

DRUGS and DRUG PARAPHERNALIA - INFORMATION and PHOTOS

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This handout was compiled for people attending the "Teens Using Drugs: What To Know and What to Do" workshop series. This series is presented by Ronald E. Harrison, SW, and is co-sponsored by:

- ◆ Dawn Farm.
- ◆ The Livingston/Washtenaw Safe and Drug Free Schools and Communities Act Consortium.
- ◆ Saint Joseph Mercy Health System Mission Services Department.

For information about this free, ongoing community education series, please view the Web site at <http://www.teensusingdrugs.org>, or call (734) 973-7892.

Links to additional information on alcohol, other drugs, and drug paraphernalia can be found on the information/links page of the Teens Using Drugs site: <http://www.teensusingdrugs.org/Resources>.

ALCOHOL

Condensed from "Drug Help," Phoenix Foundation: <http://www.drughelp.org>.



WHAT IS ALCOHOL? Alcohol is a powerful, addictive, central nervous system depressant produced by the action of yeast cells on carbohydrates in fruits and grains. Alcohol is the oldest and most widely used drug in the world. Nearly half of all Americans over the age of 12 are consumers of alcohol. Although most drink only occasionally or moderately, there are an estimated 10 to 15 million alcoholics or problem drinkers in the United States, with more than 100,000 deaths each year attributed to alcohol. Among the nation's alcoholics and problem drinkers are as many as 4.5 million adolescents, and adolescents are disproportionately involved in alcohol-related automobile accidents, the leading cause of death among Americans 15 to 24 years old. There are three basic types of alcoholic drinks.

- Beer is made from fermented grains and has an alcohol content of 3 - 6 percent.
- Wine is made from fermented fruits and has an alcohol content of 11-14 %.

Some wine drinks, such as wine coolers, have fruit juice and sugar added, lowering alcohol content to between 4-7%. Fortified wines, such as port, have alcohol added, bringing alcohol content to 18-20%.

- Liquor is made by distilling a fermented product to yield a drink that usually contains 40-50 percent alcohol. The alcohol content in liquor is sometimes indicated by degrees of proof, which in the US is a figure twice as high as the percentage. Thus, 80-proof liquor is 40 percent alcohol.

A 12-ounce glass of beer, a 5-ounce glass of wine, and a 1.5-ounce shot of liquor all contain about the same amount of alcohol and, therefore, have an equal effect on the drinker.

HOW DOES ALCOHOL AFFECT YOU? When a person consumes alcohol, the drug acts on nerve cells deep in the brain. Alcohol initially serves as a stimulant, then induces feelings of relaxation and reduced anxiety. Consumption of two or three drinks in an hour can impair judgment, lower inhibitions, and induce mild euphoria. Five drinks consumed in two hours may raise the blood alcohol level to 0.10 percent, high enough to be considered legally intoxicated in every state. Once a drinker stops drinking, his or her blood alcohol level decreases by about 0.01 percent per hour.

Signs and symptoms of alcohol use and intoxication:

- | | | | |
|---------------------------|-------------------------------------|--------------------------------|------------------------------|
| ▪ Alcohol smell on breath | ▪ Unsteady gait | ▪ Slurred or incoherent speech | ▪ Depression |
| ▪ Irritability | ▪ Loss of coordination | ▪ Loss of consciousness | ▪ Impaired short-term memory |
| ▪ Euphoria | ▪ Inappropriate or violent behavior | ▪ Slowed thinking | ▪ Blackouts |
| ▪ Loss of balance | | | |

Signs and symptoms of alcohol withdrawal, experienced by alcoholics and problem drinkers:

- | | | | |
|--------------------------|-----------------------------------|------------------------------|------------|
| ▪ Tremors | ▪ Hallucinations (usually visual) | ▪ Increased body temperature | ▪ Seizures |
| ▪ Anxiety, panic attacks | ▪ Nausea and vomiting | ▪ Elevated blood pressure | |
| ▪ Paranoia and delusions | ▪ Elevated heart rate | ▪ Convulsions | |

WHAT ARE THE DANGERS OF ALCOHOL ABUSE? In addition to risk of injury or death as a result of accident or violence, alcohol abuse poses a broad range of physiological and psychological dangers.

- Neurological dangers include impaired vision, impaired coordination, memory defects, blackouts, hallucinations, and seizures. Long-term consumption can result in permanent brain damage.
- Cardiac problems include elevated blood pressure and heart rate, risk of stroke heart failure.
- Respiratory dangers include respiratory depression and failure, pneumonia, tuberculosis, and lung abscesses. Additionally, alcohol abuse increases the risk of mouth and throat cancer.
- Liver disease caused by chronic alcohol abuse, including alcoholic fatty liver, hepatitis, and cirrhosis, kills 25,000 Americans each year.
- Other physiological dangers include damage to the gastrointestinal system (including duodenal ulcers, reflux, and diarrhea), the pancreas, and the kidneys. In addition, alcohol consumption may cause malnutrition, disrupt the absorption of nutrients in food, and suppress the immune system.
- Psychological dangers include impaired judgment and verbal ability, apathy, introversion, antisocial behavior, inability to concentrate, and deterioration of relationships.

HOW DOES ALCOHOL AFFECT PREGNANCY? Drinking during pregnancy raises the risk of low-birth weight babies and intrauterine growth retardation, increasing the danger of infection, feeding difficulties, and long-term developmental problems. Drinking during the early months of pregnancy can result in the birth of babies with fetal alcohol syndrome. These infants are likely to have irreversible physical abnormalities, including small skulls, abnormal facial features, and heart defects, and to suffer retarded growth and mental development.

Amphetamines

from the Indiana Prevention Resource Center,

<http://www.drugs.indiana.edu>.



Amphetamine pills



Amphetamine Powder

AMPHETAMINES are powerful stimulant drugs that increase activity in the central nervous system. Their effect is similar to that of the body's own adrenaline. Even though amphetamines mimic the effects of adrenaline, they act for a much longer time in the body. Amphetamines can be acquired legally by prescription, although their medical uses are

limited. They are used today to treat childhood hyperactivity, obesity and narcolepsy. Amphetamines can be taken orally in capsule form, snorted or injected. They may be referred to as speed, uppers, white crosses, dexies, bennies, black beauties, crystal and crank.

METHAMPHETAMINE is the most potent form of amphetamine readily available with or without a prescription. Although pharmaceutical methamphetamine once widely was available in this country, its medical use is very restricted today. Almost all of today's methamphetamine is homemade and resembles a fine coarse powder, crystal or chunks. Its color varies from off-white to yellow, and it is furnished in plastic wrap, aluminum foil, capsules or tablets of various sizes and colors. It is taken into the body by swallowing, snorting or injecting intravenously.

Methamphetamine is called by many names, including crank, crystal, meth, speed, go-fast, go, crystal meth, zip, chris, cristy, or ice.

"CRYSTAL" METHAMPHETAMINE has experienced a revival on the black market. It is similar to cocaine in its euphoric effects, but is longer lasting. Crystal is sold as a powder that's injected, inhaled or taken orally. It is popular among some users because it is readily available, of a purer quality, has longer-lasting effects, and is less expensive than cocaine or heroin on the streets. "CRANK" is another name for methamphetamine. (See section on methamphetamine for additional information.)

"ICE" or "GLASS" is a concentrated form of methamphetamine that resembles tiny chunks of translucent glass. It is very potent crystal methamphetamine in a form that can be "smoked" rather than injected. Because the ice is vaporized and inhaled, and not actually burned, the term "smoking" is technically incorrect. As crack is to cocaine, ice is to methamphetamine. The intoxicating high may last from two to 20 hours, depending on how much is smoked. Because ice is odorless and has a colorless smoke, users of the drug may go virtually unnoticed.

Physical effects of amphetamines are similar to those of other stimulant drugs. When amphetamines are taken by mouth, snorted or smoked, the user usually experiences feelings of euphoria, heightened alertness and greater energy. Heart, breathing and blood pressure rates increase, and sensations of hunger and fatigue are reduced. Heart palpitations may be experienced. The mouth is usually dry and swallowing is difficult, which makes eating food difficult. Urination is also difficult. The users' pupils are dilated, and reflexes are faster. Rapid speech often occurs, followed by slurred speech. Extremely high doses may cause people to flush or become pale, and cause a rapid or irregular heartbeat, loss of coordination and even physical collapse. Amphetamine injections create such an increase in blood pressure that strokes, high fevers or heart failure may result. As the drug wears off, feelings of fatigue or depression are experienced.

Amphetamines initially produce physical pleasure, so users easily are seduced into the repeated use of these drugs. Often users continually will take amphetamines to avoid the "down" mood they get when the drug wears off. Tissue tolerance develops quickly. It is not uncommon for some users to increase from 5 mg. to 1,000 mg. doses over a one-year period. "Speed freaks" are methamphetamine users who inject their drugs intravenously. Tissue tolerance develops very rapidly with them. Most methamphetamine users are compulsive/addictive users who cannot control their drug taking.

Long-term heavy use of amphetamines may lead to malnutrition, skin disorders, ulcers and diseases resulting from vitamin deficiencies. Regular use may contribute to lack of sleep and weight loss. Intravenous users are at risk for serious, life-threatening diseases such as AIDS, lung and heart disease and other cardiovascular diseases. Frequent use of large amounts of amphetamines may eventually result in mental illness, suicide and violent death. Amphetamine-induced psychosis is a paranoid state that may develop after ingestion or the injection of large doses of amphetamines.

Barbiturates/Depressants/Tranquilizers from the

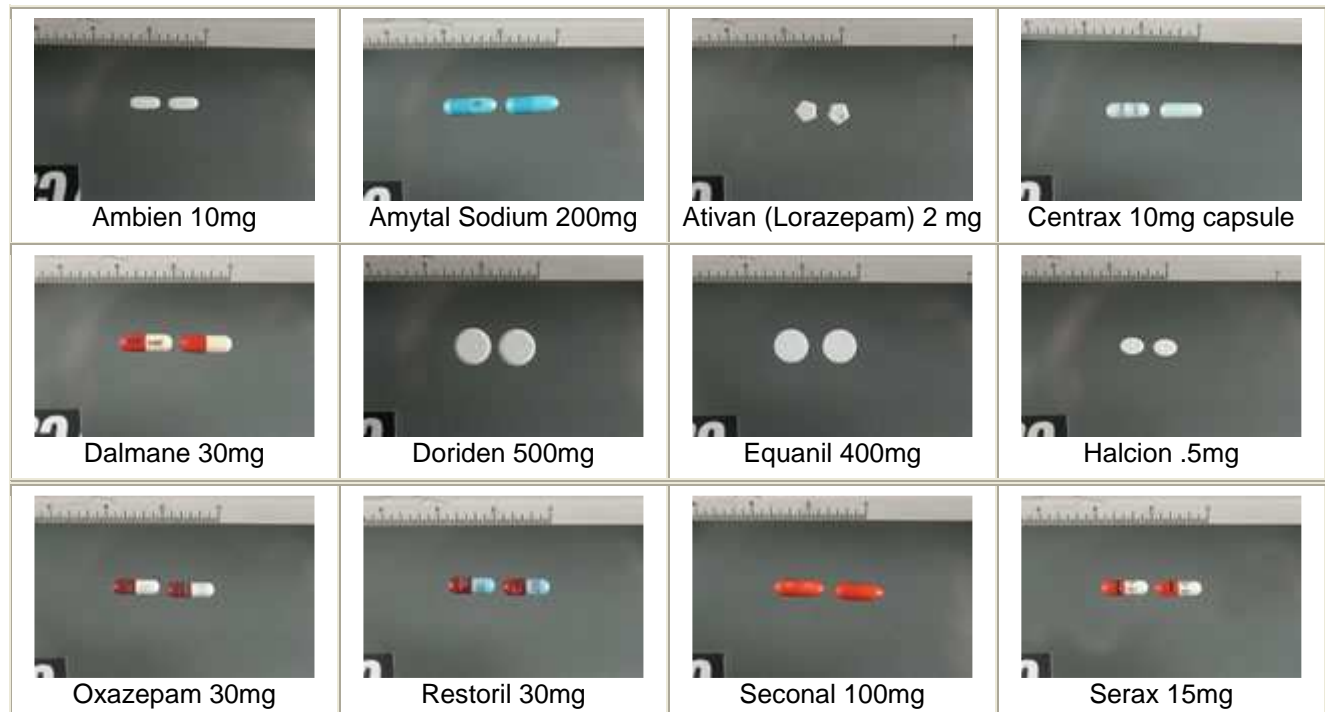
Connecticut Clearinghouse, <http://www.ctclearinghouse.org>.

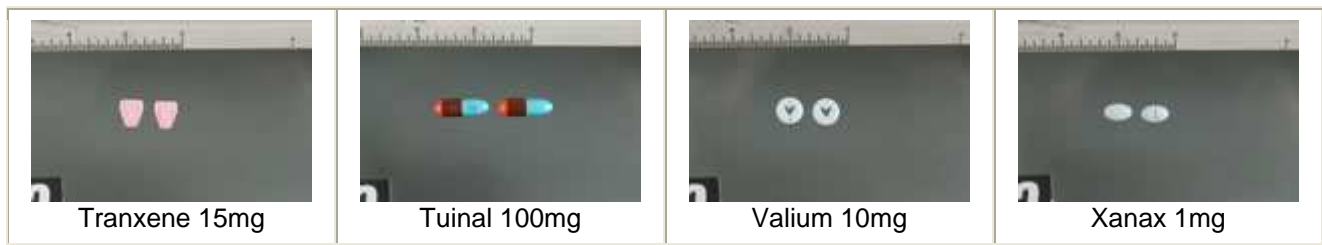


The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, increasing the risks. Regular use of depressants over time can result in physical and psychological addiction. People who suddenly stop taking large doses can experience withdrawal symptoms, including anxiety, insomnia, tremors, delirium, convulsions, and possible death.

Type	Slang Terms	Appearance	How used
Barbiturates (Amobarbital) Amytal, Seconal, Phenobarbital, Butisol, Tuinal Methaqualone Sopor, Parest, Quaalude, Mecquin	Yellows, Barbs, Reds, Tooies, Red Birds, Phennies, Yellow Jackets	Colorless, White crystalline powder, Tablets	Oral, Injected
Benzodiazepines Ativan, Azene, Clonopin, Dalmane, Diazepam, Librium, Halcion, Serax, Tranxene, Valium, Xanax	Downers, Sleeping Pills, Candy	Ranges in color/ liquid or solid	Oral, Injected
Other Depressants (Eqanil, Miltown, Noludar, Placidyl, Valmid, Chloral Hydrate)	Tranquilizers, Muscle Relaxants, Sleeping Pills, "Mickey Finn" Knock-out drops	Ranges in color/solid or powder	Oral, Injected, Smoked

Depressants condensed from the National Institute on Drug Abuse Research Report Series
(<http://www.drugabuse.gov>)





What are CNS (Central Nervous System) depressants? CNS depressants are substances that can slow normal brain function. Because of this property, some CNS depressants are useful in the treatment of anxiety and sleep disorders. Among the medications that are commonly prescribed for these purposes are the following:

- Barbiturates, such as mephobarbital (Mebaral) and pentobarbital sodium (Nembutal), which are used to treat anxiety, tension, and sleep disorders.
- Benzodiazepines, such as diazepam (Valium), chlordiazepoxide HCl (Librium), lorazepam (Ativan) and alprazolam (Xanax), which can be prescribed to treat anxiety, acute stress reactions, and panic attacks; the more sedating benzodiazepines, such as triazolam (Halcion) and estazolam (ProSom) can be prescribed for short-term treatment of sleep disorders.

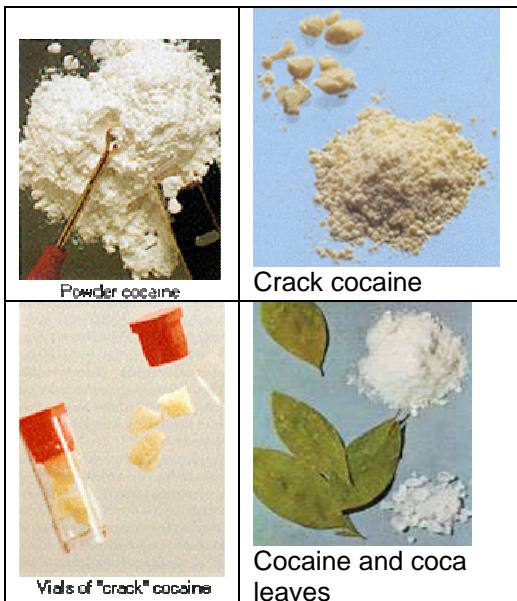
In higher doses, some CNS depressants can be used as general anesthetics.

How do CNS depressants affect the brain and body? There are numerous CNS depressants; most act on the brain by affecting the neurotransmitter gamma-aminobutyric acid (GABA). Neurotransmitters are brain chemicals that facilitate communication between brain cells. GABA works by decreasing brain activity. Although the different classes of CNS depressants work in unique ways, ultimately it is through their ability to increase GABA activity that they produce a drowsy or calming effect that is beneficial to those suffering from anxiety or sleep disorders.

What are the possible consequences of CNS depressant use and abuse? Despite their many beneficial uses, barbiturates and benzodiazepines have the potential for abuse and should be used only as prescribed. During the first few days of taking a prescribed CNS depressant, a person usually feels sleepy and uncoordinated, but as the body becomes accustomed to the effects of the drug, these feelings begin to disappear. If one uses these drugs long term, the body will develop tolerance for the drugs, and larger doses will be needed to achieve the same initial effects. In addition, continued use can lead to physical dependence and - when use is reduced or stopped - withdrawal. Because all CNS depressants work by slowing the brain's activity, when an individual stops taking them, the brain's activity can rebound and race out of control, possibly leading to seizures and other harmful consequences. Withdrawal from prolonged use of CNS depressants can have life-threatening complications. Therefore, someone who is thinking about discontinuing CNS depressant therapy or who is suffering withdrawal from a CNS depressant should speak with a physician or seek medical treatment.

Cocaine

from the American Council for Drug Education - <http://www.acde.org/>



Cocaine and crack are toxic, addictive, psychoactive substances that have significant physiological and psychological consequences for users and negative effects on families, communities, workplaces, and society. Domestic violence and random violence are often fueled by cocaine or crack. Children are often the victims of cocaine. Cocaine is a central nervous system stimulant, the most powerful found in nature. Most often seen in the form of cocaine hydrochloride, a white, crystalline powder, it is extracted from the leaves of the coca plant.

What is Cocaine? Erythroxyton coca, indigenous to the highlands of the Andean mountains in South America. The Incas used coca leaves as a part of their religious rites thousands of years ago. Over the centuries, laborers of the Andes, who toil under harsh conditions, have either chewed coca leaves or brewed tea from them to relieve apoxia (mountain sickness that occurs at high altitudes), hunger, and fatigue and for refreshment.

What is Crack? Crack is a smokable, rapidly reacting form of cocaine base, which is processed from cocaine hydrochloride. It usually appears as off-white chips, rocks, or chunks. Soon after crack first appeared, in the early to mid-1980s, crack abuse swept through the country. Three factors contributed to this: first, the drug was cheap and affordable; second, it was easy to smoke; and third, its effects were rapid and intense. Smoking crack brings users to a euphoric state twice as fast as "snorting." Because of this rapid high, crack is more quickly addicting; it is also cheap enough to be available to poor and young users. This has made crack an extremely marketable product

How are These Drugs Taken? The primary route of administration for cocaine powder is through inhalation, commonly referred to as "snorting." This is often done in a ritualistic way; e.g., poured onto a mirror, chopped, separated into "lines," and then "snorted" off a small "coke" spoon, or through a straw or rolled-up currency. Some users dissolve the powder in water and inject it into veins, though this is less common than "snorting."

Crack is smoked. This is easier than "snorting" and carries much less social stigma than injection. Chips or chunks are usually placed in a pipe, often made of glass, or a similar vessel and heated with a match or cigarette lighter. The user inhales the fumes.

How Do They Affect You? Cocaine in all its forms stimulates the central nervous system. It causes the heart to beat more rapidly and blood vessels to constrict. This results in the demand for a greater supply of blood. But the narrowed blood vessels are unable to deliver the volume of blood demanded, which significantly increases the risk of cardiovascular incidents or strokes. Initially, use of these drugs reduces appetite and makes the user feel more alert, energetic, and self-confident-even more powerful. With high doses, users can become delusional, paranoid, and even suffer acute toxic psychosis. Blood pressure increases, which can cause strokes or heart attacks. In some cases these effects have proven fatal. As the drug's effects wear off, a depression (often called a "crash") can set in, leaving the user feeling fatigued, jumpy, fearful, and anxious.

Crack causes the same effects as powder cocaine. Because it is smoked, however, onset is more rapid and intensity greater. Thus, the effects may be significantly exacerbated. The depression following use is described as considerably deeper and more profound. The likelihood of cocaine psychosis after binging on crack may be greater and notably more intense. Crack use is associated with incidents of hyperactive violence by users and is capable of doing significant harm to fetuses of pregnant users.

Paying the Price of Cocaine and Crack Use: A broad range of consequences include:

- Dependence and addiction
- Cardiovascular problems, including irregular heartbeat, heart attack, and heart failure
- Neurological incidents, including strokes, seizures, fungal brain infections, and brain hemorrhage.
- Pulmonary effects, such as fluid in the lungs, aggravation of asthma/lung disorders, respiratory failure
- Psychiatric complications, including psychosis, paranoia, depression, anxiety disorders, delusions
- Increased risk of traumatic injury from accidents and aggressive, violent, or criminal behavior
- Other effects include: sleeplessness, sexual dysfunction, diminished sense of smell, perforated nasal septum, nausea, and headaches.
- Crack users often singe eyebrows or eyelashes with the flame of matches or lighters. They also burn fingertips and other body parts from contact with superheated vessels (e.g., glass pipes).
- Fetal cocaine effects include premature separation of the placenta, spontaneous abortion, premature labor, low birth weight and head circumference, greater chance of visual impairment, mental retardation, genitourinary malformations, greater chance of developmental problems.
- For intravenous (IV) cocaine users, there is increased risk of hepatitis, HIV infection, endocarditis.
- For addicts, whether they smoke, inject, or snort, promiscuous sex. activity increases the risk of HIV.

Dextromethorphan (DXM) - condensed from the Indiana Prevention Resource Center, <http://www.drugs.indiana.edu>.



Dextromethorphan capsules



Dextromethorphan Powder
Photo by Osyrus, © 2000 Erowid.org

Abuse of the non-prescription cough suppressant dextromethorphan is a problem among school-aged youth and young adults in the United States. Intoxication comes from swallowing large doses of cough syrup, known as "robo-dosing" or "robo-tripping" or taking handfuls of cough suppressant pills, sometimes called "skittles" (because of an appearance similar to the popular

fruit candy).

The drug creates a depressant effect, as well as a mild hallucinogenic effect, when taken in large doses, and is often used as an alternative to ecstasy. Since the drug is available over-the-counter, it is easy for adolescents to obtain. It is known by the street names: "DXM," "robo," "skittles," "Vitamin D," "dex", and "tussin." Those who use the cough syrup to get high are sometimes called "syrup heads."

Dextromethorphan was developed as a cough suppressant that would be less addictive and have fewer side effects than the narcotic, codeine. When taken at much higher doses than recommended, it acts as a dissociative anesthetic, similar to PCP and ketamine. These are the effects sought by those who use the drug non-medically to get high. At these high doses, dextromethorphan also is a central nervous system depressant.

Adverse effects of using psychoactive doses of dextromethorphan include:

- Decreased ability to regulate body temperature, resulting in reduced sweating and increased body temperatures. When taken in a dance-club setting, accompanied by vigorous physical activity (dancing, etc.) and poor air circulation, the result can be heat stroke. This phenomenon is called "rave-related heat stroke."
- Dry mouth and loss of body fluid, from the anti-cholinergic effect of the drug.
- Dry itchy skin, occasional flaky skin patches.
- Blurred vision, hallucinations, cognitive alterations, delusions, dissociative state.
- Nausea, abdominal pain, vomiting, vomiting of blood.
- Irregular heartbeat, high blood pressure, numbness of fingers or toes, redness of face, headache.
- Loss of consciousness.
- Death (rarely)

Dextromethorphan overdoses and dextromethorphan-related crises have become a common problem seen in emergency rooms.

Most dextromethorphan preparations contain a combination of drugs, which may complicate the user's reaction due to drug interaction effects. When taken at the doses recommended on the cough syrup or tablet packaging, the risks of serious side effects are low; but such doses are not likely to produce the intended psychoactive (mind altering) effect. When combination of ingredient preparations are taken in larger doses, toxic side effects may occur. Among the ingredients found in some preparations include: acetaminophen (i.e. Tylenol), guaifenesin, ephedrine and/or pseudoephedrine, and chlorpheniramine maleate. Each of these chemicals can produce serious toxic side effects when taken in the large doses needed to create the mind altering effects from the dextromethorphan.

Dextromethorphan Preparations: In order to create the mind-altering effects desired by most DXM users, doses in excess of 100mg are usually required. Tolerance develops to this drug, so longer-term users may accelerate doses to 1000mg or more. Most tablets contain 20 to 30mg, so users take multiples of the recommended cough-suppressant dose to create the psychoactive effect.

Commercial Cough Remedies: Dextromethorphan is the active cough-suppressant ingredient in many popular commercial cough remedies in the United States. It is found in some formulations of cough remedies sold under such brand names as: Robitussin(r), Delsym(r), Pertussin(r), Drixoral(r), Vicks formula 44(r), Triaminic(r), Coricidin(r), Sudafed(r), Contac(r), and several generic brands). Most of these brands come in multiple formulations, and not each formulation of these brands contains dextromethorphan. Dextromethorphan-containing remedies often are labeled as "DX" or "Maximum Strength." Each brand contains different quantities of dextromethorphan, with capsules, tablets, lozenges and other "pills" containing about 20-30 mg per "pill." 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. A few remedies contain dextromethorphan as the sole active ingredient.

Patrons of "raves" and dance clubs often are exposed to tablets and capsules containing dextromethorphan produced in clandestine labs. Often these "pills" are mislabeled as "ecstasy." Since dextromethorphan is not presently regulated as a controlled substance or as a precursor ingredient, it can be obtained in bulk powder form from manufacturers, thus the clandestine labs simply package the drug by pressing it into tablets or filling empty gelatin capsules. Since quality controls are absent in these clandestine labs, accurate dosing is impossible. Dextromethorphan pills produced by these labs take many different forms, and come in a range of sizes, shapes, colors.



Ecstasy powder (MDMA)

Ecstasy tablet

Ecstasy tablet

MDMA packaged for bulk distribution.

What is Ecstasy? MDMA (3-4-Methylenedioxymethamphetamine) is a synthetic chemical that can be derived from an essential oil of the sassafras tree. Its effects are similar to those of amphetamines and hallucinogens.

Street Names: E, Adam, Roll, Bean, X, XTC, Clarity, Essence, Stacy, Lover's Speed, Eve

Form: Pills - usually white, yellow or brown. Size, shape and design vary. Pills are often branded with designer symbols

Legality: First developed as an appetite suppressant in 1914, MDMA was used as a psychotherapeutic tool and also started to become available on the street in the late '70s and early '80s. It wasn't until 1985 that Ecstasy was made illegal. It is classified as a "Schedule 1" controlled substance along with narcotics, cocaine, and LSD.

Dangerous Impurities: One reason Ecstasy can be especially dangerous is the lack of content control. Ingredients are hard to get and manufacturers of the drug often use substitutes, mixing other harmful additives with the already dangerous mix. This practice is so common that "drug test kits" are often sold with the drug so users can test for purity. Because of the uncertainties about the drug sources, pharmacological agents, chemicals used to

manufacture them, and possible contaminants, it is difficult to measure the toxicity, consequences and symptoms that might be expected.

How is it Used? Ecstasy is usually taken in pill form and swallowed and it can also be injected. Some users have been known to crush and snort the resulting powder. Others insert the pill into the anus where it is absorbed. This process is known as "shafting."

How Does It Affect You? Ecstasy is similar (in nature) to other amphetamines and hallucinogens. It speeds up the nervous system and acts as a mood enhancer. Also referred to as "the love drug", Ecstasy often makes the user feel good, happy and relaxed - at least at first. Contrary to rumors, Ecstasy is not an aphrodisiac and can actually inhibit sexual performance.

The taking of any drug affects people differently. Depending on size, weight, health, dosage and other drugs being used, the reaction can be mild or very severe. Anyone suffering from hypertension, heart disease, diabetes, epilepsy, mental illness or panic should avoid taking Ecstasy.

Common Side Effects: The following effects start within 20 minutes and can last for 4 - 6 hours or more:

- Increased heart rate
- Increased body temperature
- Increased blood pressure
- Increased confidence
- Nausea
- Anxiety
- Feelings of well-being (happiness, love)
- Sweating
- Loss of appetite

Other Reported Effects: Taking higher doses of MDMA will not increase the good feelings. In fact higher dosages can cause convulsions, irrational behavior, and hallucinations. Users have reported having problems with insomnia, anxiety, paranoia, concentration and depression after taking the drug.

Overdose: Taking too much Ecstasy can result in:

- Extremely high body temperatures
- High blood pressure
- Hallucinations
- Fast Heartbeat
- Breathing problems
- Death

Death often results from harmful overheating (hyperthermia), or from drinking too much at one time (hyponatremia), a condition where excess fluid intake swells the brain resulting in coma. A third cause of death is over stimulation of the nervous system resulting in heart attack or brain hemorrhage.

Warning Signs of Overdose

- Feeling hot or unwell
- Headache
- Fainting or collapsing
- Tremors
- Becoming confused, not able to talk properly
- Vomiting
- Loss of control over body movements
- Problems urinating
- Not Sweating
- Racing pulse at rest

Duration of Effects: An Ecstasy high can last from six to 24 hours but usually averages three to four hours. Some reactions have been reported to persist from one to 14 days after use.

Short Term Effects: Short-term effects include psychological difficulties (confusion, depression, sleep problems, craving, severe anxiety, and paranoia). These effects occur during use and can continue even weeks after use. Physical problems that can occur are muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, fever, chills or sweating.

Long Term Effects: Recent findings connect use of Ecstasy to memory loss. Use of Ecstasy depletes serotonin, a very important chemical in the brain, which regulates mood, sleeping and eating habits, as well as, the thinking and behavior process, sexual function, and sensitivity to pain.

Drug Testing: Ecstasy can be detected up to four days in the urine.

Ephedra/Ephedrine/Pseudoephedrine

From the Connecticut Clearinghouse web site, www.ctclearinghouse.org



Ephedrine tablets

Ephedra is a naturally occurring substance that comes from botanicals. The principal active ingredient ephedrine is an amphetamine-like compound that can powerfully stimulate the nervous system and heart. Ephedrine alkaloids are found naturally in a number of plants, including the ephedra species (also known by the traditional Chinese medicine name--ma huang or Chinese Ephedra, or epitonin). In recent years, ephedra products have been marketed as dietary supplements to promote weight loss, increase energy, and enhance athletic performance.

The U.S. Food and Drug Administration (FDA) advises consumers to stop using dietary supplements containing ephedra. In order to protect consumers, the FDA published a final rule on April 12, 2004, that bans the sale of dietary supplements containing ephedrine alkaloids.

After a careful review of the available evidence about the risks and benefits of ephedra in supplements, the FDA found that these supplements present an unreasonable risk of illness or injury to consumers. The data showed little evidence of ephedra's effectiveness, except for short-term weight loss, while confirming that the substance raises blood pressure and stresses the heart. The increased risk of heart problems and strokes negates any benefits of weight loss.

What evidence was collected to determine the safety and effectiveness of ephedra products?

The FDA reviewed information about ephedra's pharmacology, studies of its safety and effectiveness, newly available adverse event reports, and the RAND Corporation report--a review of the published scientific literature on ephedra efficacy and safety, sponsored by NCCAM and the National Institutes of Health's Office of Dietary Supplements. In addition, the FDA considered additional recent studies confirming that ephedra use raises blood pressure and otherwise stresses the circulatory system. In February 2003, the agency solicited public comments regarding ephedra's side effects and whether ephedra-containing dietary supplements pose a "significant or unreasonable risk of illness or injury."

What is covered by these actions? Essentially all currently marketed dietary supplements that contain a source of ephedrine alkaloids, such as ephedra, ma huang, *Sida cordifolia*, and pinellia, are affected by this rule. The rule does not pertain to traditional Chinese herbal remedies. It generally doesn't apply to products like herbal teas that are regulated as conventional foods. In addition, products regulated as drugs that contain chemically synthesized ephedrine are not dietary supplements and not covered by this rule. These include drugs used for the short-term treatment of asthma, bronchitis, and allergic reactions.

Summary: There is strong evidence that ephedra is associated with an increased risk of side effects, possibly even fatal ones. There is no evidence that ephedra products enhance athletic performance. There is little evidence of any benefit except for short-term weight loss. Taken together, the FDA recommends that consumers immediately stop using dietary supplements containing ephedra or ephedrine alkaloids.

“Herbal ecstasy” from the Partnership for a Drug Free America, <http://www.drugfreeamerica.org>



Herbal Ecstasy

What are the street names/slang terms for it?

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.

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? It is swallowed, snorted, or smoked.

What are its short-term effects? Ephedrine (the key ingredient in herbal ecstasy) 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.

What are its long-term effects? The Food and Drug Administration (FDA) has received reports of adverse reactions, including liver failure, elevated blood pressure, strokes, and deaths.



Pseudoephedrine

Pseudoephedrine: Pseudoephedrine is a decongestant found in over the counter tablets and capsules. Medically, it is used to treat congestion associated with allergies, hay fever, sinus irritation, and the common cold. Pseudo-ephedrine is used as a key ingredient needed for the production of the illicit drug methamphetamine.

GHB (gammahydroxybutyrate) from the Partnership for a Drug Free America, <http://www.drugfreeamerica.org>



GHB



GHB
(gammahydroxybutyrate)

What Is GHB? GHB, gammahydroxybutyrate, or gammahydroxybutyric acid, is a fast-acting central nervous system depressant. It is a COLORLESS and ODORLESS LIQUID with a salty taste, but it is also used in POWDER and CAPSULE forms. GHB is an illegal substance but it is increasingly used as a recreational drug and hallucinogen. (Note: in 2002 GHB was approved for legal use in treating certain forms of narcolepsy.)

What Are Other Names for GHB? Some street names for GHB are: "Liquid Ecstasy," "Grievous Bodily Harm," "Georgia Home Boy," "Liquid X," "Liquid E," "GBH," "Soap," "Scoop," "Easy Lay," "Salty Water," "G-Riffick," "Cherry Meth," "Nature's Quaalude," "Zonked," "Organic Quaalude," and "Somatomax."

What Are the Effects of GHB? A low to moderate dose is considered to be between 5ml and 15ml or 1-2 grams. At first, one may experience euphoria and relaxation/calmness. Adverse effects can occur 15 minutes to an hour after ingestion. People experience nausea, drowsiness, respiratory distress, dizziness, seizures, and amnesia. There have been cases of people falling into comas. Poisonings and deaths resulting from ingestion of the drug have been well documented. A withdrawal syndrome, including sweating, insomnia, muscular cramping, tremors and anxiety, can develop.

GHB intensifies feelings of intoxication and may result in enhanced sexual feelings. It produces a similar feeling to alcohol; its effects are exacerbated by combining it with alcohol. But the same dose of GHB can have different effects on different people - with serious, negative outcomes.

GHB has been marketed as a health food product for its hypnotic effects and also to promote weight loss and muscle development. Health food stores and pharmacies also have sold GHB over the counter as a dietary supplement. GHB promotes slow-wave sleep, which is when muscle growth hormone release takes place, but it has not been directly linked to resulting in increased body mass.

How Are GHB and Rohypnol Similar? GHB is sometimes characterized, as is Rohypnol, as a "date-rape" drug. Because it is odorless and colorless, it can be slipped into someone's drink; in the dance club/party scene, GHB is often mixed with water and passed around. People sometimes use GHB as a means to incapacitate women for purpose of committing sexual assault. GHB may produce amnesia and the victim may not be able to recall what happened. Also, since GHB may make a person less inhibited and may increase sexual feelings, establishing whether or not rape occurred becomes more difficult.

What Medical Uses Does GHB Have? GHB has been studied for its ability to induce short-term coma and possible surgical anesthesia. It has also been used to treat people who suffer from narcolepsy, a rare sleeping sickness, though its effects are short-term. Other potential clinical roles are treatment of alcohol and opiate dependence, protection against hemorrhagic shock, and improving liver function.

If You Think You Might Have Taken GHB, What Should You Do? Obtain emergency medical assistance immediately. You cannot be sure of the strength of the dose you received. Even though some people may not seem to have a bad reaction to GHB, the drug is potentially fatal.

HALLUCINOGENS - LSD, PCP, "MUSHROOMS," PSILOCYBIN and others (mostly condensed from the "Drug Help" Web site of the Phoenix Foundation; <http://www.drughelp.org>.)

The term hallucinogen is used to describe naturally occurring or synthetic drugs taken primarily for the distorting effects they have on the user's perceptions. Hallucinogens induce effects ranging from mild sensory distortion to hallucinations, paranoia, and delirium.



LSD:
WHAT IS LSD?
 LSD (d-lysergic acid diethylamide, commonly called "acid") is the best known of the

hallucinogens. A naturally occurring derivative of ergot, a fungus that attacks rye, it is now used almost exclusively in its synthesized form. The drug was first derived from ergot in 1938, at Sandoz Laboratories in Switzerland, by chemist Albert Hofmann, who was searching for a circulatory and respiratory stimulant. Although LSD proved useless for this purpose, it was found to have psychoactive properties. Reports of the derivative's mind-altering effects circulated in the late 1940's and early 1950's. By the early 1960's, LSD advocates were touting it and other hallucinogens as mind-expanding aids that enabled users to achieve mystical states of perception. The emergence of LSD coincided with the rise of an American counterculture in the 1960's, and millions of young people went on "acid trips" during these years. Widespread use led to reports of "bad" trips, psychotic episodes, and "flashbacks" (replays of the hallucinogenic experience that occur spontaneously, unprompted by LSD use.) Some users switched to hallucinogenic substances they considered more "organic" (such as mescaline and psilocybin). The popularity of LSD waned, and overall hallucinogen use declined significantly with the aging of the counterculture's "flower children." The mid-1990's, however, saw a resurgence in LSD use. A new generation of adolescents took up the drug, and the average age of first use dropped sharply, with reports of use even among elementary school students.

HOW IS LSD TAKEN? LSD is generally taken orally and in very small doses. A remarkable feature of the drug is its potency. A typical single dose is only 100 micrograms (one-tenth of a milligram). Most often, LSD is found in small squares of impregnated paper, called "blotter acid." The squares may come in perforated sheets, like postage stamps, sometimes with an eye-catching image on each square. The drug may also come in tiny tablets, called "microdots," or in small, thin, gelatin squares, known as "windowpane." LSD is sometimes available in a clear liquid solution. This is dispensed with an eyedropper, onto sugar cubes or directly onto the tongue. Another variety, "blue dot acid," consists of paper slips smeared with a blue-colored solution of the drug.

HOW DOES LSD AFFECT YOU? Physical effects of LSD may include: dilated pupils, high temperature, rapid heartbeat, increased blood pressure, sleeplessness, appetite loss, and tremors. Psychological effects can last for 12 hours. During the first 30 to 90 minutes, changes in visual perception and mood are likely. As the drug achieves its one- to two-hour "peak," the user may experience distorted impressions of time, space, and distance. "Tracking" may occur-the observation of streams of colored light following the path of a moving object, and "psychedelic" patterns may appear. The drug can impair judgment and the ability to recognize immediate danger, so users might easily come to harm should they, for example, attempt to drive a car while "tripping." Acute anxiety, depression, panic, paranoia, or psychotic behavior may accompany a bad trip or may occur after most other effects of the drug have worn off. An overdose can result in a longer, more intense, and more frightening trip, and the spontaneous, recurring hallucinations known as flashbacks can occur days, weeks, or more than a year after LSD use.

PCP: WHAT IS PCP? Phencyclidine (PCP, or angel dust) is a synthetic drug developed in 1959 as an anesthetic. Use of the drug for humans was halted in 1965 after reports of adverse reactions. Subsequent use as a veterinary tranquilizer was discontinued in 1978 in the face of much evidence of PCP abuse. In its pure form, PCP is a white, crystalline powder. A street drug since the 1960's, it is now produced in clandestine labs and sometimes passed off as mescaline or as another hallucinogen with less extreme effects. Usually smoked, PCP can also be taken orally, snorted, or injected. It is sold in capsules, tablets, powder, and liquid. Most often the crystalline powder is sprinkled on a leafy substance-tobacco, parsley, mint, oregano, or marijuana-and then smoked in rolled cigarettes.

WHAT ARE PCP'S EFFECTS? The effects of PCP can be unpredictable and are often severe. Moderate doses (5 mg. or less), generally produce initial feelings of relaxation and mild euphoria, but depression, anxiety, or disorientation can also result. Within the normal dosage range, users, feel powerful, "spaced out," or detached and may experience LSD-like visual distortions. Physical effects include: rising heart rate, blood pressure, and body temperature; flushing and sweating; shallow breathing; numbness; and loss of coordination. At higher doses, respiration drops and users may experience nausea, vomiting, loss of balance, and dizziness. They often display dramatic mood swings and are prone to anxiety, paranoia, and aggressiveness. Violent behavior is not uncommon, and the drug's ability to lower the pain threshold increases the likelihood of injury and self-mutilation. Paranoid delusions and aggressive behavior are sometimes followed by PCP-induced psychosis that may mimic symptoms of schizophrenia. Psychotic episodes can last several days, and it may take as long as two weeks for patients to return to normal. At toxic levels, or when interacting with alcohol or other depressant drugs, PCP can prove fatal, causing convulsions, coma, and respiratory arrest.

Mushrooms, etc. - About psilocybin, peyote, and mescaline



Psilocybin is a chemical found in types of mushrooms native to Mexico and Central America. The mushrooms have been used in native rituals for hundreds of years. Psilocybin itself can now be produced synthetically. Mescaline is the psychoactive ingredient extracted from the peyote, or mescal, cactus that grows in northern Mexico and the U.S. Southwest. The drug is contained in button-like nodules at the top of the plant, which traditionally have been dried and chewed by some Native American tribes. Psilocybin mushrooms are eaten or brewed into a tea, and the synthetic powder is generally taken in tablet form. Dried peyote buttons are usually chewed and swallowed, and powdered mescaline is taken in tablets. These substances all have effects similar to LSD's but are considerably less potent. Use of mescaline and peyote, however, often causes nausea and vomiting.

Psilocybin/other Tryptamines from the Drug Enforcement Admin.; <http://www.dea.gov>
A number of Schedule I hallucinogenic substances are classified chemically as tryptamines. Most of these are found in nature but many, if not all, can be produced synthetically. Psilocybin (O-phosphoryl-4-hydroxy-N, N-ethyltryptamine) and psilocyn (4-hydroxy-N, N-dimethyltryptamine) are obtained from certain mushrooms indigenous to tropical and subtropical regions of South America, Mexico, and the United States. As pure chemicals at doses of 10 to 20 mg, these hallucinogens produce muscle relaxation, dilation of pupils, vivid visual and auditory distortions, and emotional disturbances. However, the effects produced by consuming preparations of dried or brewed mushrooms are far less predictable and largely depend on the particular mushrooms used and the age and preservation of the extract. There are many species of "magic" mushrooms that contain varying amounts of these tryptamines, as well as uncertain amounts of other chemicals. As a consequence, the hallucinogenic activity, as well as the extent of toxicity produced by various plant samples, are often unknown.

Dimethyltryptamin (DMT) has a long history of use and is found in a variety of plants and seeds. It can also be produced synthetically. It is ineffective when taken orally, unless combined with another drug that inhibits its metabolism. Generally it is sniffed, smoked, or injected. The effective hallucinogenic dose in humans is about 50 to 100 mg and lasts for about 45 to 60 minutes. Because the effects last only about an hour; the experience has been referred to as a "businessman's trip."

A number of other hallucinogens have very similar structures and properties to those of DMT. Diethyltryptamine (DET), for example, is an analogue of DMT and produces the same pharmacological effects but is somewhat less potent than DMT. Alpha-ethyltryptamine (AET) is another tryptamine hallucinogen added to the list of Schedule I hallucinogens in 1994. Bufotenine (5-hydroxy-N,N-dimethyltryptamine) is a Schedule I substance found in certain mushrooms, seeds, and skin glands of Bufo toads. In general, most bufotenine preparations from natural sources are extremely toxic. N,N-Diisopropyl-5-methoxytryptamine (referred to as Foxy-Methoxy) is an orally active tryptamine recently encountered in the United States.

Salvia Divinorum, Maria Pastora, Salvia (Salvinorin A, Divinorin A)

Condensed from the Drug and Chemical Evaluation Section, Drug Enforcement Administration, <http://www.dea.gov>.



Salvia Divinorum

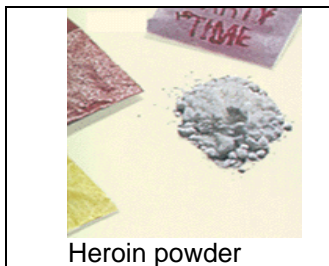
Salvia Divinorum is a perennial native to certain areas of Mexico. S. Divinorum is one of several vision-inducing plants employed by the Mazatec Indians. Since S. Divinorum, or any of its active ingredients are not specifically listed in the Controlled Substances Act, some on-line botanical companies and drug promotional sites have advertised Salvia as a legal alternative to other plant hallucinogens like mescaline. The plant material is smoked for the induction of "mystical" or hallucinogenic experiences. "Salvinorin A" the active component of S. Divinorum, is most effective when vaporized and inhaled. Chemically, Salvinorin A is a neoclerodane diterpene, a psychotropic terpenoid. The grouping of psychoactive plants containing terpenoid essential oils includes Salvia

Divinorum, Wormwood (Absinth), and Cannabis Sativa (tetrahydrocannabinols, THC). A dose of 200 to 500 micrograms produces profound hallucinations when smoked. Salvinorin A's action in the brain are not well elucidated. However, recent tissue testing (in vitro assays) have suggested that Salvinorin A may act at the kappa opiate receptor site, but functional assays are lacking to determine the exact mechanism of action of this drug substance. Salvia is being smoked to induce hallucinations, the diversity of which are described by its users to be similar to those induced by ketamine, mescaline, or psilocybin.

HEROIN and OTHER NARCOTICS (from <http://www.drughelp.org>.)

WHAT IS HEROIN? Known on the street as smack, horse, H, junk, or scag, heroin is the most commonly abused of narcotics. Narcotic drugs (also called opioids) are derivatives of the opium poppy (*Papaver somniferum*) or similar synthetics. Heroin is a morphine derivative, and morphine is opium's most potent active ingredient. Pure heroin is a white powder with a bitter taste. Street heroin may vary in color from white to dark brown because of impurities or additives. There is a dense, dark brown or black form of the drug known as "black tar" or sticky heroin. Street heroin is rarely pure.

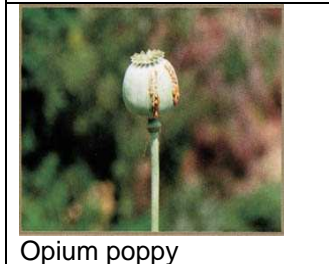
Are narcotics used medicinally? Acting mostly on the central nervous and digestive systems, narcotics relieve pain, control diarrhea, and suppress coughing. Although heroin cannot be prescribed in the U.S., the medical use of other narcotics is widespread. Opium, the sticky sap of the poppy seed pod, is now rarely used medicinally, save for severe diarrhea, and is seldom abused in this country (although smoking opium is common elsewhere in the world). Morphine, widely used to relieve severe pain, is sometimes abused, often by medical professionals. Codeine, like morphine, is a natural ingredient of opium, although less potent. It is found in prescription cough medicines and pain relievers and is favored by some abusers. Other opium derivatives prescribed for moderate to severe pain and sometimes abused include: hydromorphone (Dilaudid), meperidine (Demerol), oxycodone (Oxycontin, Percodan, Percocet), and hydrocodone (Vicodin, Lortab, Lorcet). Methadone, a synthetic used mainly in the treatment of heroin addiction, is often abused and responsible for a number of overdose deaths. Fentanyl is a powerful synthetic used for severe pain and as a surgical anesthetic.



Heroin powder



"China White" heroin



Opium poppy

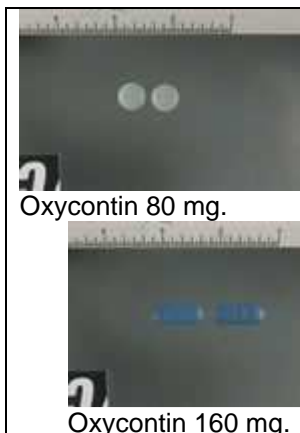
HOW DO NARCOTICS AFFECT YOU? Autonomic effects • Narcotics affect many organs through the autonomic nervous system, which controls such body functions as circulation, respiration, and digestion. They cause blood vessels to relax and heartbeat to slow, lowering blood pressure. They slow and weaken contraction of muscles that control breathing and constrict intestinal muscles, slowing digestion. Sedation • Narcotics may produce drowsiness, grogginess, and mental confusion. Characteristic of heroin use is the half-conscious state called "nodding." Euphoria • As do most drugs of abuse, narcotics induce euphoria. The sense of contentment and physical relaxation that characterize the heroin "high" generally last three to four hours. When heroin is injected or smoked, however, the high is preceded by a short period of intense pleasure known as a "rush." Tolerance • Regular use causes the body to resist narcotic effects, requiring higher and more frequent doses to achieve the same results. Dependency • Over time, regular users easily become "hooked"-physically and psychologically dependent, craving the pleasure the drug brings and unable to interrupt use without suffering symptoms of withdrawal (inc. chills, muscle cramps, shaking, nausea, vomiting, and diarrhea).

HOW IS HEROIN TAKEN? When prescribed, narcotics are most often taken by mouth. Heroin, however, is generally inhaled or injected, although it may also be smoked. The availability of high-purity heroin in recent years, the spread of HIV infection among intravenous (IV) users, and the negative stereotype of the IV addict prompt many new users to limit themselves to inhaling the drug. They will "snort" or "sniff" powder into their nostrils (some dissolve it in nose drops). Heroin can be mixed with tobacco or marijuana

and smoked in a pipe or cigarette. It may also be heated and burned, releasing fumes that users inhale ("chasing the dragon"). Injection, in addition to producing a "rush," is an economical route of administration. By injecting the drug, rather than smoking or inhaling it, the same effects are achieved with less heroin. Users who choose this route generally inject directly into a major vein ("mainlining"), although some may start by injecting under the skin ("popping"). Heroin abusers often use other drugs as well. They may "speedball," taking cocaine or methamphetamine with heroin, or use alcohol, marijuana, or tranquilizers to enhance the high and blunt effects of withdrawal.

Negative consequences of heroin use range from mild distress to life-threatening dangers and include:

- Dry, itchy skin and skin infections
- Constricted pupils and reduced night vision
- Nausea and vomiting
- Constipation, loss of appetite
- Menstrual irregularity
- Reduced sex drive
- Scarring ("tracks") of veins
- Irregular blood pressure
- Slow and irregular heartbeat (arrhythmia)
- Fatigue, breathlessness, and labored breathing ("rattles")
- Injuries
- Dependence, tolerance, addiction
- Hepatitis, AIDS, infections
- Stroke or heart attack caused by blood clots resulting from insoluble additives
- Respiratory paralysis, heart arrest, coma, death



Oxycontin 80 mg.



Methadone oral liquid

OxyContin (oxycodone HCl controlled-release) is the brand name for an opioid analgesic available in 10, 20, 40, and 80 mg sustained-release tablets. As pain medication, OxyContin is taken every 12 hours. Oxycontin abusers often remove the coating to get a rapid release of the medication, causing a rush of euphoria similar to heroin. It is also dissolved and injected.

INHALANTS and NITROUS OXIDE (from the Partnership for a Drug Free America, <http://www.drugfreeamerica.org>)



Inhalants



"Poppers" (inhalable nitrates)

Inhalants are easy to get hold of, even for kids. They produce a quick high. They can cause permanent brain damage or death. And the easiest to get, like glue and gasoline, are the most dangerous.

WHAT ARE INHALANTS?

Inhalants are drugs that produce a quick, temporary high; lightheadedness; and euphoria (good feeling) when their fumes or gases are breathed and absorbed into the body through the lungs. The high is sometimes compared to the sensation of being drunk. It tends to last only a short time, from a few minutes to about three-quarters of an hour. It may be followed by after-effects like those of an alcohol hangover, such as drowsiness, headache, or nausea, which last for an hour or two.

Inhalants are readily available and relatively cheap. Many of them can be obtained legally, even by minors, for more than a thousand common household products can be used to get high. It is partly for this reason, and partly because they are mistakenly believed to be safer than other recreational drugs, that inhalants are especially popular among children and young adolescents. The average age at

which adolescents first try these drugs is 13, and one eighth grader in five has used them.

WHAT ARE THE MAIN TYPES? There are three main types of inhalants:

- Organic solvents are liquid compounds of carbon that have the power to break down, or dissolve, other carbon compounds. Organic solvents are also highly volatile; they readily evaporate from a liquid to a gas or aerosol, which can be inhaled. Many common products are either based on organic solvents or contain high concentrations of them. They include gasoline, lighter fluid and butane lighter fuel, spray paint, paint thinners and removers, transparent glue, rubber-cement thinner, hair spray, nail polish remover, degreasers, and cleaning fluids. Organic solvents are the easiest inhalants to obtain and the most dangerous to abuse.
- Nitrites are compounds of nitrogen and act mainly as vasodilators, causing the walls of blood vessels to relax so that the vessels enlarge, or dilate. They are used medically to relieve attacks of angina chest pain caused by insufficient blood flow in the vessels serving the heart. They also tend to depress the activity of the central nervous system, producing the giddiness and euphoria of a high. The most commonly abused are amyl nitrite and butyl nitrite. Amyl nitrite is usually packaged in small, crushable glass or plastic capsules, known as poppers or snappers. Butyl nitrite often comes in a bottle or spray can and is sold as an air freshener under names such as Rush, Locker Room, or Jac-Aroma.
- Nitrous oxide, commonly called laughing gas, was the first inhalant used for recreational purposes. Introduced as an anesthetic in the 1850's, this compound of nitrogen and oxygen is still used medicinally, particularly by dentists. It doesn't completely block pain, but it does alter the perception of pain, so that there is no distress. Nitrous oxide tends to produce a pleasant, dreamy state of consciousness, somewhere between waking and sleep. For medical use, nitrous oxide is compressed and stored in metal tanks, to which a hose and inhalant mask are attached. The compressed gas is also used to make whipped cream. When packaged in small cartridges, called whippets, and enclosed in a container of cream, the gas mixes with the cream when the nozzle is depressed.

HOW ARE THEY TAKEN?

The three types of inhalants are sniffed or huffed in somewhat different ways.

- The fumes from organic solvents may simply be inhaled from their containers. A liquid solvent may also be poured or sprayed on an absorbent material, such as a balled up sock or rag, or a roll of toilet paper, to increase the release of fumes. Abusers often try to concentrate the fumes by putting the solvent in a paper or plastic bag or a rubber balloon, and then holding the open end over the mouth and nose.
- The capsules containing amyl nitrite are crushed and held beneath the nose. Butyl nitrite may be inhaled in its container, or, like organic solvents, applied to absorbent cloth or paper.
- Nitrous oxide may be inhaled through a mask from a tank of the compressed gas or directly from a punctured whippet. The nozzle of a whipped-cream container can also be depressed in such a way that only the nitrous oxide is discharged.

HOW DO INHALANTS HARM YOU?

Because the immediate after-effects are usually mild and last only a short time, many abusers believe that inhalants are essentially harmless. They are wrong. Inhalants can be very dangerous, both in their immediate effects and their long-term consequences.

Short-term effects

- During the high and the period of reaction afterward, physical coordination and mental judgment are impaired, much as they are by excessive drinking. Abusers often suffer falls and other accidents and cannot drive safely. They may engage in irresponsible or dangerous behavior, such as reckless violence.
- Inhalants irritate the breathing passages, sometimes provoking severe coughing, painful inflammation, and nosebleeds.
- Nitrite inhalants often cause intense facial flushing, feelings of severe weakness and dizziness, and heart palpitations.
- Inhalants, particularly in heavy doses, may not produce a pleasant high but mental confusion, hallucinations, and delusions of persecution (paranoia) instead.
- By depressing the central nervous system, inhalants may dangerously hinder the activity of the nerves that control breathing. The resulting respiratory depression may cause unconsciousness, coma, or even death. The danger is especially great if inhalants are taken along with other nervous-system depressants, such as alcohol or barbiturates (sleeping pills).
- Inhaling for an extended time from a bag or balloon may cause a dangerous shortage of oxygen in the lungs. Like respiratory depression, oxygen deprivation (asphyxia) may lead to unconsciousness, coma, or death.
- Even first-time users run the risk of sudden sniffing death (SSD). The mechanics are not well understood, but abusers may suffer fatal irregularity of heartbeat (arrhythmia) or complete heart arrest. The risk of SSD seems to be higher if the abuser engages in strenuous physical activity or is suddenly startled.

Long-term effects

- Repeated use tends to produce increased tolerance to the drugs and larger doses are needed to achieve the same results. Heavy doses in turn increase the risk of permanent brain damage, with effects such as poor memory, extreme mood swings, tremors, and seizures. Heavy, continuous use also increases the risk of heart arrhythmia and respiratory depression.
- Nitrite inhalants tend to raise the pressure of the fluid within the eyes. The raised pressure may eventually lead to glaucoma and blindness. Regular nitrite abuse may also cause severe, pounding headaches.
- Organic solvents are the most dangerous of all inhalants. They are poisons that break down organic compounds of all kinds including those that make up living cells. Once absorbed into the body, they tend to concentrate in the liver and kidneys, where they are processed for disposal. Repeated, heavy abuse may cause fatal damage to these organs, as well as to the heart and nervous system.

WHAT ARE THE SIGNS OF INHALANT ABUSE?

Certain signs suggest that a person may be abusing inhalants:

- A sweetish, chemical smell on the clothes or body
- Inflammation of the nostrils, frequent nosebleeds, or a rash around the nose and mouth
- Poor appetite and loss of weight
- Pale, bluish skin
- Watery, bloodshot eyes with dilated pupils
- Slow, slurred speech
- Clumsy, staggering gait, and drunken appearance

NITROUS OXIDE from the "zaphealth" web site, <http://www.zaphealth.com>



Nitrous oxide "whippets" with paraphernalia (balloon)

What is it? Nitrous oxide is a colorless, sweet-smelling gas. It is a combination of nitrogen and oxygen (chemical name: N₂O). Nitrous oxide is an inhalant. As a drug, it is most common on college campuses and among older teens. Nitrous oxide is found in whippets, which are small, silver-colored cartridges manufactured for whipped cream dispensers. It is also found in commercial cans of whipped cream. Nitrous oxide can be inhaled directly from a punctured whippet, or by using a "cracker" to dispense the gas into a balloon. Some people also inhale nitrous oxide from commercial whipped cream containers.

Isn't it legal? What is it used for?

- Nitrous oxide is widely available and has a number of legal uses, including:
- Whipped cream propellant: In prepared cans of whipped cream. (The gas pushes out the whipped cream when you press the button. This is generally safe because you're not directly breathing it in. It becomes a problem when people intentionally inhale it.)
- Anesthesia: Since the 1800s, doctors have used nitrous oxide as a light anesthetic. It does not completely block pain, but makes the patient relaxed and causes a floating feeling. Doctors and dentists usually combine it with other gases such as oxygen or local anesthetics. This helps to prevent brain anoxia (a deadly lack of oxygen) [2,3].
- Auto racing: N₂O boosts the horsepower of racecar engines.
- Manufacturing: Nitrous oxide also has several uses in big factories.

What are the effects of nitrous oxide?

Short term effects can include:

- Headaches.
- Nausea, vomiting.
- Dizziness.
- Irregular heart beat.
- Numbness and tingling of hands & feet.
- Giddiness, laughter.
- Slurred speech.
- Loss of balance.
- No sensation of pain.
- Dreamy, floating sensation.
- Difficulty breathing.
- Loss of balance

The "high" that people get from breathing nitrous lasts only a few seconds, so they often take hit after hit to prolong the feeling. This can be especially dangerous if they don't breathe fresh air in between, because when someone is breathing in nitrous oxide - they aren't breathing the oxygen they need

Risks of using nitrous even once:

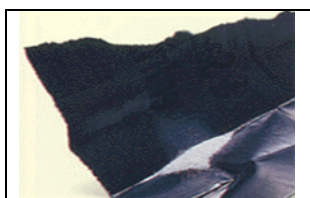
- Death by anoxia (not enough oxygen to the brain): Inhaling pure nitrous oxide gas can slow down brain function and deprive the lungs of oxygen to the point that the user passes out and even stops breathing for a few seconds.
- If they pass out and stop inhaling nitrous oxide, they can probably recover. But someone who passes out and keeps breathing high levels of nitrous oxide (from a plastic bag or balloon or in an enclosed space without air) will die. This can happen very quickly. Even a few seconds of exposure to high concentrations of the gas, or inhaling it repeatedly, can easily kill you.
- Suffocation: This can happen when someone who is inhaling nitrous oxide from a plastic bag loses consciousness with the bag over their head or becomes too numb and high to remove the bag from their face.
- Car accidents: Whippets and driving are a dangerous combination. Inhaling nitrous oxide in a car that isn't moving can be deadly, too, if the windows are closed. (Any confined space increases the risks).

Risks of using nitrous oxide repeatedly:

- Permanent nerve damage and loss of balance.
- Damage to kidneys and liver, and miscarriage.
- Brain and blood complications, caused by Vitamin B12 deficiency.
- Heart problems, including cardiac arrhythmia (irregular heartbeat)

Ketamine Fact Sheet

Produced by the National Clearinghouse for Alcohol and Drug Information, <http://www.health.org>.



Ketamine powder



Ketamine (for injection)

What Is Ketamine?

Ketamine, or ketamine hydrochloride, is a non-barbiturate, rapid-acting dissociative anesthetic used on both animals and humans; it also has been used in human medicine for pediatric burn cases and dentistry, and in experimental psychotherapy. It is being abused by an increasing number of young people as a "club drug," and is often distributed at "raves" and parties.

What Are Some of Its Street Names?

Some street names for ketamine are: K, Ket, Special K, Vitamin K, Vit K, Kit Kat, Keller, Kelly's day, Green, Blind squid, Cat valium, Purple, Special la coke, Super acid, and Super C. Slang for experiences related to ketamine or effects of ketamine include, "k-hole," "K-land," "baby food," and "God."

How Is It Being Abused?

Ketamine is a liquid and the most potent ways of using it are by injecting it intramuscularly. 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. Because of its appearance, Ketamine is often mistaken for cocaine or crystal methamphetamine. Some reports indicate it is sometimes sold 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.

What Are Ketamine's Effects?

Ketamine produces a dissociative 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--or "Angel Dust") 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. There is depression of respiratory function but not of the central nervous system, and cardiovascular function is maintained. Since ketamine is an anesthetic, it stops the user from feeling pain, which could lead the user to inadvertently cause injury to himself/herself. 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. Effects of chronic use of ketamine may take from several months to two years to wear off completely. 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. Flashbacks may even occur one year after use. Long-term effects include tolerance and possible physical and/or psychological dependence.

Is Ketamine Legal?

Yes, but only for medical uses. It is marketed as Ketalar, or Ketaset, to veterinarians and medical personnel and considered a controlled substance only in California, Connecticut, New Mexico, and Oklahoma. A bill was introduced in Congress in the spring of 1997 to schedule ketamine as a Schedule II drug, having a high abuse potential with severe psychic or physical dependence liability. Cocaine and methamphetamine are other examples of Schedule II drugs.

MARIJUANA/CANNABIS/HASHISH Condensed from the "Drug

Help" site, Phoenix Foundation: <http://www.drughelp.org>

WHAT IS MARIJUANA?

Call it pot, grass, weed, or any one of nearly 200 other names, marijuana is the world's most commonly used illicit drug. So, there is cause for alarm when adolescent marijuana use increases, as it did in the mid-1990's, and the age at which youngsters first experiment with pot starts to drop. Marijuana has been around for a long while. Its source is the hemp plant. Although cannabis contains at least 400 different chemicals, its main mind-altering ingredient is THC (delta-9-tetrahydrocannabinol). The amount of THC in marijuana determines the drug's strength, and THC levels are affected by a great many factors, including plant type, weather, soil, and time of harvest. Sophisticated cannabis cultivation of today produces high levels of THC and marijuana that is far more potent than pot of the past. THC content of marijuana, which averaged less than 1 percent in 1974, rose to an average 4 percent by 1994. For the highly popular form of marijuana called Sinsemilla (from the Spanish "without seeds"), made from just the buds and flowering tops of female plants, THC content averages 7.5 percent and ranges as high as 24 percent. THC levels of hashish, a resin made from flowers of the female plant may be 5 – 10 times higher than crude marijuana.

HOW IS IT USED? Marijuana and other cannabis products are usually smoked, sometimes in a pipe or water pipe, but most often in loosely rolled cigarettes known as "joints." Some users will slice open and hollow out cigars, replacing the tobacco with marijuana, to make what are called "blunts." Joints and blunts may be laced with other substances, including crack cocaine and the potent hallucinogen phencyclidine (PCP), substantially altering effects of the drug. Smoking, however, is not the sole route of administration. Marijuana can be brewed into tea or mixed in baked products (cookies or brownies).

HOW DOES IT AFFECT YOU? A mild hallucinogen, marijuana has some of alcohol's depressant and disinhibiting properties. User reaction, however, is heavily influenced by expectations and past experience, and many first-time users feel nothing at all. Effects of smoking are generally felt within a few minutes and peak in 10 to 30 minutes. They include dry mouth and throat, increased heart rate, impaired coordination and balance, delayed reaction time, and diminished short-term memory. Moderate doses tend to induce a sense of well-being and a dreamy state of relaxation that encourages fantasies, renders some users highly suggestible, and distorts perception (making it dangerous to operate machinery, drive a car or boat, or ride a bicycle). Stronger doses prompt more intense and often disturbing reactions including paranoia and hallucinations. Most of marijuana's short-term effects wear off within two or three hours. The drug itself, however, tends to linger on. THC is a fat-soluble substance and will accumulate in fatty tissues in the liver, lungs, testes, and other organs. Two days after smoking marijuana, one-quarter of the THC content may still be retained. It will show up in urine tests three days after use, and traces may be picked up by sensitive blood tests two to four weeks later.

 <p>Marijuana (dried)</p>	 <p>Cannabis: Marijuana buds, "marijuana joints" and hashish.</p>
 <p>Thai Sticks: Bundles of marijuana soaked in hashish oil; marijuana buds bound on short sections of bamboo.</p>	 <p>Cannabis leaves, various varieties</p>
 <p>Marijuana (loose and rolled into joints)</p>	 <p>Marijuana plants</p>

THE IMPACT ON THE MIND:

Marijuana use reduces learning ability. Research has demonstrated that marijuana limits the capacity to absorb and retain information. A 1995 study of college students discovered that the inability of heavy marijuana users to focus, sustain attention, and organize data persists for as long as 24 hours. Earlier research, comparing cognitive abilities of adult marijuana users with non-using adults, found that users fall short on memory as well as math and verbal skills.

THE IMPACT ON THE BODY:

Chronic marijuana smokers are prey to chest colds, bronchitis, emphysema, and bronchial asthma. Persistent use will damage lungs and airways and raise the risk of cancer. There is just as much exposure to cancer-causing chemicals from smoking one marijuana joint as smoking five tobacco cigarettes. There is evidence that marijuana may limit the ability of the immune system to fight infection and disease. Marijuana also affects hormones. Regular use can delay the onset of puberty in young men and reduce sperm production. For women, regular use may disrupt normal monthly menstrual cycles and inhibit ovulation. When pregnant women use

marijuana, they run the risk of having smaller babies with lower birth weights, who are more likely than other babies to develop health problems. Some studies have also found developmental delays in children exposed before birth.

TEENS and MARIJUANA: Risks are greatest for the young, when the impact of marijuana on learning is critical, and pot often proves pivotal in the failure to master vital interpersonal coping skills or make appropriate life-style choices. Thus, marijuana can inhibit maturity. Another concern is marijuana's role as a "gateway drug," which makes subsequent use of more potent and disabling substances more likely. The Center on Addiction and Substance Abuse at Columbia University found adolescents who smoke pot 85 times more likely to use cocaine than their non-pot smoking peers. And 60 percent of youngsters who use marijuana before they turn 15 later go on to use cocaine. Marijuana dangers include:

- Impaired perceptions
- Diminished short-term memory
- Loss of coordination and concentration
- Impaired judgment
- Risk of accidents

METHAMPHETAMINE

Condensed from "Drug Help": <http://www.drughelp.org>



WHAT IS METHAMPHETAMINE?

Methamphetamine (known on the street as "speed," "meth," "crank," "crystal-meth," and "glass") is a central nervous system stimulant of the amphetamine family. Like cocaine, it is a powerful "upper" that produces alertness and elation, along with a variety of adverse reactions. The effects of methamphetamine, however, are much longer lasting than the effects of cocaine.

METH IN THE UNITED STATES Amphetamines first came to this country at the start of the 1930's, and abuse of amphetamine sulfate (Benzedrine) and dextroamphetamine (Dexedrine) pills became widespread during the 1950's and 60's. These

pills were commonly prescribed by physicians, most often for weight loss, and massively diverted to the illicit market. Methamphetamine was also traded on the street, mostly as a powder that could be snorted or made into an injectable solution. Injection of amphetamines dates from the 60's, when some users began shooting the drug into their veins to achieve a more intense "high." High-intensity users, who became known as "speed freaks," would often inject amphetamine for days, until overcome by exhaustion or psychosis. The aggressive behavior of these users, their volatile temper, physical depletion, and profound weight loss gave rise to the once-familiar warning that "speed kills." Illicit methamphetamine is widely available from clandestine labs in the U.S.

HOW IS IT TAKEN? Methamphetamine can be swallowed, smoked, snorted, or injected. Sold as a powder, it can be mixed with water for injection or sprinkled on tobacco or marijuana and smoked. Chunks of clear, high-purity methamphetamine ("ice," "crystal," "glass"), which resemble rock candy, are smoked in a small pipe, much as "crack" cocaine is smoked. Some users exploit the rapid vaporization of methamphetamine, spreading the powdered drug on aluminum foil, heating the foil, and inhaling the fumes. Others "speedball", combining methamphetamine and heroin. Meth tends to be taken differently in different locales and by different ages.

HOW DOES IT AFFECT YOU? At lower doses, methamphetamine makes the user feel energetic, alert, self-confident-even powerful. With continued use these pleasurable feelings typically diminish, and most users report the need for increasingly higher doses to achieve euphoria. Under the influence of the drug, users often become agitated and feel "wired." Their behavior becomes unpredictable. They may be friendly and calm one moment, angry and terrified the next. Some feel compelled to repeat meaningless tasks, such as taking apart and reassembling bits of machinery. Others may pick at imaginary bugs on their skin. After a number of days on methamphetamine, during which time they barely sleep or eat, users become too tired to continue or have no meth left and begin to "crash." Initially, the crash is marked by agitated depression, sometimes accompanied by an urge for more methamphetamine. But these feelings soon give way to lethargy, followed by a long deep sleep. The depression returns, however, once the user awakens, and may last for days-a time when the potential for suicide is high. With prolonged high-dose use or long binges, stimulant psychosis may develop. The psychotic user may feel intensely paranoid, hear voices, and experience bizarre delusions, believing, for example, that other people are talking about him or following him. Methamphetamine-induced panic and psychosis can be extremely dangerous and may result in incidents of extreme violence. It is not unusual for psychosis to persist for days after the last dose of methamphetamine. Indeed, there are many reports of users remaining paranoid, delusional, apathetic, and socially withdrawn for weeks. Occasionally, methamphetamine-related psychosis lasts for years.

Dangers and Consequences of Methamphetamine Use:

- Sleeplessness
- Loss of appetite, weight loss
- Nausea, vomiting, diarrhea
- Elevated temperature
- Skin ulcers and infection
- Paranoia
- Depression
- Irritability
- Anxiety
- Seizures
- Increased blood pressure
- Constriction of blood vessels headaches, chest pain, or irregular heartbeat, stroke or heart attack
- Permanent damage to brain cells caused by injury to small blood vessels of the brain
- For intravenous (IV) users-AIDS, hepatitis, infections at the injection site, infection of the heart lining and valves (endocarditis)
- Premature labor, detachment of the placenta, low birth weight, neurological damage, poor feeding, and lethargy

Ritalin (methylphenidate)

Source: Indiana Prevention Resource Center,
<http://www.drugs.indiana.edu/>



What is it? Ritalin, the trade name for methylphenidate, is a medication prescribed for children with an abnormally high level of activity or with attention-deficit hyperactivity disorder (ADHD) and is also occasionally prescribed for treating narcolepsy. It stimulates the central nervous system, with effects similar to but less potent than amphetamines and more potent than caffeine.

Ritalin has a notably calming effect on hyperactive children and a "focusing" effect on those with ADHD. When taken as prescribed, Ritalin is a valuable medicine. Further, research funded by the National Institute of Mental Health has shown that people with ADHD do not get addicted to their stimulant medications at treatment dosages.

Because of its stimulant properties, however, in recent years there have been reports of its abuse by people for whom it is not a medication. These prescription tablets can create powerful stimulant effects and serious health risks when crushed and then snorted like cocaine, or injected like heroin.

What does it look like? Ritalin comes in pill or tablet form.

What are the street names/slang terms for it? Kibbles and bits {Talwin (pentazocine) and Ritalin combo}, pineapple (heroin and Ritalin or amphetamine), Vitamin R

How is it used? Many non-medical users crush the tablets and either snort the resulting powder, or dissolve it in water and "cook" it for intravenous injection.

What are its short-term effects? Ritalin (methylphenidate) is a central nervous system stimulant, similar to amphetamines in the nature and duration of its effects. It is believed that it works by activating the brain stem arousal system and cortex. Pharmacologically, it works on the neurotransmitter dopamine, and in that respect resembles the stimulant characteristics of cocaine.

Short-term effects can include nervousness and insomnia, loss of appetite, nausea and vomiting, dizziness, palpitations, headaches, changes in heart rate and blood pressure (usually elevation of both, but occasionally depression), skin rashes and itching, abdominal pain, weight loss, and digestive problems, toxic psychosis, psychotic episodes, drug dependence syndrome, and severe depression upon withdrawal.

What are its long-term effects?

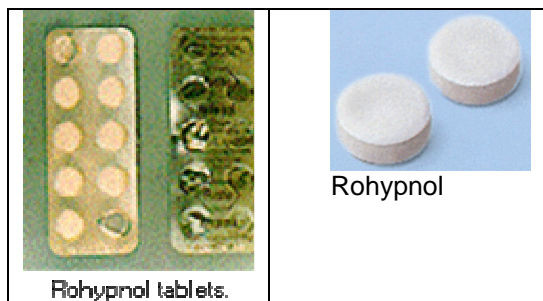
High doses of stimulants produce a predictable set of symptoms that include loss of appetite (may cause serious malnutrition), tremors and muscle twitching, fevers, convulsions, and headaches (may be severe), irregular heartbeat and respirations (may be profound and life threatening), anxiety, restlessness, paranoia, hallucinations, and delusions, excessive repetition of movements and meaningless tasks, and formication (sensation of bugs or worms crawling under the skin).

What is its federal classification?

It is a Schedule II Controlled Substance under the federal Controlled Substances Acts.

Rohypnol (flunitrazepam)

PREVENTION Alert : Volume 3, Number 26.
August 4, 2000, National Clearinghouse for Alcohol and Drug Information <http://www.health.org>



Rohypnol, a popular club drug used by today's youth, is gaining widespread attention because of its sedative-hypnotic effects. The term, "club drugs," refers to a wide variety of potentially dangerous substances being used by young people at college campus fraternities, dance clubs, bars, and all-night dance parties. Known as the "date rape" drug, Rohypnol can incapacitate a victim and prevent her or him from resisting sexual assault. Parents, community leaders, and prevention managers must be aware of the impact of this drug not only on users but also

on victims, who may ingest the drug unwittingly.

Although it is prescribed in England and 26 other countries for treatment of insomnia and pre-surgical sedation, the use of Rohypnol is illegal in the United States. A report by the Community Epidemiology Work Group of the National Institute on Drug Abuse (NIDA) (NIDA, 1995) found that the use of Rohypnol was increasing in the United States among high school and college youth.

What Is Rohypnol?

Rohypnol, the trade name for flunitrazepam, is a member of the benzodiazepine family, which includes Valium, Halcyon, Xanax, and Versed. These drugs are known for their sedative effects. On the street, Rohypnol is called roofies, rophies, roche, and the forget-me pill.

Manufactured in tablet form, Rohypnol can be easily crushed and dissolved in liquid. It is tasteless and odorless, and can thus be slipped into people's drinks without their knowledge. A single dose of Rohypnol, as small as 1 mg., can produce effects for 8-12 hours after ingestion.

Some young people use Rohypnol to enhance the highs produced by heroin, as well as to ease the negative effects of a crack or cocaine binge. Similar to using alcohol, many young adults may drive while under the influence of rohypnol. These users may not only be endangering their lives-and the lives of others-but they may also avoid "drunk driving" charges since the drug's presence cannot be detected by routine benzodiazepine screens.

What Are the Side Effects of Rohypnol?

Among the immediate effects of taking Rohypnol are feelings of intoxication, muscle relaxation, and drowsiness. Users under the influence may exhibit slurred speech, impaired judgment, and difficulty in walking.

The drug causes "anterograde amnesia," whereby individuals are unable to remember events they experienced while under its effects.

Other adverse effects of Rohypnol include respiratory distress, blackouts that can last up to 24 hours decreased blood pressure, hallucinations, dizziness, confusion, gastrointestinal disturbances, urinary retention, headaches, and muscle pain. Some users may display aggressive behavior.

Rohypnol can produce physical and psychological dependence. As a result, chronic users can experience withdrawal effects and seizures. When used in combination with alcohol and other depressants, Rohypnol can be fatal.

Steroids (Anabolic-Androgenic) from NIDA Info Fax # 13557 (<http://www.drugabuse.gov>)



Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building, and "androgenic" refers to increased masculine characteristics. "Steroids" refers to the class of drugs. These drugs are available legally only by prescription, to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty and some types of impotence. They are also used to treat body wasting in patients with AIDS and other diseases that result in loss of lean muscle mass. Abuse of anabolic steroids, however, can lead to serious health problems, some irreversible.

Today, athletes and others abuse anabolic steroids to enhance performance and also to improve physical appearance. Anabolic steroids are taken orally or injected, typically in cycles of weeks or months (referred to as "cycling"), rather than continuously. Cycling involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. In addition, users often combine

several different types of steroids to maximize their effectiveness while minimizing negative effects (referred to as "stacking").

Health Hazards: The major side effects from abusing anabolic steroids can include liver tumors and cancer, jaundice (yellowish pigmentation of skin, tissues, and body fluids), fluid retention, high blood pressure, increases in LDL (bad cholesterol), and decreases in HDL (good cholesterol). Other side effects include kidney tumors, severe acne, and trembling. In addition, there are some gender-specific side effects:

- For men--shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.

- For women--growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice.
- For adolescents--growth halted prematurely through premature skeletal maturation and accelerated puberty changes. This means that adolescents risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

In addition, people who inject anabolic steroids run the added risk of contracting or transmitting HIV/AIDS or hepatitis, which causes serious damage to the liver.

Scientific research also shows that aggression and other psychiatric side effects may result from abuse of anabolic steroids. Many users report feeling good about themselves while on anabolic steroids, but researchers report that extreme mood swings also can occur, including manic-like symptoms leading to violence. Depression often is seen when the drugs are stopped and may contribute to dependence on anabolic steroids. Researchers report also that users may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.

Research also indicates that some users might turn to other drugs to alleviate some of the negative effects of anabolic steroids. For example, a study of 227 men admitted in 1999 to a private treatment center for dependence on heroin or other opioids found that 9.3 percent had abused anabolic steroids before trying any other illicit drug. Of these 9.3 percent, 86 percent first used opioids to counteract insomnia and irritability resulting from the anabolic steroids.

TOBACCO Condensed from the "Drug Help" web site, <http://www.drughelp.org>

A powerfully addicting substance, tobacco is the leading cause of preventable premature death in the U.S. Each year, more than 400,000 Americans die of such tobacco-related conditions as heart disease, stroke and pulmonary disease. It is estimated that directly or indirectly, tobacco causes more than 400,000 deaths in the U.S. annually, a figure that represents nearly 20 percent of all U.S. deaths. These deaths have been attributed to a number of conditions defined as tobacco-related, including heart disease (115,000 deaths), cancer (136,000), chronic pulmonary disease (60,000), and stroke (27,000). There are approximately 47 million smokers in the U.S. About 23 percent of adults smoke, and about 30 percent of adolescents. Statistics show that the average age of first tobacco use in the US is 13.

WHAT IS TOBACCO? Tobacco is a plant that comes in two varieties, *nicotiana tabacum* and *nicotiana rustica*. The latter is the most cultivated of the two and the source of all the tobacco produced in the U.S. The raw leaves are dried and shredded and then rolled into cigarettes or cigars, or packaged as pipe or chewing tobacco or as snuff. Tobacco is the only organic source of nicotine, which is its addicting agent. In addition to nicotine, tobacco smoke contains some 4,000 different gases and particles, including "tar," a conglomeration of many chemicals, which is especially harmful to the lungs. Among the harmful gases in tobacco smoke are nitrogen oxide, carbon monoxide, and cyanide. More than 40 carcinogens-chemicals capable of causing cancer- have been identified in tobacco smoke, and one of these, benzo(a)pyrene, is being studied as a possible direct link to cancer.

HOW IS TOBACCO TAKEN? The great majority of tobacco users smoke cigarettes, inhaling the nicotine-laden smoke into their lungs. A smaller percentage smoke cigars and pipes, and generally do not inhale. The smallest group uses "smokeless tobacco," in the form of snuff or the peculiarly American product, chewing tobacco. Traditionally, a "pinch" of snuff, a pulverized tobacco preparation, was inhaled through the nostrils. Now, it is mostly placed in the mouth ("dipped"), where the nicotine it contains is slowly and directly absorbed. Chewing tobacco is taken in similar fashion. Smokeless tobacco is popular among athletes, especially baseball players, who use it to prevent their mouths from becoming dry during games. Since this form of tobacco is associated with cancers of the mouth and neck, many high school and college athletic associations have banned it, and professional leagues are now discouraging its use.

WHAT IS PASSIVE SMOKING? Passive smoking is the process that causes non-smokers to inhale smoke involuntarily. Some of the smoke they inhale is "side-stream smoke"-the smoke that smolders off the end of a cigarette, cigar, or pipe. This smoke has neither passed through a filter nor through the lungs of a smoker and is therefore contains more tar, nicotine, particles, and gases than inhaled smoke. Side-stream smoke can cause respiratory distress, allergic reactions, and lung cancer.

HOW DOES TOBACCO AFFECT YOU? Smoking or chewing tobacco stimulates the habitual user, creating a pleasurable sensation not unlike a high. The effect is generally described as relaxing, although smoking releases the hormone epinephrine, which may create stress in the user. Nicotine, perhaps the most commonly recognized ingredient of tobacco, is an addictive central nervous system stimulant. When

nicotine is taken into the lungs, it is transmitted to the brain in seconds. It causes the heart to beat more rapidly, drawing in and pushing out more blood. It also makes the veins and arteries constrict, thus requiring the heart to labor harder. This results in increased blood pressure and heart rate. Carbon monoxide is among the many toxic chemicals present in tobacco smoke. It impedes the ability of red blood cells to carry oxygen to bodily tissues, including heart and brain tissue. The lack of oxygen causes the heart to work harder and can lead to a thickening of the walls and possible heart failure.

Despite the fact that tobacco is a stimulant, addicted smokers usually feel that smoking relaxes them. This feeling of relaxation is in reality the result of their having satisfied a physical craving. Smokers are constantly experiencing the symptoms of nicotine withdrawal, and drawing smoke into their lungs relieves these symptoms by satisfying their craving for the chemical. Almost all tobacco users, including those who use smokeless varieties, thus become physiologically and psychologically dependent on nicotine. When they stop using, the withdrawal symptoms they experience can include changes in heart rate, blood pressure, appetite, temperature, and digestion. Withdrawal can also be accompanied by anxiety, insomnia, nausea, irritability, and fatigue.

WHAT ARE SOME DANGERS OF TOBACCO USE? Tobacco use has been implicated in:

- Cancers of the lungs, mouth, throat, larynx, esophagus, stomach, pancreas, uterus, cervix, kidney, bladder, and some forms of leukemia
- Cardiovascular disease, heart attack, fatal heart failure, and stroke
- Pulmonary diseases, such as sinusitis, bronchitis, pneumonia, emphysema, and tracheitis (inflammation of the trachea)
- Reproductive complications, such as miscarriage, premature birth, birth defects, and, especially, low-birth weight babies and babies with developmental problems.

Passive smoke has been implicated in:

- Increased, exacerbated episodes of asthma and respiratory illnesses among children; respiratory illness and distress, asthmatic and allergic responses, and cardiovascular damage among adults.

DRUG PARAPHERNALIA

mostly adapted from the Drug Enforcement Administration "Anti-Drug" site, <http://www.theantidrug.com>

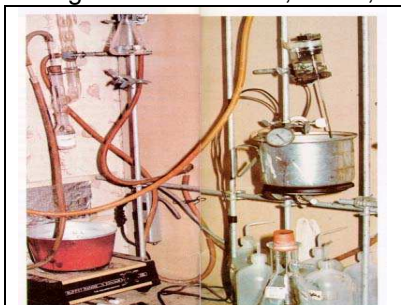


"Head Shop" with an assortment of drug paraphernalia for sale

What is drug paraphernalia? The term "drug paraphernalia" refers to any equipment that is used to produce, conceal and consume illicit drugs. It includes but is not limited to items such as bongs, roach clips, miniature spoons, and various types of pipes. Under federal law the term "drug paraphernalia" means "any equipment, product or material of any kind which is primarily intended or designed for use in manufacturing, compounding, converting, concealing, producing, processing, preparing, injecting, ingesting, inhaling or otherwise introducing into the human body a controlled substance."

What does drug paraphernalia look like? Identifying drug paraphernalia can be challenging because products often are marketed as though they were designed for legitimate purposes. Marijuana pipes and bongs, for example, frequently carry a

misleading disclaimer indicating that they are intended to be used only with tobacco products. The appearance of drug paraphernalia varies depending upon the manufacturer and intended purpose. Increasingly, bongs, pipes, and other paraphernalia are manufactured in bright, trendy colors and bear designs such as skulls, devils, dragons, and wizards.



"Laboratory" for methamphetamine production

Drug paraphernalia may be ordinary items or disguised to resemble ordinary items. Water bottles are used to bring alcohol to parties or to transport liquid drugs, e.g. GHB. Mouth washes, breathe sprays and mints are used to cover alcohol or drug odors. Eye drops are used to conceal bloodshot eyes, and can occasionally be used to deliver acid or other drugs. Sunglasses worn at seemingly inappropriate times may cover up "red eyes" from smoking drugs, or changes in pupil size or eye movements related to drug use. Aluminum foil is used for packaging drugs, smoking drugs or making pipes to smoke drugs.

Conversely, paraphernalia, clothing, jewelry, temporary or permanent tattoos, teen jargon, publications and other displays may reflect messages associated with the "drug culture" and be designed to

openly flaunt drug culture involvement or identify drug culture involvement to "insiders."



Concealment: Specially made fake “stash cans” can be made to resemble pop cans or other containers and can be unscrewed to hide substances inside. The top half may contain some of the “real” product. Items commonly used to store

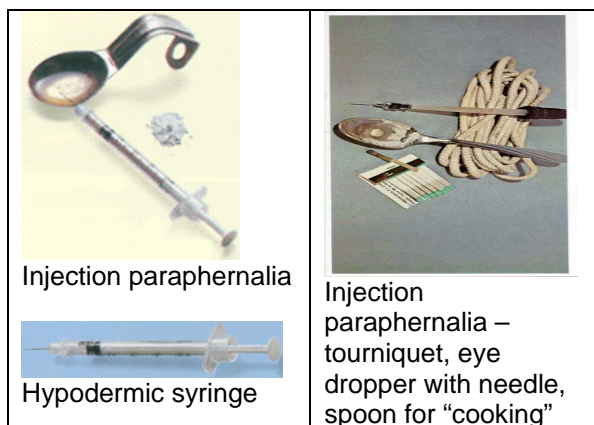
drugs: small coin envelopes, letter envelopes, plastic baggies, small paper bags, make-up kits, change purses, plastic film canisters, cigarette packs, travel/water bottles, small glass vials, pipes, cans, pill bottles, breath mint containers, inside candy or gum wrappers.



Miscellaneous accessories for preparing/using drugs:



Grinders are used for preparing drugs, usually from dried plant matter. Scales are used for weighing drugs for sale. Lighters provide a source of flame for igniting smokable drugs, and a continuous flame for smoking freebase or crack cocaine, and “cooking” or preparing heroin or other drugs for injection.



Injection paraphernalia (“Works”): Drugs most often associated with IV drug use are heroin, cocaine and methamphetamine, but users may inject steroids, designer drugs, or any pill or tablet that has been crushed and dissolved. Ordinary syringes and needles, e.g. insulin syringes, may be used, or an eyedropper and needle. Drugs may be injected into a vein or under the skin (“skin popping”). Ketamine and steroids are injected into a muscle. Needles leave needle “track marks” visible on the skin, so users will sometimes inject themselves in concealed locations, or wear long sleeves to avoid visual detection. Drugs can be placed on a spoon or bottle cap, heated until dissolved, then drawn up for injection, often through a cotton ball “filter.” Makeshift tourniquets (rope, belts, pieces of rubber) are used to help veins to “pop up.”

Pipes: Pipes are used for heating and inhaling drugs such as marijuana or crack cocaine. Pipes can be made of wood, glass, metal, or synthetic and come in many shapes and sizes. Examples of simple homemade pipes: a pop can, dented with holes punched in the dented area; a toilet paper roll wrapped in aluminum foil; or an antenna from a car or TV. Some are elaborate. Some filter smoke through water (“bong” or “hookah”).

			<p>This looks like a real highlighter pen; the barrel houses a small pipe.</p>
<p>Pipes for smoking drugs</p>	<p>Bong for smoking marijuana</p>	<p>Bong</p>	
<p>Pipes</p>	<p>Gas mask converted to drug pipe.</p>	<p>Pipes</p>	
<p>Crack pipe and vial</p>	<p>DMT water pipe</p>	<p>Opium pipe</p>	<p>Methamphetamine pipe</p>

Pipe Accessories: Dime sized, round pieces of screen are used for filtering substances when they are heated and smoked in a pipe. Lighters, matches and pipe cleaners are commonly used. High flame butane lighters and pencil propane torches are popular in place of disposable lighters and matches.

			<p>Cannabis and cannabis paraphernalia and appearance Marijuana is a brown, green or grayish mixture of dried cannabis particles, often with stems and seeds. It is often packaged in small zip-lock baggies, baby bottle liners, or tinfoil wrap. Marijuana can be smoked in a cigarette-form, in a hollowed-out cigar called a blunt, or in a pipe or filtration system. Marijuana can also be put in foods. Hashish consists of the THC-rich resinous material of the cannabis plant, which is collected, dried, and then compressed into brown or black balls, cakes, or sheets. Pieces are broken off, placed in pipes and smoked. Hashish also comes in a dark, black oil ("hash oil). Hash oil can be placed on a tobacco cigarette and smoked without the characteristic marijuana odor. Hashish is often packaged in tinfoil wrap and small sandwich baggies or zip lock baggies. Hashish oil can be packaged in glass or plastic vials, or plastic film containers.</p>
<p>Rolling paper for marijuana</p>	<p>Rolling paper for marijuana</p>	<p>Rolling paper for marijuana</p>	
<p>Rolling machine</p>	<p>Incense covers the smell of burning drugs</p>	<p>Roach clips, used to hold marijuana cigarettes</p>	

Common marijuana paraphernalia includes:

Rolling papers; used to roll marijuana cigarettes. Cigars: tobacco is replaced with marijuana to make a "blunt". Containers: baggies, "stash cans", kits. Deodorizers: Incense, room deodorizers, and special pipe deodorizers are used to disguise the characteristic marijuana odor. Pipes: Pipes may be professionally or home made, ornate or simple. They may be made from wood, metal, glass, ceramic, acrylic or other materials. They have a bowl, or burning area. Some are made to resemble ordinary items, such as pens. Water pipes or "bongs" are used to draw the hot smoke through cool water and avoid burning the throat. Water pipes and bongs have a bowl or burning area attached to a tube, which is submerged a short distance into water. There will be a second piece of tubing, which the user inhales through which ends above the water. They are usually smaller than tobacco pipes and usually one piece, but range from a few inches to a few feet. Fabric softener sheets are stuffed into a hollow tube (e.g. a toilet paper roll) and marijuana smoke is exhaled into the tube so the fabric softener absorbs the odor. Razor blades are used to slit cigars, remove the tobacco/replace it with marijuana to make a "blunt." "Roach clips" are used to hold the marijuana cigarette end so it can be smoked in its entirety without burning the fingers. These may be as simple as bent paperclips, tweezers or medical hemostats, or ornate "alligator" or other style clips with feathers, beads or other decorations, sometimes worn as jewelry.



Cocaine and crack cocaine paraphernalia

Cocaine and Crack paraphernalia and appearance:

Cocaine hydrochloride is a white crystalline powder that can be snorted or dissolved in water and injected. "Freebase" cocaine is cocaine hydrochloride processed with ammonia and ether to "free" the cocaine "base" from the hydrochloride and allow it to vaporize at a lower temperature. "Crack" is a type of freebase cocaine made by processing cocaine hydrochloride with sodium bicarbonate (baking soda) and water. Crack comes in white to tan pellets, chips, "rocks" or soap-like chunks and is most often sold in small vials. Cocaine base (including coca paste, freebase cocaine, and crack cocaine) typically is smoked in

pipes constructed of glass bowls fitted with one or more fine mesh screens that support the drug. The user heats the side of the bowl (usually with a lighter), and the heat causes the cocaine base to vaporize. The user inhales the cocaine fumes through the pipe. Crack can also be added to cigarettes and smoked. Cocaine and crack paraphernalia include:

Crack pipes: crack pipes can be elaborate or as simple as a pop can dented in the side near the bottom with small holes poked in it (it will be blackened.) Clear glass or Pyrex tubes and small screens may be used to smoke crack.

Aluminum foil: freebase cocaine may be placed on foil, lit, and fumes inhaled.

Small mirrors and short plastic straws or rolled-up paper tubes: mirrors or glassy surfaces are used to "cut" cocaine powder and add volume enhancer and to separate cocaine into lines for "snorting" into the nose through the straw. Paper Folds: glossy non-porous magazine paper found in magazine publications will not absorb or trap the powder in its surface.

Razor blades: to cut cocaine into lines to snort.

Small spoons: used to snort powder cocaine. Strainers are used to break up cocaine

Lighters: Smoking crack cocaine requires a constant source of flame, as it will not smolder like tobacco. A butane lighter or small torch is often used for smoking crack or free-basing.

Inhalants and inhalant paraphernalia and appearance:



Most inhalants are common, every day household products. Be on the lookout for common products that are out of place. Substances abused as inhalants include: computer dust-off, cooking spray, whipped cream in cans, any propellants, correction fluid, disinfectants, markers, furniture polish and wax, oven cleaners, air fresheners, hair spray, nail polish remover, spray deodorants, butane, gasoline, glues and adhesives, paint, paint thinners.

Paraphernalia and items associated with inhalant use include: rags; empty spray cans; tubes of glue; ping-pong balls; plastic bags; balloons; nozzles; bottles or cans with hardened glue, sprays, paint or chemical odors inside

of them, metal cylinders that contain nitrous oxide. "Poppers" refers to amyl, butyl or isobutyl nitrate. They come in glass ampoules or small bottles of liquid and are sniffed. Nitrous oxide is a colorless, sweet-smelling gas and can be found in whippets, which are small, silver-colored cartridges manufactured for whipped cream dispensers, or in cans of whipped cream. Nitrous oxide can be inhaled directly from a punctured whippet, or by using a "cracker" to dispense the gas into a balloon.

Ecstasy paraphernalia and appearance: In its purest form, Ecstasy is a white crystalline powder. It is usually sold as a pill with characteristic branding, or a capsule. The pills come in different colors and with different imprints, such as blue dolphins, yellow gators, or doves. It is usually swallowed, but also can be snorted, smoked, or (rarely) injected. Some tablets sold as ecstasy contain substances such as PMA or DXM and have caused fatalities.

Pacifiers, mouth guards, masks, vapor rubs, lotions and other items may be associated with use of ecstasy and with “raves”. Ecstasy paraphernalia is often related to relieving the involuntary jaw clenching, teeth grinding, and muscle tension that Ecstasy causes, or to increasing the tactile sensations that are said to be heightened by Ecstasy use.

Items associated with Ecstasy use and/or “raves”, include:

Glow Sticks/Chem-Lights: for visual stimulation.

Baby’s pacifier and Blow Pop@s: used for the involuntary teeth-grinding common with Ecstasy.

Mentholated nasal inhalers (e.g. eucalyptus), chest rubs (e.g. Vick’s) and surgical or painter’s masks. The chest rub is put under the nose, on the upper lip, or put into a surgical or dust mask and passed around on the dance floor to heighten the effects of Ecstasy.

E test: reagent for determining if pills contain ecstasy (this does not rule out the presence of other drugs.)

Skittles@ or packs of M&M@s: packs are slit, filled with ecstasy tablets and resealed for sale.

Tootsie Roll@s: are melted, ecstasy is placed in the candy and it’s rolled back up and sold.

Lollipops and hard candy are used to relieve the dry mouth caused by ecstasy.

Energy pills and caffeinated beverages: usually caffeine or ephedrine, used as a substitute for ecstasy when it cannot be obtained.

Water bottles: may be used for transporting liquid drugs e.g. GHB, and for water to prevent dehydration from prolonged dancing and increased body temperature. Club owners often sell water at inflated prices.

Viagra: is used to prolong sexual performance in association with ecstasy or other drug use.



Heroin and heroin paraphernalia

Heroin paraphernalia and appearance

Pure heroin is a white powder with a bitter taste. Street heroin varies from white to yellowish to dark brown because of impurities. “Black Tar” heroin is dark brown or black, and as dense as roofing tar. Heroin is generally injected, although it can be inhaled or smoked. Injection is usually into a vein but may be injected under the skin (skin popping”.) Due to the availability of higher-purity heroin in recent years, users may “snort” the powder into their nostrils or dissolve it in nose drops. Heroin can also be mixed with tobacco or marijuana and smoked in a pipe or cigarette. It may also be heated and burned, releasing fumes that users inhale (“chasing the dragon”).

Drug Test Kits and Adulterants: There are many products designed to help drug users pass drug tests. Many items are available to help “beat” drug tests. Whether or not they work depends on the type of drug(s) being tested, the “half life” of the drugs, the level of drugs in the body, the time frame in which drugs were used in relation to the test, the type and method of testing, the method of collecting the sample, the method being used to “beat” the test, and other factors.

These items can be purchased in local stores, head shops, and on the Internet, and include: Goldenseal and other teas or herbs, niacin and other B vitamins, vinegar and products containing vinegar, creatine and other substances that are consumed in the belief that they will speed detoxification of drugs by the liver or disguise the presence of drugs; drinks, pills or powders that are said to “detoxify” the body, “wash out” drugs from the body or speed liver metabolism of drugs; “clean” urine or concentrated or powdered “clean” urine samples and a special container to keep the sample at room temperature; agents to add to urine that are said to “detoxify” a “dirty” (drug-positive) urine sample; testing kits to see whether a person will test “clean” or not; shampoos to negate hair follicle testing. Reliable drug testing has several safeguards to detect when many of these methods have been used.