# Police: Drug Effects

## Alcohol

Alcohol consumption causes a number of changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol can increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death.

Continued use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Long-term effects of consuming large quantities of alcohol, especially when combined with poor nutrition, can lead to permanent damage to vital organs such as the brain and the liver. In addition, mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may suffer from mental retardation and other irreversible physical abnormalities. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics.

## Tobacco

The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease - some 170,000 die each year from smoking-related coronary heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic, obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among nonsmokers.

Smoking during pregnancy also poses serious risks. Spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths are all more likely to occur when the pregnant woman is a smoker.

Cigarette smoke contains some 4,000 chemicals, several of which are known carcinogens. Perhaps the most dangerous substance in tobacco smoke is nicotine. Nicotine is the substance that reinforces and

strengthens the desire to smoke. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

**Cannabis**

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite.

Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis.

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

| ***Type*** | ***What is is called?*** | ***What does it look like?*** | ***How is it used?*** |
|---|---|---|---|
| Marijuana | Pot, Reefer, Grass, Weed, Dope, Ganja, Mary Jane, or Sinsemilla | Like dried parsley, with stems and/or seeds; rolled into cigarettes | Smoked or eaten |
| Tetrahydrocannabinol | THC | Soft gelatin capsules | Taken orally |
| Hashish | Hash | Brown or black, cakes or balls | Smoked or eaten |
| Hashish Oil | Hash Oil | Concentrated syrupy liquid varying in color form clear to black | Smoked - mixed with tobacco |

## Inhalants

The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgement. Amyl and butyl nitrite cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage.

Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops.

Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.

| ***Type*** | ***What is is called?*** | ***What does it look like?*** | ***How is it used?*** |
|---|---|---|---|
| Nitrous Oxide | Laughing gas or Whippets | Small 8-gram metal cylinder sold with a balloon or pipe propellant for whipped cream in aerosol spray can | Vapors inhaled |
| Amyl Nitrite | Poppers or Snappers | Clear yellowish liquid in ampules | Vapors inhaled |
| Butyl Nitrite | Rush, Bolt, Bullet, Locker Room, and Climax | In small bottles | Vapors inhaled |
| Chlorohydrocarbons | Aerosol sprays or cleaning fluids | Aerosol paint cans | Vapors inhaled |
| Hydrocarbons | Solvents | Cans of aerosol propellants, gasoline, glue, paint thinner | Vapors inhaled |

## Cocaine

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucuous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Preparation

of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion.

Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizure. The use of cocaine can cause death by cardiac arrest or respiratory failure.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Cocaine | Coke, Snow, Nose Candy, Flake, Blow, Big C, Lady, White, and Snowbirds | White crystalline powder | Inhaled, injected |
| Crack cocaine | Crack, rock, freebase | White to tan pellets or crystalline rocks that look like soap | Smoked |

## Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure.

In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use larger amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. These symptoms usually disappear when drug use ceases.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Amphetamines | Speed, Uppers, Ups, Black beauties, Pep pills, Copilots, Bumblebees, Hearts, Benzedrine, Dexedrine, Footballs, and Biphetamine | Capsules, pills, tablets | Taken orally, injected, inhaled |
| Methamphetamines | Crank, Crystal meth, Crystal methadrine, and Speed | White powder, pills, rock that resembles a block of paraffin | Taken orally, injected, inhaled |

| | | | |
|---|---|---|---|
| Additional Stimulants | Ritalin, Cylert, Preludin, Didrex, Pre-State, Voranil, Sandrex, and Plegine | Pills or capsules | Taken orally, injected |

## Depressants

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and very 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 death. Babies born to mothers who abuse depressants may also be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Barbiturates | Downers, Barbs, Blue Devils, Red Devils, Yellow Jacket, Yellows, Nembutal, Tuinals, Seconal, and Amytal | Red, yellow, blue, or red and blue capsules | Taken orally |
| Methaqualone | Quaaludes, Ludes, Sopors | Tablets | Taken orally |
| Tranquilizers | Valium, Librium, Miltown, Serax, Equanil, Miltown, and Tranxene | Tablets or capsules | Taken orally |

## Hallucinogens

Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movements are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce convulsions and coma, as well as heart and lung failure.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even when use has ceased.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Phencyclidine | PCP, Hog, Angel Dust, Loveboat, Lovely, Killer Weed | What does it look like - Liquid, white crystalline powder, pills, capsules | Taken orally, injected, smoked (sprayed on joints or cigarettes) |
| Lysergic acid diethylamide | LSD, Acid, Microdot, White lightning, Blue heaven, and Sugar Cubes | Colored tablets, blotter paper, clear liquid, thin squares of gelatin | Taken orally, licked off paper, gelatin, and liquid can be put in the eyes. |
| Mescaline and Peyote | Mesc, Buttons, and Cactus | Hard brown discs, tablets, capsules | Discs - chewed, swallowed, or smoked or Tablets and capsules - taken orally |
| Psilocybin | Magic Mushrooms, 'shrooms | Fresh or dried mushrooms | Chewed or swallowed |

## Narcotics

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users may also experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death.

Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in disease such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Heroin | Smack, Horse, Mud, Brown sugar, Junk, Black tar, and Big H | White to dark-brown powder or tarlike substance | Injected, smoked, or inhaled |
| Codeine | Empirin compound with codeine, Tylenol with codeine, Codeine in cough | Dark liquid varying in thickness, capsules, tablets | Taken orally, injected |

| | | | |
|---|---|---|---|
| | medicine | | |
| Morphine | Pectoral syrup | White crystals, hypodermic tablets, or injectable solutions | Taken orally, injected, or smoked |
| Opium | Paregoric, Dover's Powder, Parepectolin | Dark brown chunks, powder | Smoked, eaten, or injected |
| Meperidine | Pethidine, Demerol, Mepergan | White powder, solution, tablets | Taken orally, injected |
| Other narcotics | Percocet, Percodan, Tussionex, Fentanyl, Darvon, Talwin, and Lomotil | Tablets or capsules | Taken orally, injected |

## Designer Drugs

Illegal drugs are defined in the terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate.

The narcotic analogs can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.

| *Type* | *What is it called?* | *What does it look like?* | *How is it used?* |
|---|---|---|---|
| Analog of Fentanyl (Narcotic) | Synthetic heroin, China white | White powder | Inhaled, injected |
| Analog of Meperidine (Narcotic) | MPTP (New heroin), MPPP, synthetic heroin | White powder | Inhaled, injected |
| Analog of Amphetamines or Methamphetamines (Hallucinogens) | MDMA (Ecstasy, XTC, Adam, Essence), MDM, STP, PMA, 2, 5-DMA, TMA, DOM, DOB, EVE | White powder, tablets, or capsules | Taken orally, injected, or inhaled |
| Analog of Phencyclidine (PCP) | PCPy, PCE | White powder | Taken orally, injected, or smoked |

## Anabolic Steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930's, steroids are seldom prescribed by physicians today. Current legitimate medical uses are limited to certain kinds of anemia, severe burns, and some types of breast cancer.

Taken in combination wit/h a program of muscle-building exercise and diet, steroids may contribute to increases in body weight and muscular strength. Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to acne and including psychological as well as physical reactions. The liver and cardiovascular systems are most seriously affected by steroid use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects in both sexes include very aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Signs of steroid use include quick weight and muscle gains (when used in a weight training program); aggressiveness and combativeness; jaundice; purple or red spots on the body; swelling of feet and lower legs; trembling; unexplained darkening of the skin; and persistent unpleasant breath odor.