



DRUG FACT SHEET

Alcohol

Consuming energy drinks mixed with alcohol results in an increase in the number of alcohol-related injuries because the perception of impairment is diminished.

Class of drug:	Depressant
Main active ingredient:	Ethanol/Ethyl alcohol, which is made by fermenting or distilling grains, fruit and vegetables, is the main ingredient. Alcohol is found in beverages like beer, wine, coolers and hard liquor like rum and vodka.
What it looks like:	Liquid, either clear or colored
Street names:	Booze, Juice, Spirits, Brew, Sauce
How it is used:	Taken orally
Duration of high:	Effects of high can last from one to four hours. The effect of alcohol on the body by volume is the same. It is the amount of ethanol consumed that affects a person most, not the type of alcoholic drink.
Withdrawal symptoms:	Restlessness, sweating, tremors, insomnia, anxiety, convulsions, death
Detected in the body:	With a healthy liver, an average person can eliminate one drink (.6 oz of alcohol) per hour. Detection time in urine is one to two days.
Effects:	Physical —small amounts can produce relaxed muscles, headache, nausea; somewhat large amounts can cause slurred speech, double vision; very large amounts can cause respiratory depression, coma and death Mental —small amounts can impair judgment and decrease inhibitions and anxiety; large amounts can produce memory loss Long-term —liver and brain damage, heart disease, cancer, ulcers, pancreatitis



A standard drink is equal to .6 oz of pure alcohol, which is equal to 12 oz of beer, 8 oz of malt liquor, 5 oz of wine and 1.5 oz or a “shot” of 80-proof liquor (e.g. gin, rum, vodka).

New York information

In 2011, 19 percent of high school students in New York reported that they drank alcohol for the first time before the age of 13. Approximately 38 percent of students said they had at least one drink of alcohol during the 30 days before the survey.

(U.S. Centers for Disease Control Youth Risk Behavior Survey, 2011)



DRUG FACT SHEET

Bath Salts

“Bath Salt” is one of the latest designer drugs. It is now illegal under federal law to sell the chemical compounds that have been created and sold as bath salts.

Class of drug:	Synthetic Stimulant
Main active ingredients:	MDPV (methylenedioxypropylvalerone) and mephedrone (which are found in a lower dosage in legitimate bath salts and plant foods)
What it looks like:	White, powdery or crystallized substance packaged as bath salt
Street names:	Ivory Wave, Bolivian Bath, Vanilla Sky, Legal Cocaine, Snow White, Hurricane Charlie, Bliss, Pure White, Purple Iris, XXX-rated plant food
How it is used:	Inhaled, injected, eaten in food and swallowed in drinks. Bath Salt can be rolled into joints with marijuana and smoked, too (called Head Trip Potpourri).
Duration of high:	The initial rush peaks within 15 minutes to one hour and can last for five hours. Many users re-dose to extend the effects for a few days.
Withdrawal symptoms:	Fatigue, depression, anxiety, psychotic behaviors
Detected in the body:	Yes, through quantitative testing for MDPV, Mephedrone and Methyline, but it is not detected in routine drug tests
Effects:	Mimics the high of cocaine, ecstasy and amphetamines Physical —Chest pains, headaches, high blood pressure, increased pulse, muscle twitching, cravings, insomnia, seizures Mental —Agitation, delusions, anxiety, paranoia, hallucinations, violent rages, suicidality Long-term —Fairly new drug, no long-term effects have been recorded in humans.



The American Association of Poison Control Centers reported 3,470 calls about bath salt during the first six months of 2011.

U.S. information

In July of 2012, President Obama signed into law a bill that bans more than 30 chemicals linked to bath salts. This law closes loopholes that have allowed manufacturers to circumvent local and state bans.

(Fox 23 News, July 9, 2012 “Feds ban sale of 31 ‘bath salt’ compounds”)

Sources: <http://www.doctoroz.com/videos/alternate-names-bath-salt-drug>; <http://www.webmd.com/mental-health/features/bath-salts-drug-dangers>; US Department of Justice; Quick Fact Alert: Bath Salts, Chestnut Health Systems; www.sober.com/bath-salts.html

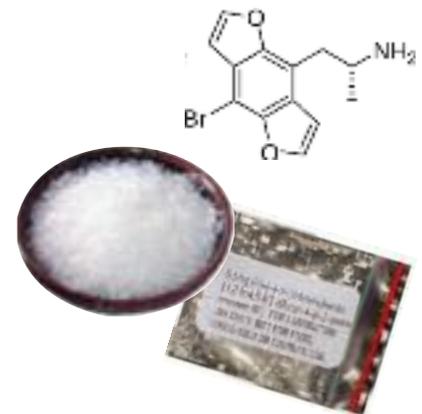


DRUG FACT SHEET

Bromo-Dragonfly

Bromo-Dragonfly is an extremely potent and long-acting psychedelic. The unscheduled research chemical is not formally controlled in the US and is available online.

Class of drug:	Synthetic Hallucinogen
Main active ingredients:	1-(8-bromobenzo (1,2 - b; 4,5- b) difuran-4-yl)-2-aminopropane. Its name is derived from the dragonfly-like appearance of its chemical structure.
What it looks like:	In its purest form, this is a white powder, but it can be colored or mixed with other ingredients that may change its appearance. It also may be dissolved and made into a liquid.
Street names:	Bromo-Dragonfly, DOB-Dragonfly, Fly, BDF
How it is used:	Oral ingestion by blotter paper, powder or liquid
Duration of high:	Dragonfly is a drug similar to LSD in potency. However, it differs from LSD in that it has a much longer duration of action. Some reports state that the effects can last several days, yet it may take several hours before the action is noted.
Detected in the body:	It can be detected using sophisticated serum techniques, but it currently can not be detected with simple urine tests.
Effects:	Physical —agitation, tonic-clonic seizures, vasoconstriction, necrosis, death Mental —severe, vivid and often frightening hallucinations Long-term —This drug is fairly new; the DEA is still studying the long-term effects.



Given the drug's extreme potency and narrow safety window, accurate measurement of doses is critical. Even a dose a few milligrams off can be life-threatening. Also, the slow onset of the high may lead some users to re-dose, which can result in death. Mislabeling of Bromo-Dragonfly as its far-less-potent 2C-B-FLY has led to fatalities and hospitalizations.

U.S. information

In 2011, two young adults in Oklahoma died after overdosing on Bromo-Dragonfly. Several others were hospitalized during the same incident. Both deaths were preceded by massive seizures, vomiting blood and terrifying hallucinations. Survivors suffered from its effects days after using the drug.

(Oklahoma NewsOn6.com, May 13, 2011 "Second victim dies after taking designer drug in Konawa")

Sources: Andreassen MF, Telving R, Birkler RI, Schumacher B, Johannsen M. A fatal poisoning involving Bromo-Dragonfly. *Forensic Sci Int.* 2009 Jan 10;183(1-3):91-6; Wood DM, Looker JJ, Sbaikh L, Button J, Puchnarewicz M, Davies S, Lidder S, Ramsey J, Holt DW, Dargan PI. Delayed onset of seizures and toxicity associated with recreational use of Bromo-dragonFLY. *J Med Toxicol.* 2009 Dec 5(4):226-9; Corazza O, Schifano F, Farre M, Deluca P, Davey Z, Torrens M, Demetrovics Z, Di Furia L, Flesland L, Siemann H, Skutle A, Van Der Kreeft P, Scherbaum N. Designer drugs on the internet: a phenomenon out-of-control? the emergence of hallucinogenic drug Bromo-Dragonfly. *Curr Clin Pharmacol.* 2011 May 6(2):125-9; <http://www.drugs-forum.com/forum/showwiki.php?title=Bromo-Dragonfly>



DRUG FACT SHEET

Club Drugs

Club drugs like GHB and Rohypnol are used in date rapes, because they are sedatives and can make one unconscious and immobile.

Class of drug:	MDMA (Stimulant), GHB (Depressant), Rohypnol (Benzodiazepines), Ketamine (Dissociative), LSD (Hallucinogen)
Main active ingredient:	Varies as drug varies. Since club drugs are often manufactured in makeshift labs, it is impossible to know what chemicals are used to produce them and the consequences of each drug.
What it looks like:	Most liquid club drugs are odorless, colorless and tasteless, which makes it easy to slip into a drink. Many of the powdered forms are easily dissolved in liquids. Club drugs are also available in pill/capsule form as well as blotter paper.
Street names:	MDMA—Ecstasy, E, X; GHB—Liquid Ecstasy, Grievous Bodily Harm; Ketamine—K, Special K, Kit Kat; Rohypnol—Roofies, R-2; LSD—Acid, Blotter, Microdot
How it is used:	Taken orally in pill form (MDMA, GHB, LSD), liquid form (GHB, LSD), powdered form (GHB) and blotter paper (LSD). Ketamine can be smoked, injected or snorted.
Duration of high:	Most club drugs effects are felt within 10 to 20 minutes and last from three to six hours. Rohypnol is felt within 30 to 90 minutes and can impair a user for eight to 12 hours.
Withdrawal symptoms:	Sleep problems, depression, anxiety
Effects:	<u>Different club drugs have different effects:</u> Physical —loss of muscle and motor control, blurred vision, dehydration, drowsiness, breathing problems, unconsciousness, increased heart rate, blood pressure and body temperature Mental —hallucinations, anterograde amnesia, euphoria, impaired senses, memory and judgment Long-term —sleep problems, heart and kidney failure, brain damage, paranoia, coma, death



Many of these “club drugs” are used recreationally, by choice, at all-night dance parties (raves) bars and concerts.

U.S. information

The 2010 National Survey on Drug Use and Health estimated that 15.9 million individuals 12 years or older in the United States had used Ecstasy in their lifetime. 695,000 people had used Ecstasy in the month prior to the survey. In 2011, 2.6 percent of 8th graders, 6.6 percent of 10th graders and 8 percent of 12th graders reported using MDMA at some point in their lives.

(National Institute on Drug Abuse, Monitoring the Future Survey, 2011)

Sources: National Institute on Drug Abuse (NIDA), US Substance Abuse and Mental Health Services Administration (SAMHSA) University of Illinois, The Illinois Department of Human Services



DRUG FACT SHEET

Cocaine and Crack

Cocaine and alcohol is the most common two-drug combination that results in drug-related deaths.

Class of drug:	Stimulant
Main active ingredient:	Cocaine hydrochloride is extracted from the leaf of the Erythroxylon coca bush. Crack is processed from powdered cocaine (hydrochloride is removed).
What it looks like:	Cocaine: fine crystalline powder Crack: light brown or beige pellets or crystalline rocks (often packaged in small vials)
Street names:	Cocaine: Coke, Snow, Blow Crack: Freebase Rocks, Rocks
How it is used:	Cocaine: sniffed or injected Crack: smoked
Duration of High:	Cocaine effects appear almost immediately and disappear within a few minutes or hours (depends on route of administration). Crack effects are felt within 10 seconds and disappear within five to 10 minutes (very intense high). It is not uncommon for users to binge on crack to try to sustain the short, but intense high.
Withdrawal symptoms:	Mood swings/changes, depression, anxiety—unpleasant but not life threatening
Detection in the body:	Three to five days
Effects:	Physical —increased energy, dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, sudden death Mental —euphoria, tactile hallucinations, large amounts can cause bizarre and violent behavior Long-term —mood disturbances, paranoia, heart attacks, respiratory failure, heart disease, strokes, seizures, death



Approximately 100 years after cocaine entered into use, a new variation of the substance emerged. This substance, crack (above), became enormously popular in the mid-1980s due in part to its almost immediate high and the fact that it is inexpensive to produce and buy.

New York information

During FY 2011, 37.9 percent of the federally-sentenced defendants in New York had committed a drug offense. Over 50 percent of the drug cases involved powder cocaine or crack cocaine.

(U.S. Sentencing Commission, FY 2011 Federal Sentencing Statistics, New York)



DRUG FACT SHEET

DXM: Cough Medicine

One out of 10 teens has abused cough medicine to get high. Often, these teens are finding information about cough medicine abuse on the Internet.

Class of drug:	DXM is a synthetically produced opioid chemically related to codeine, but does not directly stimulate opiate receptors in the brain. It acts as a hallucinogen/dissociative drug at high doses.
Main active ingredient:	DXM (dextromethorphan)
What it looks like:	It is available in liquid, tablet, capsule, gel cap and lozenge cough preparations. It is also available in powdered form.
Street names:	Robo, Dex, Tussin, Skittles, Triple C, Velvet
How it is used:	Orally in cough medicines; inhaled in powdered form
Duration of high:	The effects can last up to six hours.
Withdrawal symptoms:	Restlessness, muscle/bone aches, insomnia, diarrhea, vomiting, cold flashes
Effects:	<p>Recommended doses (.17 - .33 oz of med. containing 15 mg to 30 mg DXM)—cough suppression</p> <p><u>DXM abusers describe different “plateau” effects</u></p> <p>Small doses (under 2 oz of med., first plateau)—mimic depressant effects: mild drunkenness</p> <p>Medium doses (2 oz - 4 oz of med., second plateau) mimic stimulant effects with distorted visual perceptions</p> <p>Large doses (4 oz - 10 oz or more of med., third and fourth plateaus)—mimic dissociative drugs: distorted perception of sight, time, body and sound, feelings of detachment, hallucinations, violence</p> <p>Physical—Flushing, sweating, increased body temperature, nausea, seizures, high blood pressure, blurred vision, irregular heartbeat, numbness</p> <p>Long-term—Liver damage (from medicines also containing acetaminophen) brain damage, coma, death</p>



In 2011, 2.7 percent of 8th graders, 5.5 percent of 10th graders and 5.3 percent of 12th graders reported using cough/cold medicine to get high.

New York information

It is illegal in the state of New York to sell two or more DXM containing products to a minor. The New York State Senate is now taking steps to outlaw the sale of DXM containing products to minors altogether. The Bill would also require retail establishments to keep any products containing DXM behind the counter and require ID for purchase.

(New York State Senate Open Legislation, nystatesenate.gov)



DRUG FACT SHEET

Hallucinogens & Dissociative Drugs

Some effects of PCP—depression and memory loss—may last six months to a year following prolonged daily use.

Class of drug:	Hallucinogens (most common form is LSD) Dissociative drugs (most commonly form is PCP)
Main active ingredient:	Hallucinogens: Lysergic acid diethylamide, mescaline, psilocybin, ibogaine Dissociative: Phencyclidine
What it looks like:	LSD: Clear, odorless liquid, brightly colored tablets, impregnated blotter paper, thin squares of gelatin PCP: liquid, capsules, white crystalline powder, gum
Street names:	Lysergic acid diethylamide: LSD, Acid, Blotter, Phencyclidine: PCP, Angel Dust, Loveboat, Wack
How it is used:	Both hallucinogens and dissociative drugs can be swallowed, injected or smoked. LSD liquid and gelatin forms can be put in the eyes. PCP is often sprinkled or sprayed on cigarettes, parsley and marijuana.
Duration of high:	Hallucinogens: effects begin within 30 to 90 minutes and last from six to twelve hours PCP: effects begin within minutes and last for hours
Withdrawal symptoms:	Depression, memory loss
Effects:	Physical (both) —increased heart rate and blood pressure, elevated body temperature, loss of appetite, loss of muscle coordination, slurred speech Hallucinogens Mental —hallucinations; intensified senses; distortion of time, reality and environment; confusion; mood swings; panic; suicidal thoughts Long-term —heart and lung failure, flashbacks, coma Dissociative Mental —detachment/disconnection of environment and self, distorted perceptions of sight and sound, violence Long-term —memory loss, speech difficulties, paranoia, convulsions, coma



Forms of LSD and PCP

U.S. information

An estimated 377,000 U.S. residents aged 12 or older used LSD for the first time in 2010. That number has steadily increased since 2003. The number of first time PCP users decreased from 123,000 in 2002 to 45,000 in 2010. 1.2% of those surveyed reported to have used hallucinogens in the past month.

(National Survey on Drug Use and Health, 2010)

Sources: National Institute on Drug Abuse (NIDA) Research Report Series, American Medical Association, Illinois Drug Threat Assessment—National Drug Intelligence Center, NIDA Community Epidemiology Work Group



DRUG FACT SHEET

Heroin

Heroin overdose is a particular risk because the amount and purity of the drug cannot be accurately known.

Class of drug:	Narcotic/Opiate
Main active ingredient:	Morphine, which is processed and extracted from the seed pod of certain poppy plants
What it looks like:	Powder (white to dark brown), tar-like substance
Street names:	Smack, Horse, Brown Sugar, Junk, Mud, Big H, Black Tar, White Boy
How it is used:	Injected, inhaled or smoked
Duration of high:	Euphoria sets in within seven seconds (intravenous injection), two to five minutes (intramuscular injection) or 10 to 15 minutes (sniffed or smoked). The high lasts from 10 to 30 minutes. Euphoria is followed by lethargy, sleepiness and apathy.
Withdrawal symptoms:	Restlessness, yawning, muscle and bone pain, cold flashes with goose bumps, diarrhea, vomiting and insomnia. Major withdrawal symptoms peak between 24 to 48 hours after the last dose and subside after a week. Heroin withdrawal is never fatal in otherwise healthy adults.
Detected in the body:	One to three days
Effects:	Immediate —a rush, accompanied by a warm flushing of the skin, dry mouth and heavy feeling in the extremities, slowed breathing, slowed cardiac function, suppression of pain, clouded mental functioning Long-term —contaminated injection equipment may transmit diseases such as HIV and hepatitis, collapsed veins, infection of heart lining and valves, tuberculosis



Clockwise from top: Black tar heroin, brown powdered heroin and white powdered heroin

New York information

According to the 2011 National Drug Threat Assessment, heroin is the greatest drug threat to the New York area. In 2011, 4 percent of high school students in New York reported to have used heroin during their lifetime compared to the national average of 2.9 percent.

(National Drug Threat Assessment, 2011/ U.S. Centers for Disease Control Youth Risk Behavior Survey, 2011)



DRUG FACT SHEET

Inhalants

The primary users of household inhalants are pre-teenagers and young teenagers because the products are readily available, cheap and legal.

Class of drug:	Psychoactive
Main active ingredient:	There are more than 1,000 common household products that can be misused as inhalants. Active ingredients vary, but most common ones are nitrous oxide, amyl nitrite, butyl nitrite, chlorohydrocarbons (aerosol sprays) and hydrocarbon (solvents). Most are volatile chemicals.
What it looks like:	Varies; common household products include glue, paint, lighter fluid and whipping cream cans
Street names:	Bolt, Bullet, Laughing Gas, Poppers, Snappers, Locker Room, Huffing, Sniffing
How it is used:	Breathed into the lungs through the mouth or nose by sniffing, spraying, bagging, huffing (a soaked rag) or inhaling (from a balloon)
Duration of high:	Inhalants reach the brain almost instantly, producing an immediate high (euphoria). It usually lasts a few minutes; however, sometimes users extend this effect for several hours by breathing in inhalants repeatedly.
Withdrawal symptoms:	Irritability, agitation, increased heart rate, chills, hallucinations
Effects:	Physical —slurred speech, seizures, nosebleeds, nausea, loss of appetite, decreased heart rate, death Mental —feelings of euphoria, impaired judgment, violent behavior, hallucinations Long-term —paranoid psychosis, brain, liver and kidney damage, hepatitis, brain hemorrhage, cancer, bone marrow damage



Experimentation with inhalants should not be taken lightly. Even a single session of repeated inhalant abuse can disrupt heart rhythms and cause death from cardiac arrest or lower oxygen levels enough to cause suffocation.

New York information

Over 2.1 million kids, ages 12 to 17, have used an inhalant to get high. Inhalant abuse usually begins at age 10 or 11. In New York, 9.9 percent of high school students report using inhalants during their lifetime.

(Alliance for consumer education/ U.S. Centers for Disease Control Youth Risk Behavior Survey, 2011)

Sources: NIDA Research Report Series, Drug-Free Resources Net, National Household Survey on Drug Abuse (NHSDA), Drug Policy Information Clearinghouse, National Conference on State Legislatures, American Journal of Drug and Alcohol Abuse, Monitoring the Future Study



DRUG FACT SHEET

K2 Herb

The Food and Drug Administration Safety and Innovation Act, signed into law in July of 2012 permanently bans the deadly chemical compounds marketed and sold as “herbal incense” in all states.

Class of drug:	Synthetic Cannabis
Main active ingredients:	Cannabicyclohexanol, HU-210 and JWH-018, similar to THC (Tetrahydrocannabinol) but more potent than THC
What it looks like:	In its pure state, these synthetic chemical compounds are solids or oil; but are usually sprayed on a mixture of dried herbs and spices
Street names:	K2, K2 Herb, Spice, K2 Incense, K2 Summit, K2 Standard, K2 Blond, Fake Weed, Black Mamba
How it is used:	Smoked, inhaled, ingested
Duration of high:	Smoked —effects begin immediately after the drug enters the brain and last from one to three hours
Withdrawal symptoms:	Irritability, headaches, nausea, anxiety, depression
Detected in the body:	K2 does not show up in a typical urinalysis test; there are some complicated and expensive blood tests for these compounds, but they are not useful in a daily clinical setting.
Effects:	Physical —sleepiness, relaxation, reduced or elevated blood pressure, heart palpitations Mental —hallucinations, delusions, paranoia Long-term —This drug is fairly new; the DEA is still studying its long-term effects. No long-term effects have been recorded in humans.



K2/Spice has been sold since 2006 as a potpourri or incense for about \$30 to \$40 per three gram bag. K2/Spice and similar drugs are illegal to sell and purchase in the U.S.

New York information

New York State banned the sale of synthetic marijuana products in March of 2012. Previously, the Drug Enforcement Administration only banned five chemicals used in K2, but the new law in New York defines a wide range of chemicals that are no longer allowed for sale.

(NPR, March 30, 2012 “New York Bans Synthetic Marijuana”)

Sources: Drug profile: Synthetic cannabinoids and 'Spice'. EMCDDA Drug Profiles. European Monitoring Centre for Drugs and Drug Addiction. 2009, Sobolevsky, T, Prasolof I, Rodchenkov G. Detection of JWH-018 metabolites in smoking mixture post-administration urine. Forensic Science International, 2010, Uchiyama N, Kikura-Hanajiri R, Ogata J, Goda Y. Chemical analysis of synthetic cannabinoids as designer drugs in herbal products. Forensic Science International, 198 (2010) 31-38. (LiveScience, Fake Weed, Real Drug: K2 Causing Hallucinations in Teens, March 3, 2010)



DRUG FACT SHEET

Marijuana

Marijuana is the most widely available and used illegal drug in the U.S.

Class of drug:	Cannabis
Main active ingredient:	THC (delta-9-tetrahydrocannabinol), which causes the mind-altering effects
What it looks like:	Greenish-gray mixture of dried, shredded leaves, stems, seeds and flowers of Cannabis sativa, the hemp plant
Street names:	Pot, Grass, Weed, Reefer, Dope, Mary Jane, Sinsemilla, Acapulco Gold, Thai Sticks, Ganga
How it is used:	Smoked in hand-rolled cigarettes (joints), water pipes (bongs) or cigars (blunts), eaten in foods or used to brew tea
Duration of high:	Smoked —effects begin immediately after the drug enters the brain and last from one to three hours Ingested —effects begin one-half to one hour after ingested and last as long as four hours
Withdrawal symptoms:	Irritability, difficulty sleeping, anxiety, depression
Detected in the body:	Occasional use —one to seven days Chronic use —one to four weeks
Effects:	Physical —increased heart rate, bloodshot eyes, dry mouth and throat, increased appetite Mental —pleasant sensations and colors, intensified perception of sounds, impaired or reduced short-term memory and comprehension, altered sense of time, reduced ability to perform tasks requiring concentration and coordination Long-term —damage to the tissue of the lungs and pulmonary system, cancer, negative effect on the development of adolescents, impaired immune system



Marijuana, or the hemp plant, is one of the oldest psychoactive plants known to humanity. The first direct reference to cannabis as a psychoactive agent dates back to 2700 B.C.

New York information

In 2011, 7.6 percent of high school students in the state of New York reported using marijuana before the age of 13. Approximately 21 percent of students used marijuana during the 30 days before the survey.

(U.S. Center for Disease Control Youth Risk Behavior Survey, 2011)



DRUG FACT SHEET

Methamphetamines

High doses of methamphetamines can elevate body temperature to dangerous and sometimes lethal levels, as well as cause convulsions.

Class of drug:	Psychostimulant
Main active ingredient:	It is a derivative of amphetamine. Over-the-counter drugs containing ephedrine or pseudoephedrine and other materials are cooked in clandestine laboratories inexpensively to produce the drug.
What it looks like:	White powder, pills or a rock which resembles a block. The white powder is odorless, bitter-tasting and dissolves in water or alcohol.
Street names:	There are more than 300 street names including Crank, Crystal Meth, Crystal, Ice, Speed
How it is used:	Orally, injected, inhaled or smoked. It is also a Schedule II stimulant. There are few accepted medical reasons for its use.
Duration of high:	An initial, intense rush lasts from five to 30 minutes for most methamphetamines smoked or injected. Oral ingestion or snorting produces effects in three to 15 minutes. The effects of methamphetamines can last up to 12 hours or more.
Withdrawal symptoms:	Depression, fatigue, aggression and paranoia
Detection in the body:	Up to five days
Effects:	Immediate —increased activity, decreased appetite, euphoria, increased respiration, elevated body temperature Long-term —addiction, violent behavior, anxiety, insomnia, stroke, weight loss, paranoia, hallucinations, delusions, toxic effects on the brain Long-term —sleep problems, heart and kidney failure, brain damage, paranoia, coma, death



Methamphetamines are most often used in a “binge and crash” pattern where users repeatedly take more to try to maintain the high. Dependence occurs swiftly.

New York information

In 2011, 4.6 percent of high school students in New York reported using meth at least once during their lifetime. That’s almost one percent higher than the national average. While meth use across the nation has decreased since 2005, it continues to rise in New York.

(nationalmethcenter.org)



DRUG FACT SHEET

Prescription Drugs

More teens abuse prescription drugs than any illicit drug except marijuana.

Classes of drug:

Painkillers: Vicodin, Tylenol with Codeine, OxyContin, Percocet

Depressants: Klonopin, Nembutal, Soma, Valium, Xanax

Stimulants: Adderall, Concerta, Dexedrine, Ritalin

What it looks like: They come in tablet and capsule form (some depressants are also available in liquid and suppositories). They are taken orally or crushed, dissolved in water and injected.

Sources of drug for nonmedical use: Of people who abuse prescription painkillers, 56 percent say they get them free from relatives and friends; 19 percent from one doctor; 9 percent bought them from friends or relatives; 5 percent bought from drug dealer; 4 percent stole from friends or relatives and 7 percent from other sources.

Withdrawal symptoms:

Painkillers: Restlessness, muscle and bone pain, insomnia

Depressants: Anxiety, irritability, insomnia, nausea, tremors, seizures

Stimulants: Mood changes, sleep and appetite disturbances

Effects:

Painkillers: Decrease motor skills and judgment, difficulty breathing, death

Depressants: Depressed heart rate, difficulty breathing, death

Stimulants: Irregular heart beat, high body temperature, hostility, paranoia, heart failure, fatal seizures



In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Among 12- and 13 years-olds, prescription drugs are their drug of choice.

New York information

More Americans die every year from prescription drug overdoses than heroin and cocaine combined. In 2011, more than 22 million prescriptions for painkillers were written in the state of New York, which has a population of less than 20 million people.

(New York State Senate Majority Press, June 11, 2012 "Senate Passes Legislation to Reduce Prescription Drug Abuse")

Sources: United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration Office of Applied Studies, NIDA Info Facts, Office of National Drug Control Policy



DRUG FACT SHEET

Tobacco

Tobacco contains 4,000 chemicals and byproducts that make it harmful. The most dangerous byproducts are nicotine, tar and carbon monoxide.

Class of drug:	Stimulant (but also acts as a sedative)
Main active ingredient:	Nicotine
What it looks like:	It is a brownish mixture of dried, cured and processed leaves. Nicotine is a naturally occurring colorless liquid that turns brown when burned and acquires the odor of tobacco when exposed to air.
Street names:	Smokes, Cigs, Butts, Chew, Snuff
How it is used:	Tobacco is smoked in the form of cigarettes and cigars and through pipes; chewed, dipped or sniffed in the form of chewing or spit tobacco or snuff.
Duration of high:	Tobacco effects are felt within 10 seconds of inhalation (cigarette smokers). Cigar, pipe and smokeless tobacco users absorb the nicotine more slowly. The acute effects of nicotine dissipate in a few minutes. Nicotine stays in your system three to four days.
Withdrawal symptoms:	Headaches, dizziness, anxiety, irritability, coughing, dry throat, hunger (weight gain)
Effects:	Physical —rush of adrenaline, drop in skin temperature, suppressed appetite and increased blood pressure, respiration and heart rate Mental —reduced anxiety and increased relaxation Long-term —diseases and conditions, such as: cancer, coronary heart disease, chronic lung disease, stroke, emphysema, chronic bronchitis, gastric ulcers, premature wrinkling.



Tobacco use is the single largest preventable cause of death and disease in the United States today.

New York information

In New York, tobacco use claims 25,400 lives and costs the state \$8.17 billion in health care bills a year. The number of high school students who smoke is 12.5 compared to the adult rate of 15.5 percent.

(Campaign for Tobacco-Free Kids, 2011)