

FACTS ABOUT DRUGS

ALCOHOL:

What it is:

Names: Ethyl (beverage), alcohol, ethanol, booze.

Type: Central nervous system depressant.

Forms: Clear absolute alcohol liquid diluted and/or blended as wine, beer, liquor (distilled spirits) or liqueur.

Usage: Swallowed in drinks which may be blended or mixed with other spirits or non-alcoholic substances (soft drinks, orange juice, tomato juice, water, etc.).

What it feels like:

Initial relaxed and/or sociable feeling may be replaced with depression, anger, loss of control, and drowsiness. Effects may vary with individual.

What it does:

To your mind: lowers ability of brain to control behavior and impairs your ability to perform motor skills such as driving.

To your body: lessens ability to move or speak effectively.

Special characteristics: Milk can retard (or slow) absorption. Food or drink does not change ongoing effects. One “shot” of liquor equals one glass of wine or beer. Effects vary by size of person related to blood absorption capacity, amount of food in the stomach, built up tolerance level, and other factors. There is no known cure for the next day withdrawal “hangover.”

How it can hurt you:

Memory loss, hypothermia, decreased sex drive, impotence, menstrual problems, liver and kidney damage, general stomach and intestine damage, lack of ability to feel pain, coma, susceptibility to alcohol-related diseases, anxiety, insomnia, socially unacceptable behavior, brain damage, affected walk, and depletion of vitamins and nutrients may occur. Death from inability to breathe, heart failure, severe withdrawal effects, interaction with other drugs, driving while under the influence, suicide, aspiration of vomit leading to suffocation or pneumonia is not uncommon. Dependence can be both emotional and physical. Unborn children of drinking mothers may be affected by mental retardation, deformities and heart defects.

When to get help:

- [?] Do you think you're more witty and attractive when you drink?
- [?] Do you think about how and when you're going to drink again?
- [?] Is your job performance affected by your drinking?
- [?] Has your health changed?
- [?] Are you spending more money on booze?
- [?] Do family and friends mention your drinking to you?
- [?] Do you stop and start drinking to test yourself?

[?] Are you a weekend “binge” drinker?

[?] Have you been stopped for drunk driving?

One “yes” and your common sense is all it takes to know it’s time to get smart about alcohol and the rest of your life.

FACT: It is estimated that one in 20 Americans has an alcohol dependency problem. Of all the drugs in the world, alcohol and tobacco remain the top two killers.

HEROIN

What it is:

Names: Heroin, dust, “H,” horse, junk, smack, scap, Mexican mud, China white, black tar.

Type: Semisynthetic narcotic pain killer, opiate.

Forms: Fine, white crystalline powder, water soluble and bitter tasting.

Combinations: With amphetamines, “bombitas;” with cocaine, “dynamite,” “speedball,” “Whiz-bang;” with marijuana, “atom bomb,” “A-bomb.”

Usage: Injected (water solution) into bloodstream, “mainlining,” under skin, “skin-popping,” or into muscle. Sniffing (powder), “snorting.” Smoking (vapor), “chasing the dragon.” Swallowing (powder wrapped in tissue or bread).

Legal Status: Illegal in U.S. for all use. Legal in some countries for extreme cancer or other pain and for regulated maintenance of addicted users.

What it feels like:

An immediate, powerful, orgasmic rush, followed by peacefulness, lack of pain, euphoria, leading to drowsiness (a “nod”), inactivity, inability to concentrate, small pupils, droopy eyelids, limited vision, slowed breathing, nausea and vomiting, lack of appetite, constipation, reduced sex drive, increased urination, itching or burning on the skin, low body temperature, and sweating.

What it does:

To your mind: Metabolizes into morphine and depresses central nervous system, suppressing pain sensation and relieving anxiety.

To your body: Affects both gastrointestinal and respiratory systems, causing constipation and slowed breathing.

Special characteristics: Repeated use develops tolerance to nausea and vomiting. Then, tolerance to desired effects also develops, requiring increased dosage.

How it can hurt you:

Drowsiness may progress to coma or irregular breathing and heartbeat, respiratory and cardiac arrest (heart attack). Slowed breathing may lead to oxygen starvation and brain damage. Needle infection may cause collapsed veins, tetanus, hepatitis, endocarditis, or AIDS. Death results from overdose, which brings on lung and heart complications.

Overdose can result from purchase of impure and/or unpredictable street drugs. Dependence develops even when “chipping,” using heroin infrequently and in low doses. The tolerance, which develops, causes progression to higher doses. Fear of withdrawal creates dependence in itself. Withdrawal and abstinence reduce tolerance for only a brief period. Psychological dependence can be prolonged after withdrawal with depression, anxiety, inability to sleep, lack of appetite, restlessness and craving for the drug.

When to get help:

[?] Do you think about how and when you’re going to use heroin again?

[?] Is your work or school performance affected by your drug use?

[?] Are you having problems with family and friends?

[?] Do you spend more on heroin than you can afford?

[?] Do you use other drugs in addition to heroin?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Of all similar narcotic drugs, you are most likely to become addicted to heroin.

NARCOTICS

What it is:

Names: Codeine (schoolboy), heroin (junk, horse, H, Harry, scat, smack, scag, brown sugar), hydromorphone (Dilaudid), merperidine (Demerol), methadone, morphine, oxycodone (Percodan), pentazocine (Talwin), propoxyphene (Darvon), diphenoxylate (Lomotil), fentanyls, hydrocodone (Novahistex DH), levallorphan (Lorfan), MPPP, opium, pain killers.

Type: Narcotic analgesic as natural or semisynthetic opiate, or synthetic opioids.

Forms: Poppy juice, powder, solution.

Combinations: When combined with cocaine or methamphetamine becomes a “speedball.”

Usage: Injected into bloodstream (mainlining, hit) or muscle, or under skin (skin popping), or may be swallowed.

Legal Status: Illegal, except as manufactured and prescribed by license.

Other Forms: Narcotic combination compounds (ASA [Aspirin] and oxycodone or codeine) are used for moderate pain from inflammation. Morphine, codeine, hydrocodone are used in cough suppressants. Morphine, opium and diphenoxylate (Lomotil) are used in anti-diarrhea medications. Opiates are used to relieve pain and for anesthesia.

What it feels like:

Orgasmic rush of pleasure, numbness, lack of pain, euphoria. Anxiety, depression, nausea, constipation may occur as after-effects.

What it does:

To your mind: Depresses breathing and other brain centers. Relieves pain and anxiety.

To your body: Depresses all body systems.

Special characteristics: “Antagonists” such as methadone prevent narcotic effects from developing and reverse the acute effects. Sharp, localized pain is not relieved well by narcotic analgesics. Withdrawal effects for all narcotics, and for methadone, can be severe.

How it can hurt you:

Impurity of street drugs, dangers of needle use (including infection and AIDS), and withdrawal effects may cause limited vision, reduced sex drive, menstrual irregularity, chronic constipation, mood swings, breathing problems, heart problems, tremors, muscle twitches, hyperactive reflexes, nervousness, restlessness, seizures, toxic psychosis. Death from malnutrition, overdose, combination effects of barbiturates and other sedative/hypnotic drugs may occur. Dependence develops with tolerance and cross-tolerance of other drug effects, and fear of withdrawal. Unborn children of dependent mothers absorb the drugs and experience a life-threatening withdrawal process after birth. Methadone infant withdrawal is especially severe.

When to get help:

[?] Do you think about how and when you’re going to take drugs again?

[?] Is your work or school performance affected?

[?] Has your health changed?

[?] Are you having problems with family and friends?

[?] Are you spending more on narcotics than you can afford?

[?] Do you use a variety of drugs?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: All narcotics are addicting and dangerous.

MARIJUANA

What it is:

Names: Cannabis sativa, hashish, hashish oil, marijuana, Mary Jane, Acapulco Gold, ace, Columbian, ganja, grass, hemp, Indian, Jamaican, jive, joint, Mexican, Maui wowie, Panama Red, Panama Gold, pot, reefer, ragweed, sativa, sinse, tea, Thai sticks, weed, roach, hash, hash oil, honey oil, weed oil.

Type: Hallucinogen.

Forms: Grey-green to green-brown dry leaf, resin oil, leaf oil.

Combinations: With PCP, “supergrass,” “killer weed,” with opium, “O.J.,” with heroin, “atom bomb,” “A-bomb,” with cocaine, “woo,” or “wooze.”

Usage: Most often inhaled by smoking a “joint,” bong, or pipe. May be cooked or baked in foods and eaten.

Legal Status: Illegal.

Other Forms: The prime psychoactive element of cannabis, Tetrahydrocannabinol (THC), is administered in gelatin capsules for medical research testing of nausea treatment related to cancer chemotherapy, glaucoma, epilepsy, and muscle spasm due to multiple sclerosis, or spinal cord injury.

What it feels like:

Feelings of contentment and relaxation may be accompanied by loss of inhibition, bouts of laughter, continuous talking, increased sensitivity to audio and visual effects, increased sensitivity of touch, smell, taste, and movement. Confusion, disorientation, recent memory loss, reduced attention span, lack of balance and stability, loss of muscle strength, shaking, anxiety, and paranoia may occur with higher doses.

What it does:

To your mind: Distorts perception of reality.

To your body: Increases heart rate, lowers blood pressure, and limits control of movements.

How it can hurt you:

Possible side effects include heart related effects, asthma, bronchitis, damage to respiratory system and tissue, reddening of eyes, change in sex drive, infertility, changes in body temperature, hallucinations, slowed reaction time, delusions, panic, toxic psychosis, activation of latent schizophrenia which may continue indefinitely.

Amotivational syndrome, memory loss with possible permanent brain damage, and death of self and others, due to driving under the influence, especially when combined with alcohol, may also occur. Dependence can develop as a psychological craving. Unborn children of mothers who use cannabis may develop congenital defects or experience delayed development after birth.

When to get help:

[?] Do you think about how and when you’re going to smoke again?

[?] Do you worry if no marijuana is available?

[?] Is your job or school performance affected?

[?] Do you spend more and more money on pot?

[?] Have you been stopped for driving under the influence?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Cannabis is the most abused psychoactive drug by students, after alcohol.

TRANQUILIZERS

What it is:

Names: Tranks, downers, antianxiety agents (anxiolytics), happy pills, BZDs, mood modifiers, mood elevators, benzos.

Minor Tranquilizers:

Benzodiazepines I: Alprazolam (Xanax), chlorazepate (Tranxene), chlordiazepoxide (Librium, Novopoxide), diazepam (E. Pam, Valium, Vivol), lorazepam (Ativan), oxazepam (Serax) Vs (Valium).

Benzodiazepines II: Flurazepam (Dalmane, Novoflupam, Somnol), nitrazepam (Mogadon), temazepam (Restoril), triazolam (Halcion).

Meprobamate: Equanil, Meprospan-400, Miltown.

Forms: Benzodiazepines I: white, creamy, or yellow powder, crystalline or fine.

Benzodiazepines II: white or yellow crystalline powder. Meprobamate: white powder.

Soluble in varying degrees with water and/or alcohol.

Combinations: Librax (chlordiazepoxide, clidinium bromide) for peptic ulcer, 217 Mep (Meprobamate, ASA, caffeine citrate), 282 Mep (217 Mep plus codeine phosphate). When abused, is combined with other central nervous system depressants, especially alcohol and barbiturates.

Usage: Swallowed as a capsule, tablet or liquid or may be injected into the bloodstream as a solution.

Legal Status: Legal as manufactured and prescribed.

Other Forms: Major tranquilizers are used in managing psychiatric illnesses. Unlike minor tranquilizers, their effects do not mirror sedative/hypnotic drugs. Combined with alcohol and other depressants, however, side effects are intensified.

What it feels like:

Relaxation and calmness, (mild euphoria with diazepam, more intense with Meprobamate), drowsiness, fatigue, hostility, dizziness, depression, blurred and double vision, confusion, memory loss, and hallucinations may occur.

What it does:

To your mind: Activates specific brain receptors.

To your body: Interferes with control of movements.

Special characteristics: Diazepam is often substituted for methaqualone (ludes, 714s, Quaalude) when sold on the street. Small amounts of alcohol can be lethal when interacting with benzodiazepines. Heroin addicts and recovering alcoholics use Diazepam to achieve mild intoxication. Benzodiazepines can alleviate side effects of withdrawal from other drugs of abuse.

How it can hurt you:

Lack of coordination, altered speech, confusion, and coma may occur with use. Withdrawal effects: tremors altered speech, rapid heart rate, blood pressure drop, and headache. Mood swings, tension, nightmares, nausea, rash, loss of sexual function, apathy, increased toxic effects in combination with other CNS depressant drugs, and death from effects of

combination of tranquilizers and other drugs such as alcohol, or from driving under the influence may occur.

When to get help:

- [?] Do you find it hard to cope without a pill?
- [?] Is your work or school performance affected by your drug use?
- [?] Are you having problems with family and friends?
- [?] Do you use a variety of drugs?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Tranquilizers are the most widely prescribed psychotherapeutic agents in the world, and are most involved in suicide attempts and accidental overdoses.

DOWNERS/BARBITURATES

What it is:

Names: Barbiturates, barbs, downers, goofballs, Amytal (amobarbital), Butisol (butabarbital), Nembutal (pentobarbital), Luminal (Phenobarbital), Seconal (secobarbital), methaqualone (ludes, 714's).

Type: Sedative, hypnotic.

Forms: White, bitter tasting powders soluble in water.

Combinations: With amobarbital and secobarbital, (Tuinal), with butalbital, ASA (aspirin), and caffeine, "Fiorinal" (with codeine, "Fiorinal C"), with weak street heroin and methamphetamines.

Usage: Swallowed as tablet, capsule or liquid solution. Inserted as rectal suppository. Injected into bloodstream (mainlining) or muscle, or under skin (skin popping).

Legal Status: Legal as manufactured and prescribed by license for clinical use.

Other Forms: Similar acting non-barbiturate downers once sold as Quaalude or Mandrox are no longer manufactured in America.

What it feels like:

Relaxation, peacefulness, sleepiness, pleasurable intoxication, dizziness, inactivity, withdrawal, interrupted thought processes, mood swings, excitement, increased pain, hostility, depression, anxiety, confusion, changed vision, increased sex drive, intense emotions, hangover.

What it does:

To your mind: Depresses central nervous system.

To your body: Progressive decline in blood pressure, heart rate and breathing. Nausea, vomiting, abdominal pain. Alternate pupil constriction and dilation. Loss of reflex response. Low body temperature and blood temperature. Weak pulse.

Special characteristics: Effects cause ever increasing depression of respiratory control centers of the brain. Medical application is based on the durations of action of the many and various barbiturates: ultra short, short and intermediate, long acting. Tolerance leads to increased doses, risk of life-threatening complications, and severe withdrawal symptoms.

How it can hurt you:

Anxiety, restlessness, depression, psychotic episodes, impaired memory, judgment and thinking. Worsening of preexisting emotional disorders. Hostility, chronic fatigue from sleep disturbances or insomnia. Slurred speech, limited motor coordination. Changes in eyesight, vertigo, impotence, reduced sex drive, irregular menstruation, breathing disorders. Death can come from stopped breathing, suicide, combination with other CNS depressants (such as alcohol), severe withdrawal symptoms.

When to get help:

[?] Do you use downers regularly?

[?] Do you think about how and when you're going to use them again?

[?] Are you having problems with family and friends?

[?] Is your work or school performance affected?

[?] Do you use other drugs in addition to barbiturates?

[?] Do you spend more on drugs than you can afford?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Barbiturates are among the most dangerous, life-threatening drugs.

HALLUCINOGENS

What it is:

Names: Cannabis (THC, marijuana), LSD (lysergic acid diethylamide, blotter, tile, windowpane, acid), peyote (mescaline), MDA (methylenedioxyamphetamine), MDMA (XTC, ecstasy, Adam), PCP (phencyclidine), PMA (paramethoxyamphetamine, death drug), STP (DOM), TMA (trimethoxyamphetamine), psilocybin (magic mushroom, shroom), fly agaric mushroom (amanita muscaria) atropine alkaloids, DMT (dimethyltryptamine) harmaline, and ketamine.

Type: Hallucinogens, psychedelic.

Forms: Natural plant derivations, partial and total synthetics as powders, solutions, pills, vapors, and in stamps (very common form).

Usage: Sniffed (snorted), injected into bloodstream (mainlining), muscle or under the skin (skin popping), smoked, swallowed, applied to membrane surfaces, cooked into foods, or chewed.

Legal Status: Illegal, except for licensed research, medical applications and the ritual use of peyote by the Native American Church.

Other Forms: Ketamine is injected as anesthetic. Atropinic alkaloids control spasms, gastrointestinal problems, salivary and lung secretions, parkinsonism, dilate pupils for eye exam, and prevent motion sickness.

What it feels like:

Unpredictable alterations of mood, thought and perceptions of time, space and self are common. Usage may produce vivid distortions of all senses ranging from extreme excitement and joy to absolute terror, in the same session, and varying from session to session. Sensory experiences combine so that what is heard is also seen. Initial episodes are often negative, a “bad trip.” Depending upon the drug, episodes last from minutes to days, and effects from hours to weeks.

What it does:

To your mind: Disrupts and/or dissociates mental processes.

To your body: Disrupts systems variously from altered heart rate to convulsions.

Special characteristics: All drugs in this category produce unpredictable effects. Risk is increased by deliberate mislabeling.

How it can hurt you:

Many illegally manufactured hallucinogens are sold on the streets as substitute drugs, creating unpredictable risks for buyers. Effects are individual to each user. Psychic and physical reactions are not predictable. Depression can be mild or severe. Psychosis can last for months. Flashbacks can recur anytime. Death can result from convulsions, poisonous dose levels, bizarre accidents and murder, suicide, driving under the influence, fatal effects of substitution of altered manufacture of drugs, or the lethal effects of combinations of drugs. Unborn children of mothers who take hallucinogens may be aborted, born with abnormalities, or experience delayed development.

When to get help:

[?] Do you think about how and when you're going to use hallucinogens again?

[?] Is your work or school performance affected?

[?] Are you having problems with family and friends?

[?] Are you spending more on drugs than you can afford?

[?] Do you also use other drugs?

One "yes" and your common sense is all it takes to know it's time to get smart about drugs and the rest of your life.

FACT: All hallucinogens produce unpredictable negative effects.

SPEED/AMPHETAMINES

What it is:

Names: Amphetamine, speed, methamphetamines, bennies, black beauties, copilots, crystal, dexies, eye openers, lid poppers, meth, pep pills, uppers, wake-ups, Dexedrine, Desoxyn.

Type: Central nervous system stimulant.

Forms: White crystalline powder, soluble in water, slightly soluble in alcohol. (Methamphetamine is freely soluble in water and alcohol). Off-white to yellow coarse powder, crystals, and chunks. Capsules or tablets of various colors.

Combinations: With barbiturates, “goofballs,” with methamphetamines or cocaine and heroin, “speedballs.” Also used with PCP and LSD.

Usage: Swallowed (tablets, capsules); injected into bloodstream (solution); sniffed (powder), “snorted.”

Legal Status: Illegal except for licensed medical treatment of narcolepsy, childhood behavioral disorders, parkinsonism, epilepsy, hypotensive states.

What it feels like:

Rush of pleasure similar to orgasm or electric shock (after injection). Reduced appetite, increased alertness, euphoria, excitement, creativity, power, altered sex drive, restlessness, dizziness, confusion, depression, irritability, paranoia, distorted perceptions, and visions may all be side effects.

What it does:

To your mind: Overstimulates central nervous system.

To your body: Increases heart rate and breathing rate. Effects are irregular heartbeat and breathing. Dry mouth, foul taste, diarrhea, appetite suppression, retraction of gum tissue, impotence, increased urine output, fainting, sweating, fever, convulsions, coma, and hemorrhage may occur.

Special characteristics: A Methamphetamine “run” of three to five days produces euphoria replaced by agitation on the second day, along with frightening visual images and exhaustion. Amphetamine “run” psychosis may bring on uncontrollable violent behavior similar to paranoid schizophrenia.

How it can hurt you:

Chronic sleep problems, nervousness, nutritional deficiencies, skin rash, high blood pressure, paranoia, chronic amphetamine psychosis, decreased emotional control, severe depression, needle-related hepatitis, infection, AIDS, collapsed and blocked blood vessels, and overwork of body systems are results of usage. Death from suicide induced by psychic depression, collapse of blood vessels in the brain, heart failure, extreme fever, violent accidents and murders, and other violent behaviors also occur. Dependence arises from tolerance and cross-tolerance, and taking additional drugs to stop withdrawal effects, risking return of psychosis.

When to get help:

[?] Do you use speed regularly?

[?] Do you think about how and when you’re going to use speed again?

- [?] Are you having problems with family and friends?
- [?] Is your work or school performance affected by your drug use?
- [?] Do you use drugs in addition to amphetamines?
- [?] Do you spend more on speed than you can afford?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Speed users reach a plateau where no pleasure is possible.

PCP/ANGEL DUST

What it is:

Names: Phencyclidine, PCP, peace pill, angel dust, crystal, hog, horse tranquilizer, tic, zoot.

Type: Dissociative anesthetic.

Forms: White, crystalline powder (may be colored as sold on the street), soluble in water or alcohol, pills or capsules.

Combinations: With LSD, with marijuana, tobacco, or parsley as “supergrass,” or “killer weed.”

Usage: Swallowed as liquid, tablet or capsule. Sniffed as powder, “snorted.” Smoked as sprinkle for marijuana or parsley (joints), tobacco (sherms), mint. Injected into bloodstream.

Legal Status: Illegal. (Discontinued veterinary use).

What it feels like:

Unpredictable. Various sensations include dissociation from the environment, euphoria, hallucinations, relaxation, distorted time, space, and body sensations, feelings of floating and weightlessness, inability to think or concentrate, anxiety, paranoia, various auditory and visual experiences, as with LSD.

What it does:

To your mind: Depresses and stimulates central nervous system.

To your body: Alters speech, coordination, dexterity, and vision. Induces dizziness and drowsiness, increases heart rate, blood pressure, breathing rate, urinary output, sweating and vomiting, and causes jerky eye movements that can last for months after a single dose.

Special characteristics: PCP is often sold as a substitute for other drugs, causing panic in unsuspecting users.

How it can hurt you:

Loss of sense of pain, psychic experiences, states of panic, and fear of death, which may last for several days. Bizarre, compulsive and violent behavior, involuntary eye movement, rigid muscles, loss of gag and corneal reflexes, arching of the body, coma, alternating high and low blood pressure, irregular heartbeat, irregular breathing, severe nausea and vomiting, alternating high and low body temperature, loss of memory and thought processes, ongoing speech problems, depression, toxic psychosis as aggressive and assaultive behavior, and hallucinations may occur. Death from stopped breathing, convulsions, brain hemorrhage, kidney failure, drug combinations, fatal accidents, murder, suicide, self-mutilation, and drowning from swimming under the influence to enhance floating sensation may occur with use. Dependence arises as tolerance develops. Use is often in “runs” of two or three days, with disorientation and depression after withdrawal.

When to get help:

[?] Do you use PCP at all?

[?] Do you think about how and when you’re going to use PCP again?

[?] Are you having problems with family and friends?

[?] Is your work or school performance affected?

[?] Do you use other drugs in addition to PCP?

[?] Do you spend more on PCP than you can afford?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Even in low doses, PCP produces harmful psychological effects. One dose may produce physical effects that last for months.

INHALANTS

What it is:

Names: Solvents, aerosols, nitrites (poppers), nitrous oxide (giggle gas, whippets) trichloroethane, sniff.

Type: Sedative/hypnotic, anesthetic.

Forms: Hydrocarbon solvents as liquid or gas.

Combinations: Anti-freeze, gasoline, de-greaser, windshield washers, foam dispensers, acetone, cleaning fluid, spot remover or shoe polish, nail polish remover, household cements, lacquer thinners, lighter fluid, model cements, airplane glue, plastic cements, rubber tire patching cement, paint and varnish removers, paint brush cleaners, household waxes, typewriter correcting fluid and thinners, general household cleaners, floor wax removers, suede cleaners, liquid incense, room deodorizer.

Usage: Inhaling gas or vapor from balloon, paper or plastic bag. Sniffing vapor directly from container. Inhaling saturated material placed over mouth. Heating and inhaling higher vapor concentrations. Swallowing solvent mixed with alcoholic beverages. Injecting into bloodstream. Spraying aerosols directly into mouth.

Legal Status: Legal, and may be purchased over-the-counter, with the exception of Amyl Nitrate which requires a prescription (used in the treatment of Angina).

What it feels like:

Dizzying rush, leading to alcohol-like intoxication. Distortion of senses and perceptions, delusions of grandeur, dizziness, euphoria, weightlessness, dissociation from environment, silliness, awkward movement, muscle weakness, altered speech, slowed reactions, altered judgment, sensitivity to light, double vision, dilated pupils, and ringing in ears are common side effects. Drowsiness, sleep, anesthesia, depression, hallucinations, delirium, disorientation may also occur.

What it does:

To your mind: In most cases, depresses central nervous system. Nitrites stimulate.

To your body: Interrupts and increases heart rate, and alters breathing.

Special characteristics: Cheap and easily available. Solvents are often used by adolescents who knowingly risk life-threatening effects to bolster self-esteem or gain peer approval. Nitrite blackout results from combination with other drugs.

How it can hurt you:

Toxic effects of inhalation of combined substances: bizarre behavior, severe depression and toxic psychosis, pains in chest, muscles and joints, hangover, amnesia, coma, seizures, brain damage, respiratory tract damage, accumulation of body lead levels, bone marrow deterioration, blood abnormalities, tremors, sleep disorders may occur. In addition, fatigue, loss of appetite, bronchial tube spasms, "glue sniffer's rash" (sores on nose and mouth), nosebleeds, nausea, diarrhea, eye/nose irritation, glaucoma, and blood cell damage are other side effects. Death can come from "SSD" (sudden sniffing death), plastic bag suffocation, bizarre and reckless behavior, driving under the influence, poisoning of users and small children, suicide or respiratory depression. With fluorocarbons, death may be caused by "airway freezing" suffocation.

When to get help:

- [?] Do you think about how and when you're going to use inhalants again?
- [?] Is your work or school performance affected?
- [?] Are you having problems with family and friends?
- [?] Is your drug use beyond what you can afford?
- [?] Do you also use other drugs in addition to inhalants?

One "yes" and your common sense is all it takes to know it's time to get smart about drugs and the rest of your life.

FACT: Small amounts of inhalants can be instantly fatal.

DESIGNER DRUGS/MICROCHIP DRUGS

What it is:

Names: Fentanyl citrate (Sublimaze, Sufentanil), alpha-methylfentanyl (AMF, China White) parafluorofentanyl (PFF), merperidine (MPPP), synthetic or new heroin.

Type: Analgesic, opioid.

Forms: Designed to resemble heroin as white powder or water solution.

Combinations: With MPTP as undesirable byproduct.

Usage: Injected into bloodstream or muscle. Snorted into nasal passage.

Legal Status: Legal as synthetic substances, except AMF.

Other Forms: Fentanyl is the most powerful narcotic analgesic in medical use for surgical situations.

What it feels like:

Similar to heroin, with a euphoric rush that often leads to anxiety, depression, nausea, vomiting and constipation.

What it does:

To your brain: Depresses breathing brain center.

To your body: Depresses body systems including heart functions.

Special characteristics: Rigid muscles and depressed breathing may last long after other effects end. AMF may relieve drug withdrawal symptoms longer than heroin does, but toxic effects are more potent and threatening. MPTP is a dangerous, accidental byproduct of sloppy MPPP manufacture.

How it can hurt you:

Muscle rigidity, depressed breathing, extreme toxic effects, MPTP induced immobility, alternation of speech, loss of body control, tremor, drooling, flattened facial expression and other symptoms of Parkinson's disease, depression and anxiety may occur. Death from stopped breathing due to powerful toxic effects is also possible. Dependence develops with tolerance and craving for "rush." Unborn children may be affected when pregnant women take designer drugs. Ingredients and potency are unpredictable.

When to get help:

[?] Are you using synthetic drugs?

[?] Do you think about how and when you're going to use drugs again?

[?] Is your work or school performance affected?

[?] Are you having problems with family and friends?

[?] Do you spend more money on drugs than you can afford?

[?] Do you use a variety of drugs?

One "yes" and your common sense is all it takes to know it's time to get smart about drugs and the rest of your life.

FACT: Over 200 known high-risk synthetic drugs exist on the street with potentially fatal toxic effects.

COCAINE:

What it is:

Names: Cocaine, crack, rock, coke, “C,” flake, snow, stardust, Peruvian marching powder, the Devil’s dandruff.

Type: Central nervous system stimulant.

Forms: leaf of coca bush (ritual form), white crystalline powder as cocaine hydrochloride, vapor as cocaine freebase. Dried lump of combined baking soda or ammonia and cocaine processed as freebase “crack” or “rock.” Solution diluted in water.

Combinations: With heroin, “dynamite,” “speedball,” or “whiz-bang.” With morphine, also “whiz-bang.” Dissolved in liquid and drunk.

Usage: Chewed (leaves), smoked as a vapor (paste and freebase lumps), sniffed or “snorted” into mucous membranes of nose (powder or vapor). Applied to mucous membranes of mouth, vagina, rectum (powder), injected into bloodstream (in a water solution).

Legal Status: Illegal unless used by licensed physician as a local anesthetic. Also used to treat terminal cancer patients. “Crack cocaine,” (produced by combining cocaine and either baking soda or ammonia) is not legal under any circumstances.

What it feels like:

Orgasmic “rush,” then energetic, alert, with no need for food or sleep, talkative or peaceful, self-confident, in command, quick, agitated, anxious, unhappy. Immediate and overwhelming high or euphoria lasting three to five minutes, followed by intense low with depression, worry, and ability to concentrate.

What it does:

To your mind: stimulates rapid, intense general euphoria, alertness and excitement.

To your body: slows, then increases heart rate and blood pressure, constricts blood vessels, increases breathing rate, dries mouth, dilates pupils, exaggerates movements.

Special characteristics: A cocaine “spree” may lead to a “crash” with severe depression, lethargy, and hunger. Freebasing results in severe burn accidents. Use may also cause an increased risk of overdose due to uncontrollable, higher concentration in bloodstream.

There is an increased risk of heart failure in otherwise healthy users. Severe breathing and lung effects, liver damage, malnutrition, over-stimulation of all body systems, and destruction of brain neurotransmitters may lead to death.

How it can hurt you:

Shaking, muscle twitches, seizures, severe anxiety, compulsive repetition of movements, paranoia, psychosis, heart related effects, nausea and vomiting, changes in breathing, increase in body temperature, cold sweat, dramatic mood swings, hallucinations, sensation of insects crawling under skin and other continuing psychotic effects may occur. Eating and sleeping disorders, impaired sexual performance, destruction of nose tissue, ongoing respiratory problems, needle infections such as endocarditis, hepatitis, and AIDS may also occur. Death from overdose and heroin combination, suicide, homicide, fatal accidents, while under the influence, is also common. Snorting can be fatal. Breathing is often stopped when combined doses of cocaine and heroin are taken.

Lethal doses vary by individual and are not predictable. Dependence occurs as a psychological craving and a physical withdrawal process. Unlike other drugs, intense psychological dependence is developed with even occasional low doses. Street purchases are commonly substitute or diluted drugs. The unsuspecting buyer risks having no knowledge of what he or she is taking, and what the effects may be.

When to get help:

- [?] Do you use cocaine regularly?
- [?] Do you freebase or inject cocaine?
- [?] Do you use it in the morning or at regular intervals?
- [?] Do you lie about how much cocaine you use?
- [?] Are you spending more on cocaine than you can afford?
- [?] Are you having problems at work or school or with family and friends?
- [?] Do you try to “buy” friendship or companionship with cocaine?

One “yes” and your common sense is all it takes to know it’s time to get smart about drugs and the rest of your life.

FACT: Cocaine may be one of the most addictive drugs of all.