

DRUGS AND YOU

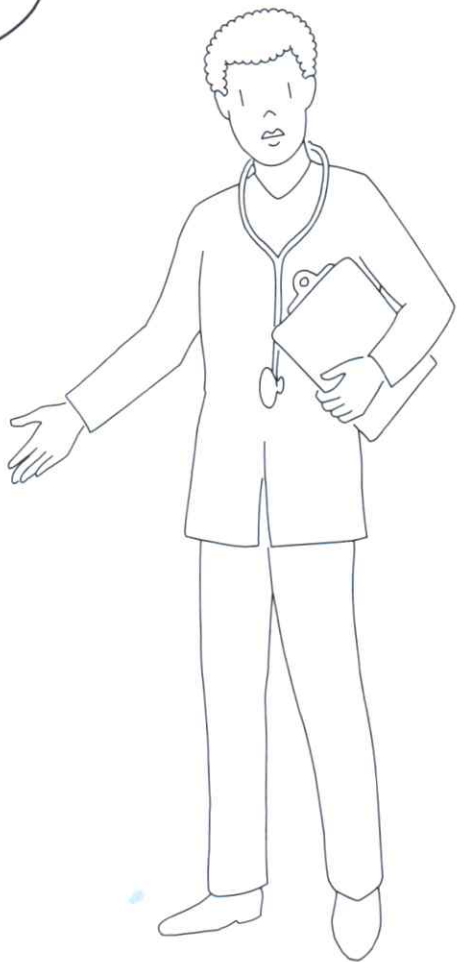


WHAT ARE DRUGS?

They're natural or synthetic chemical substances that can affect:

YOUR BODY
and its processes

YOUR BEHAVIOR
and feelings.



SOME DRUGS HAVE MEDICAL PURPOSES

They can be used legally to:

- correct imbalances in body chemistry
- fight or protect against disease
- relieve pain.

BUT MANY DRUGS ARE ILLEGAL

—and extremely dangerous. And legal drugs (such as alcohol, prescription medications and even over-the-counter drugs) can also be dangerous if misused.

Please read:

Talk to your health-care provider! This booklet is not a substitute for the advice of a qualified health-care provider.

EVEN IN SMALL AMOUNTS, DRUGS CAN CREATE BIG PROBLEMS

It's not always possible to predict how a drug will affect the user—or the user's life.

Drug use can cause:

DAMAGE TO HEALTH

Every year, thousands of people are treated for drug addiction, drug-related injuries and mental and physical illness. Thousands more die.

TROUBLE WITH THE LAW

Being convicted of an alcohol- or other drug-related offense can seriously disrupt a person's life.

FINANCIAL HARDSHIP

Drug use can be expensive—whether the money goes for cigarettes or cocaine. Some users spend all the money they have just to buy drugs.

SOCIAL DIFFICULTIES

Instead of trying to work out their problems, some people try to run from their problems by using drugs. This makes the problems worse and creates new ones.



Drug use is a major problem for people from all walks of life.
Learn more...

DRUG USERS OFTEN END UP WITH SERIOUS PROBLEMS

For example, they may:

GET SICK

Drug users can lose resistance to disease.

Intravenous drug users may be exposed to HIV (the virus that causes AIDS), viral hepatitis and other serious diseases.

HAVE CAR CRASHES

Drugs can impair driving ability. Crashes can result in serious injury or death.



BUILD UP TOLERANCE

When users need more and more of a drug to get the same effect, they increase their risk of an overdose. Drug overdoses can kill.



BECOME ADDICTED

Use of certain drugs can lead to physical and/or psychological dependence.



COMMIT CRIMES

Stealing is often the only way to support an expensive habit.



BE ARRESTED

A police record can have consequences throughout a person's life, such as limiting career choices.



GO TO JAIL

Possession of illegal drugs is punishable by heavy fines and prison sentences.



BECOME VIOLENT

Certain drugs can trigger violence against others.



LOSE FRIENDS

Once the user is hooked, drugs become more important than anything else, including friends and family.

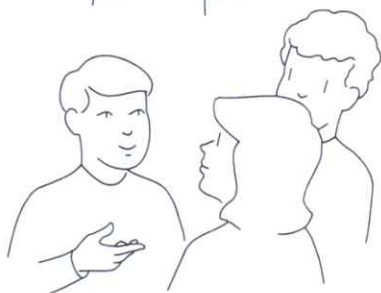
WHY SOME PEOPLE TURN TO DRUGS

There are many different factors. For example, a person might use drugs to:



SEE WHAT IT'S LIKE

Some people think experimenting with drugs is harmless. It's not. Any time you use drugs, you raise your risk of physical injury. And there's no telling how easily you could become addicted.



FEEL LIKE PART OF A CROWD

In many cases, people start using drugs because other people are using drugs. But being part of a crowd that uses drugs is asking for trouble.

TRY TO ESCAPE FEELINGS OF LONELINESS

But using drugs cuts you off from other people. The drug user ends up feeling more isolated and alone than before.



TIPS FOR DEALING WITH PRESSURE TO USE

It helps to:

- Decide ahead of time that you won't use drugs.
- Avoid people who use drugs. Avoid situations where drug use is likely.
- Think about what you will say if a person offers you drugs (for example: "No, thanks," "That stuff makes me feel sick," or "Sorry, I have to go"). Practice with someone you trust.

STIMULANTS ("uppers")

speed up the nervous system.

AMPHETAMINES

("meth," "speed,"
"crank," "ice")

MEDICAL USE

Only a few uses,
such as appetite control
or treating hyperactivity.

SOME EFFECTS

- increased heart rate and blood pressure, loss of appetite, increased activity
- feeling restless, sometimes followed by depression
- hallucinations, paranoia or rage, with heavy use.

HAZARDS

- physical exhaustion
- addiction and the need for increasing amounts of amphetamines
- heart problems, infections, malnutrition, death.



SYNTHETIC STIMULANTS

(also called "bath salts") are made of poisonous chemicals. The chemical mix keeps changing to avoid government bans. Bath salts are packaged to look safe and are sold online and in stores. Risks include panic attacks, hallucinations, seizures and death.

COCAINE

("coke," "blow," "toot," "snow")

MEDICAL USE

Formerly used as an anesthetic; rarely used today for medical purposes.

SOME EFFECTS

- quickened pulse and circulation, restlessness
- feelings of confusion, anxiety, depression
- paranoia, nervous exhaustion, hallucinations, with heavy use.

HAZARDS

- addiction and the need for increasing amounts of cocaine
- destroyed nasal tissues
- lesions in the lungs
- convulsions, heart attack and death.

"CRACK" OR "ROCK"

is highly potent cocaine that can be smoked. It's just as dangerous as other forms of cocaine and is extremely addictive. It can also cause users to become violent.

2 common stimulants:

NICOTINE

in tobacco

SOME EFFECTS

- elevated heart rate and blood pressure
- shortness of breath.

HAZARDS

- addiction
- lung diseases, cancer, heart disease and death.

CAFFEINE

in coffee, tea, cola and some medications

SOME EFFECTS

- raised blood pressure
- increased secretion of stomach acid
- nervousness.

HAZARDS

- aggravated ulcers
- addiction and possible increasing use.

DEPRESSANTS ("downers")

slow down the central nervous system.

BARBITURATES

("barbs," "reds")

MEDICAL USE

Used to treat epilepsy, insomnia and to relax patients before and during surgery.

SOME EFFECTS

- slowed heart rate and breathing, lowered blood pressure
- slowed reactions, confusion, loss of emotional control, distortion of reality and reduced awareness.

METHAQUALONE

("ludes")

MEDICAL USE

Once widely used to treat insomnia; no longer legally distributed in U.S.

SOME EFFECTS

- slowed heart rate and breathing, lowered blood pressure
- sleepiness, loss of coordination, dizziness, impaired perception and confusion.



TRANQUILIZERS

("roofies," "tranks")

MEDICAL USE

Used to relieve anxiety, relax muscles, treat insomnia.

SOME EFFECTS

- slowed heart rate and breathing, lowered blood pressure
- drowsiness, confusion, loss of coordination, changes in personality and memory loss.

HAZARDS OF DEPRESSANTS

- addiction and the need to take more of the drug to get the same effect
- slowed reaction time, leading to increased risk for injury (car crashes, etc.)
- overdose, leading possibly to coma, respiratory arrest, convulsions, even death.

GHB

("G," "Georgia home boy")

MEDICAL USE

Used only to treat narcolepsy, a sleep disorder.

SOME EFFECTS

- nausea and vomiting
- trouble breathing, slow heart rate, changes in blood pressure
- dizziness, memory loss and hallucinations.

Depressants taken in combination (such as alcohol plus barbiturates) are even more dangerous—they can cause coma and death.



A common depressant:

ALCOHOL

SOME EFFECTS

Loss of coordination, double vision, slurred speech, poor judgment, violent behavior.

HAZARDS

- addiction and the need for increasing amounts of alcohol
- liver and heart damage, malnutrition, cancer and other illnesses
- alcohol poisoning—slowed breathing, coma, even death
- increased risk for serious injury to self and others (car crashes, etc.).

The minimum drinking age is 21 in the U.S. Many laws cover people under 21 and alcohol. They include laws against possessing alcohol, buying alcohol, and driving after drinking **any** alcohol.

HALLUCINOGENIC DRUGS

can cause changes in thinking and in the senses.

LYSERGIC ACID DIETHYLAMIDE

("LSD," "acid," "dots")

MEDICAL USE

None.

SOME EFFECTS

- elevated heart rate, blood pressure and blood sugar
- irregular breathing
- loss of ability to separate fact and fantasy, distortion of senses, hallucinations, paranoia, panic, violence.

HAZARDS

- highly unpredictable
- recurring effects ("flashbacks") days or weeks later, even without further use
- death from unintentional injury or suicide. (See page 14 to find help.)

OTHER HALLUCINOGENIC DRUGS INCLUDE

mescaline, phencyclidine ("PCP," "angel dust"), ketamine ("K," "Special K") and psilocybin.

MDMA*

("Ecstasy," "XTC," "X," "Molly")

MEDICAL USE

None.

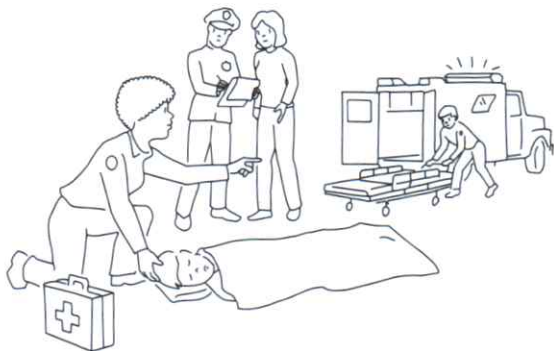
SOME EFFECTS

- increased heart rate, body temperature and blood pressure
- anxiety, confusion and paranoia
- teeth grinding.

HAZARDS

- seizures
- brain damage
- death due to dehydration, heart or kidney failure.

*MDMA has some similarities to stimulants.



OPIOIDS

lower perception of pain.

HEROIN

MEDICAL USE

None in the U.S.

MORPHINE

MEDICAL USE

To ease pain.

OPIUM

MEDICAL USE

To ease pain, treat diarrhea and suppress cough.

CODEINE

MEDICAL USE

To reduce pain and suppress cough.

OXYCODONE

MEDICAL USE

To relieve pain.

HYDROCODONE

MEDICAL USE

To ease pain.

SOME EFFECTS

- shallow breathing
- apathy
- constipation
- loss of judgment, self-control and ability to concentrate.

HAZARDS

- addiction (for example, heroin is highly addictive due to its rapid effects on the brain)
- the need for increasing amounts of the drug
- overdose, leading to coma, convulsions, respiratory arrest or death
- malnutrition
- infection, with HIV and hepatitis viruses, through the use of contaminated needles.



OTHER OPIOIDS INCLUDE

meperidine, hydromorphone, methadone, propoxyphene and fentanyl.

CANNABIS

affects thinking and behavior.

MARIJUANA AND HASHISH

("herb," "pot," "weed," "hash")

SOME EFFECTS

- increased heart rate, lowered body temperature, loss of coordination
- confusion, distortion of reality
- paranoia, depression, panic
- hallucinations, if large doses are used.

HAZARDS

- psychological addiction and the need for increasing amounts of the drug
- overdose, leading to a psychosis-like state
- lung problems.

MARIJUANA SMOKE IS EXTREMELY TOXIC

The cancer-causing chemicals in tobacco smoke are also found in marijuana smoke, often in greater amounts. For example, marijuana smoke contains more tar than tobacco smoke.



SYNTHETIC MARIJUANA

(also called "Spice" or "K2") is made of poisonous chemicals. It's often sold as "herbal incense," but it's not incense at all. As with synthetic stimulants, the chemical mix keeps changing to avoid government bans. Risks include anxiety, hallucinations and increased heart rate.

INHALANTS

are chemical products that can seriously damage the mind and body. Using inhalants is sometimes called "huffing."

EXAMPLES

Aerosols, lighter fluid, paint thinner, glue.

MEDICAL USES

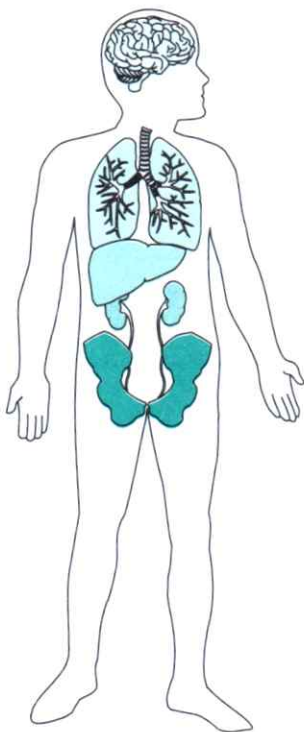
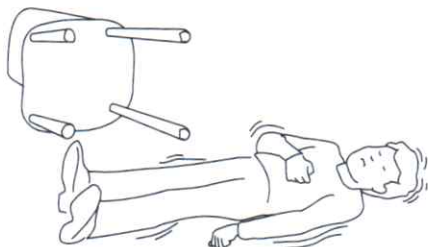
None.

SOME EFFECTS

- loss of coordination
- confusion
- irritability and restlessness.

HAZARDS

- possible addiction and the need for increasing amounts of the drug
- convulsions
- permanent damage to lungs, kidneys, brain and liver
- irregular heartbeat
- death from suffocation, heart problems or other causes.



MORE DRUG FACTS

DRUGS ARE DANGEROUS FOR ANYONE

Even healthy, emotionally stable people can get into serious trouble through using drugs. Addiction can happen quickly. And once you are addicted, it can be extremely difficult to stop.



DRUG USE DOESN'T HURT ONLY THE USER

Drug use endangers others by raising the risk of car crashes and mishaps. It can also contribute to child or partner abuse and violent crime. Drugs can also harm an unborn child. A pregnant woman should never use any drug without consulting her health-care provider.



ANABOLIC STEROIDS ARE DRUGS, TOO

Athletes and others sometimes misuse steroids to increase muscle growth. But steroids may cause serious problems, including addiction, personality changes, sexual problems, and heart or liver disease.



HELP IS AVAILABLE

For help with a drug problem, contact the SAMHSA National Helpline at:

- 1-800-662-HELP (1-800-662-4357)
- 1-800-487-4889 (TDD)
- www.findtreatment.samhsa.gov.

If you notice signs of overdose, such as trouble breathing, call 9-1-1 or your local emergency number right away. Get help right away if you or someone you know has thoughts of suicide—this is an emergency! Call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255), 9-1-1 or your local emergency number.

So—

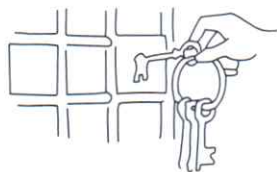
THE FACTS ARE CLEAR!

Drugs can:

✓ **MAKE YOU SICK**



✓ **PUT YOU
IN PRISON**



✓ **CAUSE
ADDICTION**

✓ **BANKRUPT YOU**



✓ **KILL YOU.**

**Be smart. Leave
drugs alone!**

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