belief that meth gives people super-human strength. This of course is false, but meth inhibits pain and increases metabolism, allowing the user to push muscles to points of failure that would otherwise be harder or impossible to reach. Other side effects include twitching, *jitteriness*, repetitive behavior (known as *tweaking*), and jaw clenching or teeth grinding. It has been noted that **meth addicts lose their teeth**

abnormally fast due to a combination of side effects, although heavy users also tend to neglect personal hygiene, such as brushing teeth. Some users exhibit sexually compulsive behavior and may engage in extended sexual encounters with one or more individuals, often strangers. This behavior is substantially more common among gay and bisexual male meth users than their heterosexual counterparts. As it's symptomatic of the user to continue taking the drug to combat fatigue, it's an encounter or series of encounters can last for several days. This compulsive behavior has created a link between meth use and sexually transmitted disease (STD) transmission, especially HIV and syphilis.

Mushrooms



Street Name / Slang Terms

Caps, Magic Mushrooms, Shrooms

What are they ?

Certain types of naturally occurring mushrooms contain hallucinogenic chemicals — *psilocybin* and *psilocin*. These mushrooms are generally grown in Mexico and Central America and have been used in native rituals for thousands of years.

What do they look like ?

dried mushrooms

How are they used ?

Can be eaten, or brewed and consumed as tea.

Short Term Effects

When ingested, mushrooms produce a syndrome similar to alcohol intoxication sometimes accompanied by hallucinations. Once ingested, they generally cause feelings of nausea and other physical symptoms before the desired mental effects appear. The high from using mushrooms is mild and consists of distorted perceptions. Effects may include different perceptions of stimuli like touch, sight, sound, and taste. Onset of symptoms is usually rapid and the effects generally subside within 2 hours. The effects of mushrooms are unpredictable each time they are used due to varying potency, the amount ingested, and the user's expectations, mood, surroundings, and frame of mind. Effects can also include sweating, nervous feeling, and paranoia.

OxyContin



Street Name / Slang Terms

Killers, OC, Oxy, OxyCotton, Oxy80 (referring to the 80 mg tablet)

What is it ?

OxyContin (oxycodone HCl controlled-release) is the brand name for an opioid analgesic — a narcotic. Oxycodone is the narcotic ingredient found in Percoset (oxycodone and acetaminophen) and Percodan (oxycodone and aspirin). OxyContin is used to treat pain that is associated with arthritis, lower back conditions, injuries, and cancer. It is approved for the treatment of moderate to severe pain that requires treatment for more than a few days and available by prescription only.

What does it look like ?

Most commonly seen in tablet form. These round pills come in 10mg, 20mg, 40mg, 80mg and 160mg dosages. (Purdue no longer manufactures the 160 mg tablet) OxyContin also comes in capsule or liquid form.

How is it used ?

As a pain medication, OxyContin tablets are taken every 12 hours. Most pain medications must be taken every three to six hours. Oxycontin abusers remove the sustained-release coating to get a rush of euphoria similar to heroin. They chew the tabs, crush them for snorting, or boil the powder for injection.

Short Term Effects

The most serious risk associated with opioids, including OxyContin, is respiratory depression. Common opioid side effects are constipation, nausea, sedation, dizziness, vomiting, headache, dry mouth, sweating, and weakness. OxyContin is oxycodone in a sustained release form and that is why the tablet should not be broken. Taking broken, chewed, or crushed, tablets could lead to the rapid release and absorption of a potentially toxic dose of oxycodone. Reports indicate that hundreds of people have died after overdosing in this fashion, usually as a result of acute pulmonary edema.

Long Term Effects

A range of negative health consequences associated with OxyContin abuse have lifelong implications, including malnutrition, skin infections, and an increased risk of Hepatitis C and other infections. Chronic use of OxyContin use will result in increased tolerance to the drug in which higher doses of the medication must be taken to receive the initial effect. Over time, OxyContin will become physically addictive, causing a person to experience withdrawal symptoms when the drug is not present. Symptoms of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps, and involuntary leg movements.

PCP



Street Names / Slang Terms

angel dust, supergrass, killer weed, embalming fluid, rocket fuel

What is it?

Phencyclidine (PCP) was developed in the 1950s as an intravenous anesthetic. Use of PCP in humans was discontinued in 1965, because it was found that patients often became agitated, delusional, and irrational while recovering from its anesthetic effects.

What does it look like ?

In its pure form, it's a white crystalline powder that readily dissolves in water. However, most PCP on the illicit market contains a number of contaminants as a result of makeshift manufacturing, causing the color to range from tan to brown, and the consistency from powder to a gummy mass.

How is it used ?

PCP turns up on the illicit drug market in a variety of tablets, capsules, and colored powders. It is normally used in one of three ways — snorted, smoked, or eaten. When it is smoked, PCP is often applied to a leafy material such as mint, parsley, oregano, tobacco or marijuana. Many people who use PCP may do it unknowingly because PCP is often used as an additive and can be found in marijuana, LSD, or methamphetamine.

Short Term Effects

At low to moderate doses, physiological effects include a slight increase in breathing rate and a more pronounced rise in blood pressure and pulse rate. Respiration becomes shallow, and flushing and profuse sweating occurs. Generalized numbness of the extremities and muscular incoordination may also occur. Psychological effects include distinct changes in body awareness, similar to those associated with alcohol intoxication. At high doses, there is a drop in blood pressure, pulse rate, and respiration. Nausea, vomiting, blurred vision, drooling, loss of balance, and dizziness may accompany this. Psychological effects at high doses include illusions and hallucinations. PCP may have effects that mimic certain primary symptoms of schizophrenia, such as delusions, mental turmoil, and a sensation of distance from one's environment. Sometimes, speech is sparse and mangled. Other effects include inability to feel physical pain, anxiety, disorientation, fear, panic and paranoia, aggressive behavior and violence.

Long Term Effects

People who use PCP for long periods of time report memory loss, speech difficulties, depression, and weight loss. When given psychomotor tests, PCP users tend to have lost their fine motor skills and short-term memory. Mood disorders have also been reported. PCP has sedative effects, and interactions with other central nervous system depressants such as alcohol and benzodiazepines can lead to coma or death.

Peyote



What is it ?

Peyote is a small, spineless cactus, *Lophophora Williamsii*, whose principal active ingredient is the hallucinogen *mescaline*. From earliest recorded time, peyote has been used by natives in northern Mexico and the southwestern United States as a part of traditional religious rites. Mescaline can be extracted from peyote or produced synthetically.

What does it look like ?

The top of the cactus above ground, also referred to as the “crown,” consists of disc-shaped buttons that are cut from the roots and dried. These buttons are generally chewed or soaked in water to produce an intoxicating liquid.

Short Term Effects

The hallucinogenic dose for mescaline is about 0.3 to 0.5 grams (equivalent to about 5 grams of dried peyote) and lasts about 12 hours.

Ritalin



Street Name / Slang Terms

Kibbles & Bits, Kiddy-Cocaine, Pineapple, R-Ball, Skippy, Smart Drug, Smarties, Vitamin R, West Coast

What is it ?

Ritalin, the trade name for the prescription drug *methylphenidate*, is a central nervous system stimulant often prescribed to treat individuals (mostly children) diagnosed with ADD (attention deficit disorder) or ADHD (attention deficit hyperactivity disorder.) Taken as prescribed, Ritalin can be an effective medicine. Research has shown that people with ADHD do not get addicted to their stimulant medications at treatment dosages. In clinical studies, methylphenidate, like amphetamines, produce behavioral and psychological effects similar to cocaine. In simple terms, this means that the human body cannot tell the difference between cocaine, amphetamines, or Ritalin. When abused, these prescription tablets create powerful stimulant and addictive effects. In recent years, Ritalin has become one of the most abused prescription drugs.

What does it look like ?

Ritalin is available in 5-, 10-, and 20-milligram tablets. The tablets typically are white or yellow in color. On the streets, a single tablet is illegally sold for \$3 – \$15.

How is it illegally used ?

Abusers either swallow the tablets or crush them to produce a powder, which is snorted. Some abusers dissolve the tablets in water and then inject the mixture — a particularly dangerous practice. Complications can result when the drug is injected because insoluble fibers in Ritalin can block small blood vessels.

Short Term Effects

Since Ritalin is a prescribed medication, it's often considered innocent and harmless, without the stigma associated with street drugs. In fact, illegal Ritalin use can be very dangerous, with effects similar to those produced by cocaine and amphetamines. Common Ritalin side-effects include:

Common Ritalin side-effects

include:

- insomnia
- irritability
- nervousness
- dizziness
- dry mouth
- skin rashes and itching
- abdominal pain
- weight loss
- blurry vision
- toxic psychosis

- loss of appetite
- nausea and vomiting
- drowsiness
- palpitations
- headaches
- stomach aches
- digestive problems
- psychotic episodes
- drug dependence syndrome

Other Ritalin side-effects

include:

- anorexia
- change in blood pressure
- changes in pulse
- toxic psychosis
- palpitations
- cardiac arrhythmia
- anemia
- scalp hair loss

Rohypnol



Street Name / Slang Terms

Date-Rape Drug, La Roche, R2, Rib, Roach, Roofenol, Roofies, Rope, Rophies, Ruffies

What are they ?

Rohypnol is the brand name for a drug called *flunitrazepam*, a powerful sedative. Flunitrazepam has never been approved for medical use in the U.S., therefore, doctors cannot prescribe it and pharmacists cannot dispense it. However, it is legally prescribed in over 60 other countries and is widely available in Mexico, Colombia, and Europe where it is used for the treatment of insomnia and as a pre-anesthetic.

What does they look like ?

A small white tablet with no taste or odor when dissolved in a drink.

How are they used ?

Swallowed as a pill, dissolved in a drink, or snorted. “Roofies” are frequently used in combination with alcohol and other drugs. They are sometimes taken to enhance a heroin high, or to mellow or ease the experience of coming down from a cocaine or crack high. Used with alcohol, roofies produce disinhibition and amnesia.

Short Term Effects

Like other benzodiazepines (such as Valium, Librium, Xanax, and Halcion), flunitrazepam’s pharmacological effects include sedation, muscle relaxation, reduction in anxiety, and prevention of convulsions. However, flunitrazepam’s sedative effects are approximately 7–10 times more potent than diazepam (Valium). The effects of flunitrazepam appear approximately 15–20 minutes after administration and last 4–6 hours. Residual effects can be found 12 hours or more after administration. Flunitrazepam causes partial amnesia — individuals are unable to remember certain events that they experienced while under the influence of the drug. This effect is particularly dangerous when flunitrazepam is used to aid in the commission of sexual assault — victims may not be able to clearly recall the assault, assailant, or events surrounding the assault. It’s difficult to estimate just how many flunitrazepam-facilitated rapes have occurred nationally. Often, biological samples are taken from the victim when the effects of the drug have already passed and only residual amounts remain in the body fluids. These amounts are difficult, if not impossible, to detect using standard screening tests. If flunitrazepam exposure is to be detected, urine samples need to be collected within 72 hours and subjected to sensitive analytical tests. The problem is compounded by the onset of amnesia after ingestion of the drug, which causes the victim to be uncertain about the facts surrounding the rape. This uncertainty may lead to critical delays or even reluctance to report the rape and to provide appropriate biological samples for toxicology testing.

Long-Term Effects

Chronic use of flunitrazepam can result in physical dependence and the appearance of withdrawal syndrome when the drug is discontinued.

Steroids



What are they ?

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone *testosterone*. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is *androgenic* (promoting masculine characteristics) *anabolic* (tissue building) *steroids* (the class of drugs). Some of the most abused steroids include *Deca-Durabolin*, *Durabolin*, *Equipoise*, and *Winstrol*. The common street (slang) names for anabolic steroids include *arnolds*, *gym candy*, *pumpers*, *roids*, *stackers*, *weight trainers*, and *juice*. The two major effects of testosterone are an *androgenic effect* and an *anabolic effect*. The term *androgenic* refers to the physical changes experienced by a male during puberty. Androgenic effects would be similarly experienced in a female. This property is responsible for the majority of the side effects of steroid use. The term *anabolic* refers to promoting of *anabolism*, the actual building of tissues, mainly muscle, accomplished by the promotion of protein synthesis.

Why are they abused?

Anabolic steroids are primarily used by bodybuilders, athletes, and fitness “buffs” who claim steroids give them a competitive advantage and/or improve their physical performance. Also, individuals in occupations requiring enhanced physical strength (body guards, construction workers, and law enforcement officers) are known to take these drugs. Steroids are purported to increase lean body mass, strength, and aggressiveness. Steroids are also believed to reduce recovery time between workouts, which makes it possible to train harder and thus improve strength and endurance. Some non-athletes also take steroids to increase their endurance, muscle size, and strength, and reduce body fat which they believe improves personal appearance.

Where are steroids obtained?

Doctors may prescribe steroids to patients for legitimate medical purposes such as loss of function of testicles, breast cancer, low red blood cell count, delayed puberty, and debilitated states resulting from surgery or sickness. Veterinarians administer steroids to animals for legitimate purposes such as to promote feed efficiency, and to improve weight gain, vigor, and hair coat. They are also used in veterinary practice to treat anemia and counteract tissue breakdown during illness and trauma. For purposes of illegal use there are several sources — the most common illegal source is from smuggling steroids into the U.S. from other countries such as Mexico and European countries. Smuggling from these areas is easier because a prescription is not required for the purchase of steroids. Less often steroids found in the illicit market are diverted from legitimate sources (e.g. thefts or inappropriate prescribing) or produced in clandestine laboratories.

Steroids



How are they taken ?

Anabolic steroids dispensed for legitimate medical purposes are administered several ways including intramuscular or subcutaneous injection, by mouth, pellet implantation under the skin, and by application to the skin (e.g. gels or patches). These same routes are used for purposes of abusing steroids, with injection and oral administration being the most common. People abusing steroids may take anywhere from 1 to upwards of a 100 times normal therapeutic doses of anabolic steroids. This often includes taking two or more steroids concurrently, a practice called “stacking.” Abusers will often alternate periods (6 to 16 weeks in length) of high dose use of steroids with periods of low dose use or no drug at all. This practice is called “cycling.” Another mode of steroid use is called “pyramiding.” With this method users slowly escalate steroid use (increasing the number of drugs used at one time and/or the dose and frequency of one or more steroids), reach a peak amount at mid-cycle and gradually taper the dose toward the end of the cycle. Doses of anabolic steroids used will depend on the particular objectives of the steroid user. Athletes (middle or high school, college, professional, and Olympic) usually take steroids for a limited period of time to achieve a particular goal. Others such as bodybuilders, law enforcement officers, fitness buffs, and body guards usually take steroids for extended periods of time. The length of time that steroids stay in the body varies from a couple of days to more than 12 months.

Short-Term Effects

Use of anabolic steroids produces increases in lean muscle mass, strength, and ability to train longer and harder. Many health hazards of short-term effects are reversible. The major effects of anabolic steroid use include liver tumors, jaundice, fluid retention, and high blood pressure.

For men, additional side effects include:

- shrinking of the testicles
- reduced sperm count
- development of breasts
- baldness
- infertility

For women, additional side effects include:

- growth of facial hair
- deepened voice
- changes in or cessation of menstrual cycles

For adolescents, additional side effects include:

- accelerated puberty changes
- growth halted prematurely (due to premature skeletal maturation)

Users may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.

Long-Term Effects

The long-term, high-dose effects of steroid use are largely unknown.

Tobacco / Smoking



Short-Term Effects

The body's response to nicotine is immediate — causing short-term increases in blood pressure, heart rate, and blood flow from the heart. Nicotine also causes arteries to narrow,⁵ while *carbon monoxide* reduces the amount of oxygen the blood can carry — two side effects which create an imbalance in the demand for oxygen by the cells and the amount of oxygen the blood is able to supply.⁶

Long-Term Effects

Smoking can cause chronic lung disease, coronary heart disease, and stroke, as well as cancer of the lungs, larynx, esophagus, mouth, and bladder.⁷ Smoking is also known to contribute to cancer of the cervix, pancreas, and kidneys