

DRUGS

Winning the Battle Against

An Internationally Accredited Agency
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D.A.R.E. (Drug Abuse Resistance Education)
D.R.E. Drug Recognition Program

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Methamphetamine hotline:
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Alcohol



The No. 1 abused drug in the United States is legal for most Americans. It's alcohol.

There are an estimated 15 million Americans who are alcoholics; 3.5 million of those are teenagers. Despite a legal drinking age of 21 in all 50 states, nine out of 10 teenagers will experiment with alcohol by the time they graduate from high school.

Many people think alcohol is a stimulant, relaxing them and giving them a great high. In fact, alcohol is a depressant. It slows brain function, information processing, and judgment, temporarily lowering inhibitions and relieving anxieties. This can lead the drinker to attempt dangerous behavior of which they ordinarily would be wary.

Alcohol use also impairs reaction time, reflexes, coordination, and vision. People under the influence of alcohol, even small amounts, should never drive. The drunk driver can be the social drinker as well as the chronic alcohol abuser. Those who drink and drive run the increased risk of being in a traffic crash. Nearly 50 percent of all fatal traffic crashes involve alcohol.

Chronic use of alcohol leads to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms including severe anxiety, tremors, hallucinations, and convulsions and can be life-threatening. Chronic alcohol use can cause permanent brain damage; increase chances of developing cancer of the esophagus and hypertension, which lead to heart disease; and can permanently damage the liver and pancreas.



Tobacco

Smoking is the No. 1 preventable cause of death in the nation. More people die from cigarette smoking and related illness than from alcohol, traffic crashes, illicit drugs, murder, and suicide combined. Tobacco kills nearly 350,000 Americans each year. Smokers are more likely than nonsmokers to contract heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates.

The earlier people start smoking, the harder it is to quit when they are older. People who start smoking in their teenage years run the risk of becoming life-long smokers. More than 40 percent of American teenagers, aged 12-17, have experimented with tobacco. Smoking in early adolescence is a strong predictor of more dangerous behavior in late adolescence. Cigarettes have been called a "gateway drug." In a majority of cases, smoking precedes use of illicit drugs.

Cigarette smoke contains some 4,000 chemicals, several of which are known carcinogens. Perhaps the most dangerous substance in tobacco is nicotine. Nicotine is the substance that reinforces and strengthens the desire to smoke. Because nicotine is highly addictive, smokers find it very difficult to stop smoking.

Because of the negative publicity aimed at smoking, many people, especially teenagers, have turned to smokeless tobacco (snuff and chewing tobacco). It has been proven, however, that smokeless tobacco can be even more addictive than cigarettes. Smokeless tobacco users may suffer receding gums, loosened teeth, elevated blood pressure, and stomach problems. They have 50 times the normal risk of developing oral cancer.

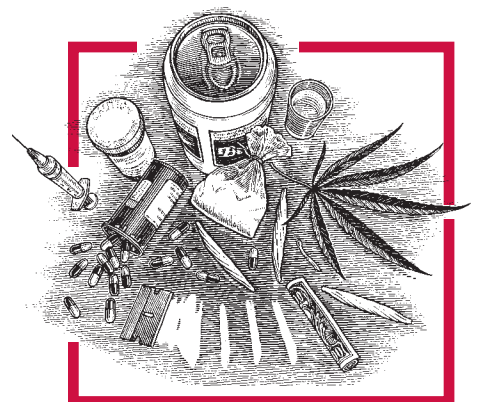
Legal Drugs

Trend Drugs Ecstasy

The increasing trend of ecstasy use among youth is disturbing.

- Ecstasy is manufactured and marketed by criminal organizations that make huge profits at the expense of our youth.
- Ecstasy use can damage brain cells that regulate mood, memory, sleep and appetite and can cause long-lasting memory problems.
- A 500% increase in Ecstasy use between 1993 and 1998 has been documented by the Drug Enforcement Administration.
- More than 40% of 12th graders reported it was "fairly easy" or "very easy" for them to obtain ecstasy (*Monitoring the Future*, 1999).
- In 1999, 2.7%, 6% and 8% of 8th, 10th and 12th graders respectively have tried ecstasy; 4.4% of 10th graders and 5.6% of 12th graders reported using ecstasy sometime within the last 12 months (*Monitoring the Future*, 1999).

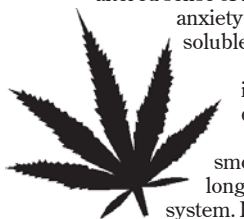
Ecstasy was initially thought to be confined to the rave scene, but now, is showing up at schools and home parties.



Americans — both youth and adults — repeatedly have named drug abuse as one of their major concerns. Our country is fighting a war against drug use and drug dealers, and one of our best weapons, though often overlooked, is education. The purpose of this booklet is to provide youth and adults alike the information they need to identify and fight drug use in the workplace, schools, and home. By having a better understanding of what drugs are available, how they are used, and what they look like, we can become more aware of the problem and become part of the solution. The Missouri State Highway Patrol takes Missouri's drug problems seriously. We do everything within our means to take illicit drugs off of Missouri's roads and highways, but we need your help. The drug problem cannot be fought through law enforcement alone. By working together, through education and law enforcement, we can win the battle against drug abuse in our state.

Cannabis

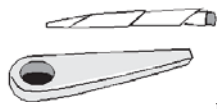
Another "gateway drug" used by many young people and adults is marijuana. Smoking marijuana leaves the user with a feeling of euphoria, altered sense of time, and distorted perceptions. The response can be totally opposite, however, with the user experiencing paranoia, anxiety attacks, and panic. The effects are usually immediate and can last from one to three hours. But because the drug is fat soluble, it settles in the body tissue and can remain in the body for as long as four to six weeks.



Pot smokers lack motivation, have difficulty in forming concepts and paying attention, and can even become impotent. Because marijuana use affects concentration, coordination, and sense of time, users become even more dangerous when they get behind the wheel of a vehicle. Never drive when under the influence of drugs.

Marijuana smoke contains more cancer-causing agents than tobacco smoke. Users often inhale the unfiltered

smoke deeply and then hold it in their lungs as long as possible damaging the lungs and pulmonary system. Long-term users of marijuana may develop psychological dependence and require more of the drug to get the same effect. Users, therefore, often begin experimenting with others drugs to achieve the same high previously attained by smaller amounts of marijuana.



Cocaine

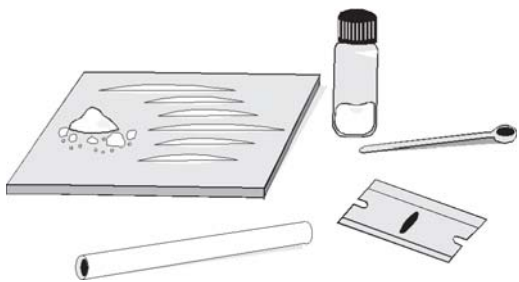
Extracted from the leaf of the coca plant, cocaine has been rated as the most potent stimulant of natural origin. Its immediate effects on the central nervous system include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Cocaine users experience a state of euphoria followed by sadness and depression. The more intense the high, the more devastating the low. This cycle of extreme highs and lows creates a craving for the drug increasing the risk of dependency.

Effects of cocaine use include perpetually runny nose and inflamed sinuses, chronic sore throat and hoarseness, impaired vision, headaches, vomiting, distorted thinking, aggressive behavior, lung damage and respiratory problems, intense anxiety, and possible allergic reaction from substances used to "cut" the drug. Dealers combine cocaine with other substances, or "cut" it, in order to have more of the drug to sell. An overdose of cocaine, often occurring when using cocaine that has not been "cut" as much as past doses, can cause sudden death by cardiac arrest or respiratory failure.

Injecting cocaine with contaminated needles 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 is a more dangerous form of cocaine with the same effects but more intense. Not only is crack more potent, it is much cheaper than regular cocaine making it even more accessible to young people.

Type	What is it called?	What does it look like?	How is it used?
Cocaine	Coke, Snow, Flake, White, Blow, Big C, Nose Candy, Lady Snowbirds	White crystalline powder, often diluted with other ingredients	Inhaled through the nasal passages
Crack	Freebase rocks, Rock, Ready Rock	Light brown or beige pellets- or crystalline rocks that resemble coagulated soap; often packaged in small vials	Smoked



Hallucinogens

Phencyclidine (PCP) interrupts the functions in the section of the brain that controls the intellect and keeps instincts in check. Users report a sense of distance and estrangement. Time and body movement are slowed down, and the senses are dulled. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. Chronic users suffer persistent memory problems, speech difficulties, paranoid and violent behavior, and 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. Sensations and feelings may change rapidly. Users sometimes experience bad psychological reactions such as panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even after use has ceased.

All natural and synthetic hallucinogens are illegal with the exception of Peyote when used by Native Americans in religious ceremonies.

Type	What is it called?	What does it look like?	How is it used?
Phencyclidine	PCP, Angel dust, Loveboat, Lovely, Hog, Killer weed	Liquid, capsules, pills, white crystalline powder	Orally, Injected, Smoked-can be sprayed on cigarettes, parsley, and marijuana
Lysergic acid diethylamide	LSD, Acid, Green or red dragon, White Lightning, Blue heaven, Sugar cubes, Microdot	Brightly colored tablets, Impregnated blotter paper, Thin squares of gelatin, Clear liquid Hard brown discs	Orally, Licked off paper, Gelatin and liquid can be put in eyes
Mescaline and Peyote	Mesc, Buttons, Cactus	tablets, capsules	Discs-chewed, swallowed, or smoked; Tablets and capsules-orally
Psilocybin	Magic mushrooms, 'shrooms	Fresh or dried mushrooms	Chewed and swallowed

Illegal Drugs

Depressants

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 effect of the drugs, increasing the risks. Never drive while under the influence of depressants or any drug.

Depressants are usually prescribed by a physician to relieve anxiety, irritability, stress and tension, and for the symptomatic treatment of insomnia. Tolerance, however, for depressants develops quickly, requiring higher doses. Once addicted, abrupt cessation or severe reduction of high dose depressant intake can cause anxiety, insomnia, tremors, delirium, convulsions, and death, and should be regulated by a physician.

Type	What is it called?	What does it look like?	How is it used?
Barbiturates	Downers, Barbs, Blue devils, Red devils, Yellow jacket, Yellow, Nembutal, Seconal, Amytal, Tuinal	Red, yellow, blue or red and blue capsules	Orally
Methaqualone	Quaaludes, Ludes, Sopors	Tablets	Orally
Tranquilizers	Valium, Librium, Equanil, Miltown, Serax, Tranxene	Tablets, capsules	Orally

Anabolic Steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Their medical use is limited to treatment of certain kinds of anemia, severe burns, and some types of breast cancer.

Most people, however, associate the use of anabolic steroids with athletes seeking to increase their body weight and muscular strength. While the use of anabolic steroids in conjunction with a program of muscle-building exercise and diet will accelerate physical development, these seemingly positive effects do not last once athletes cease taking the drug, and the side effects can cause physical and psychological damage to the user.

Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to severe acne. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Steroid users also may experience aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others, such as cancer, heart attacks, and strokes, may not show up for years.

Steroids are produced in tablet or capsule form for oral ingestion, or as a liquid for intramuscular injection.

Signs of Possible Anabolic Steroid Use

- * Quick weight gain
- * Bigger appetite
- * Difficulty sleeping
- * More intensive workouts
- * Severe mood swings
- * Acne
- * Puffy appearance
- * Fluid retention
- * Sudden increase in strength

Inhalants

Inhalants include products that are used every day and found in the home, office, factory, or garage such as solvents, thinners, paints, hair sprays, liquid typing eraser, glass chillers, glue, gasoline, etc. Inhaling chemicals provides a fast, potent way to obtain a "high" depending on the substance, person, and quantity inhaled.

Similar to anesthetics, inhalants slow down the body and brain function. They can lead to addiction; as tolerance develops, a user must "sniff" more often and increase the strength of the products inhaled. Inhalants also can lead to instant death through suffocation or heart failure.

Immediate negative effects of inhalants include nausea, sneezing, coughing, nose-bleeds, fatigue, lack of coordination, and loss of appetite. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.

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

Stimulants

Most stimulants are controlled substances that are available by prescription for medical purposes. However, they can be produced illegally in clandestine laboratories for distribution. Stimulants increase heart and respiratory rates, elevate blood pressure, dilate pupils, and decrease appetite. They give a temporary sense of exhilaration and superabundant energy, but they also can cause irritability, anxiety, and apprehension. Users also may experience severe hallucinations such as having imaginary insects coming from under their skin or voices coming from no where. Elevated blood pressure caused from use of stimulants can cause heart attacks and strokes.

Methamphetamine, a highly addictive synthetic substance, is one of the most potent of all stimulants. Meth smoking surpasses crack in duration, intensity of effects, and danger of harm. Fake or Look-a-like Speed is very common among teens and preteens. The tablets and capsules sometimes contain caffeine, pseudoephedrine, and/or phenylpropanolamine (PPA appetite suppressant). Serious side effects include severe headaches (sometimes one to four weeks), and some have had stroke-like symptoms and died. Nicotine and caffeine also are two very prevalent stimulants.

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, Benzadrine, Dexedrine, Footballs, Biphetamine	Pills, capsules, tablets	Orally, Injected, Inhaled through nasal passage
Methamphetamines	Crank, Crystal meth, Crystal Methedrine, Speed	White powder, pills, A rock that resembles block of paraffin	Orally, Injected
Additional stimulants	Ritalin, Cylert, Preludin, Didrex, Pre-State, Voranil, Tenuate, Tepanil, Pondimin, Sandrex, Plegine, Ionamin	Pills, capsules, tablets	Orally, Injected
	Fake or look-alike speed	Pills, capsules, tablets	Orally

Narcotics

The poppy is the main source of natural narcotics. Narcotics initially produce a temporary feeling of euphoria and well-being often followed by drowsiness, nausea, and vomiting. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death.

Tolerance to narcotics develops rapidly and dependence is likely. Because the drug quickly becomes the center of a user's life, addicts often neglect themselves and suffer from malnutrition, infection, and unattended injuries or diseases. The use of contaminated syringes may result in disease such as AIDS, endocarditis, and hepatitis.

Withdrawal symptoms can be very painful and last for several days.

Type	What is it called?	What does it look like?	How is it used?
Heroin	Smack, Horse, Brown sugar, Junk, Mud, Big H, Black tar	White to dark brown powder, Tarlike substance	Injected, Smoked, Inhaled through the nasal passage
Methadone	Dolophine, Methadose, Amidone	Solution	Orally, Injected
Codeine	Empirin compound with codeine, Tylenol with codeine, Codeine in cough medicine	Dark liquid varying in thickness, Tablets, Capsules	Orally, Injected
Morphine	Pectoral syrup	White crystals, Hypodermic tablets, Injectable solution	Orally, Injected
Meperidine	Pethidine, Demerol, Mepergan	White powder, Tablets, Solution	Orally, Injected
Opium	Paregoric, Dover's powder, Parepectolin	Dark brown chunks, Powder	Smoked, Eaten
Other narcotics	Tussionex, Fentanyl, Darvon, Talwin, Lomotil	Tablets, capsules, liquid	Orally, Injected

