



# Commonly Abused Drugs

Depending on the category, drugs may depress or stimulate body processes, or they may alter perception, mood, and thought.



# Depressants

**Depressants** are psychoactive drugs that slow brain and body reactions. They slow down heart and breathing rates, lower blood pressure, relax muscles and relieve tension.

- Types of depressants
  - Sedatives and Anti-anxiety drugs
  - Narcotics.

# Depressants

## -Sedatives and Anti-Anxiety Drugs

**Barbiturates**: are a type of sedative-hypnotic.

- **Small doses**-relax person
- **High doses**- induce sleep
  - Physicians will prescribe for treating seizures and some surgeries.
  - Cause Dependence and users develop a high tolerance quickly, causing them to need higher doses.
  - Users walk slower, slur speech and react more slowly to their environment.



# Barbiturates

## Short-Term Side Effects

- Poor coordination, slurred speech, decreased alertness.

## Long-Term Side Effects

- Sleepiness, irritability, confusion

## Withdrawal Symptoms

- Convulsions, nausea, breathing difficulty, insomnia, hallucinations, tremors, possible death.

# Depressants

## -Sedatives and Anti-Anxiety Drugs

**Tranquilizers**: also known as anti-anxiety drugs.

- Slow nerve activity, relax muscle tension, lower alertness and cause drowsiness.
  - Physicians prescribe to treat anxiety, sleeping disorders, muscle spasms, and convulsions.
  - Tranquilizer abuse causes dependence and tolerance.



# Tranquilizers

## Short-Term Side Effects

- Blurred vision, dizziness, slurred speech, drowsiness, headache, skin rash

## Long-Term Side Effects

- Blood and liver disease

## Withdrawal Symptoms

- Anxiety, nausea, cramps, diarrhea

# Depressants

## -Narcotics

**Narcotics:** are a depressant drug that dulls the senses, relieves pain and may induce sleep.

- Types of narcotics
  - Opium (Morphine and codeine)
  - Heroin

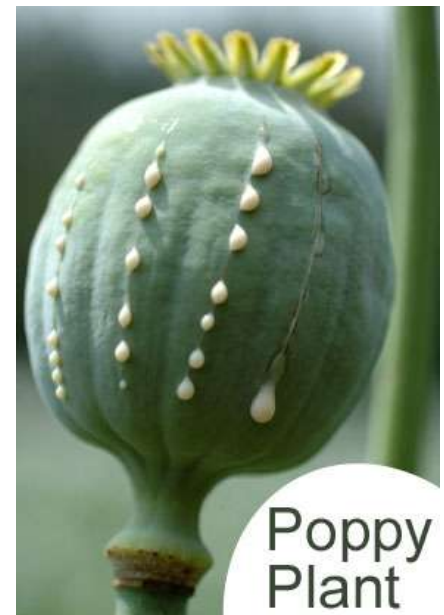


# Depressants

## -Narcotics

**Opium:** is a drug obtained from the seed pod of a poppy plant. **Morphine** and **codeine** are natural narcotic compounds that are contained in opium.

- **Morphine** and **codeine** are used in prescription medications.
- Reduce severe pain
- Suppresses coughing
- Cause lose of appetite and drowsiness.





# Depressants

## -Narcotics

**Heroin:** is usually injected and made from morphine in a laboratory.

- **Most frequently abused narcotic in the U.S.**
- **Creates sense of well –being by dulling senses**
- **Abusers can ignore pain and fear; may appear dazed**
- **Dependence develops quickly-after only a few days of use.**



# Depressants

## -Narcotics

### Heroin

- **Withdrawal symptoms include**
  - **Sweating**
  - **Shaking**
  - **Chills**
  - **Nausea**
  - **Cramps**
- **High risk of overdose**
- **Dealer “cut” or dilute buy adding other substances. Purity differs so each batch is different strengths.**



# Narcotics

## Short-Term Side Effects

- Nausea, hallucinations, decreased alertness, drowsiness

## Long-Term Side Effects

- Constipation, temporary sterility and impotence, convulsions, coma, death

## Withdrawal Symptoms

- Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills and sweating, cramps, nausea.

# Stimulants



**Stimulants:** are drugs that speed up the central nervous system. They increase heart rate, blood pressure, and breathing rate.

- **Types of stimulants**
  - **Amphetamines**
  - **Cocaine**



# Stimulants



## -Amphetamines

**Amphetamines:** a powerful prescription drug made artificially. Produces feelings of well being and high energy, however the effects wear off quickly leaving the user feeling depressed.

- The “down” often leads to taking another dose
- A related, and more powerful, drug is methamphetamine (meth, speed, crank, ice, glass or crystal.)
  - can make the user feel great or confused, shaky anxious, irritable or violent
  - Also causes strokes and deadly convulsions.

# Amphetamines

## Short-Term Side Effects

- Restlessness, rapid speech, blurred vision, dizziness

## Long-Term Side Effects

- Hyperactivity, irritability, irregular heart rate, liver damage, paranoia

## Withdrawal Symptoms

- Depression, fatigue, increased appetite, thirst

# Stimulants

## -Cocaine

**Cocaine:** a powerful but short-acting stimulant that affects the central nervous system.

- Cocaine users sniff the drug into the nose or inject it into the blood stream.
  - Highly addictive
  - Develop tolerance rapidly
  - Severe depression, “crash”
  - Overdose on small amounts which produce seizures, heart failure or respiratory failure.
  - “freebasing” turns cocaine into a smokeable form known as **Crack**.
    - Cause short powerful effects



# Cocaine

## Short-Term Side Effects

- Loss of appetite, sleep disorders, stillborn births, birth defects

## Long-Term Side Effects

- Depression, paranoia, damage to lining of nose, irritability, weight loss, irregular heart rate, convulsions, respiratory failure, cardiovascular failure, liver damage

## Withdrawal Symptoms

- Depression and paranoia





# Hallucinogens

**Hallucinogens:** are psychoactive drugs that alter perception, thought, and mood. They are illegal and have no medical use and users cannot tell what is real.

- Abusers may experience
  - memory loss and personality changes
  - be unable to perform normal activities
  - Lose track of time and their surroundings
- **Types of hallucinogens:**
  - **LSD**
  - **Mescaline**
  - **Psilocybin**
  - **PCP**

# Hallucinogens

## -LSD



**LSD:** the strongest known hallucinogen is lysergic acid diethylamide or LSD. Effects are unpredictable-they can either stimulate or depress the central nervous system.

- Abusers experience hallucinations with colorful visions and mistakenly feel they have superhuman powers.
  - Shortens attention span
  - Mind wanders

# Hallucinogens

## -LSD

### LSD's side effects

- **Shaking**
- **Chills**
- **Nausea**
- **“bad trips”-frightening episodes of hallucinations.**
- **“flashbacks”-unexpected return to a bad trip.**
  - **These can happen anytime without warning.**



Blotter Tabs



Gel-tabs



Vials



Microdots

# Hallucinogens

## -Mescaline

**Mescaline:** the psychoactive component in the peyote cactus. Mescaline causes users to see imaginary shapes and colors.

- Side effects
  - Vomiting
  - Stomach cramps



# Hallucinogens

## -Psilocybin

**Psilocybin:** from certain South American Mushrooms. Effects are much like LSD, but LSD is one hundred times stronger.

- tolerance to psilocybin develops quickly.
- Also called “Magic Mushrooms”



# Hallucinogens

## -PCP



**PCP:** another psychoactive drug that can act as a stimulant, depressant, or a hallucinogen is Phencyclidine.

- Use began as an anesthetic for large animals
- Also known as angel dust and is only sold illegally.
- Abusers have been known to engage in violent acts and even commit suicide.
- Some develop signs of mental illness long after using drug and may have “flashbacks”.
- How it is used
  - Sprinkled on tobacco or marijuana and smoked
  - Injected
  - Sniffed
  - Eaten

# Hallucinogens

## Short-Term Side Effects

- Anxiety, vomiting, panic, impaired memory, irrational thought patterns, hallucinations.

## Long-Term Side Effects

- Delusions, increased panic, severe changes in behavior, sometimes violent.

## Withdrawal Symptoms

- None

# Marijuana



**Marijuana:** the leaves, stem and flowering tops of the hemp plant *Cannabis sativa*. The main psychoactive ingredient is a chemical called THC.

- One of the most frequently abused psychoactive drugs.
- Is a depressant and stimulant, as well as a mild hallucinogenic drug.
- Generally marijuana is smoked in a pipe or “joint”
- THC changes the way sensory information reaches and is acted upon by the brain.



# Marijuana



- **Smoking**

- depresses body functions and causes confusion
- sudden mood changes
- memory problems
- Loss of coordination
- Some users become withdrawn
- Can act as a depressant and makes users feel sleepy or drowsy (making driving a car especially dangerous)



# Marijuana



- Long- Term Effects
  - Similar to smoking tobacco
  - Contains more cancer-causing agents than tobacco
  - A single joint has the same amount of tar and harmful substances as 15 cigarettes.

Smoker's lungs



Non-smoker's lungs



# Marijuana



- Hashish or “Hash”
  - Also from the hemp plant
  - Brown chunks that are smoked
  - Abusers boil it to make the more potent hashish oil which is mixed with tobacco and smoked.
  - Same short and long term effects as marijuana, but are more likely to cause an altered mental state.



# Marijuana

## Short-Term Side Effects

- Panic, anxiety, vomiting

## Long-Term Side Effects

- Lung cancer bronchitis, irritation of respiratory tract, possible fetal damage (from either parent)

## Withdrawal Symptoms

- Irritability, restlessness, sleep disturbances, weight loss, loss of appetite.

# Inhalants



**Inhalants:** drugs that are inhaled, or breathed in through the nose, to produce a desired effect.

- Usually a volatile solvent that rapidly changes from a liquid to a vapor.
- Affect the body quickly because they enter the bloodstream in the lungs.
- Common Inhalants Used
  - Paint thinner, cleaning fluid, nail polish remover, and spray paint.
- Abusers use inhalants to achieve brief feelings of excitement or giddiness
- Inhalant replaces oxygen in lungs which
  - depresses brain functions
  - Stimulates heart functions



# Inhalants

## Short-Term Side Effects

- Depression, drowsiness, headaches, nausea, blurred vision

## Long-Term Side Effects

- Damage to liver, kidneys, bone marrow, and brain; hallucinations, unconsciousness, fetal defects.

## Withdrawal Symptoms

- Insomnia, decreased appetite, depression, irritability, headache.

# Anabolic Steroids



**Steroids:** synthetic drugs that resemble the male hormone testosterone.

- Prescribed to patients with skeletal and growth disorders.
- Also used for anemia and to offset the negative effects of cancer therapy.
- Drug is often abused by athletes who want bigger stronger bodies.



# Anabolic Steroids



## **Steroid Abuse**

- Harmful consequences, such as liver and heart damage and increased blood pressure.
- Can alter appearance by stimulating over growth of skull and facial bones.
- Female abusers can develop masculine traits such as facial hair and a low voice.
- Especially dangerous for teenagers whose growing bodies can be permanently damaged.
  - Teens are at risk for stunted growth, infertility, aggressive behaviors, and violent mood swings.



# Designer and Look-Alike Drugs



**Designer Drugs:** a new chemical substance that has been designed to be chemically similar to a controlled substance.

- Drugs are not always controlled by law
- May result in fatal toxic effects
- User may not know how strong designer drug is.

**Look-Alike Drugs:** sold on the street and made to look like commonly abused drugs.

- A drug abuser may expect amphetamine and buy a cold remedy instead.
- Very dangerous because they are an unknown substance.