

ANATOMY OF DRUGS

Although every effort has been made to make this chart as accurate as possible, under no circumstances should it be used as a guide or substitute for advice from a medical doctor.

ALCOHOL

More than two million people suffer from alcohol related liver disease. Long term drinking can increase the risk of:

- Heart disease
- High blood pressure
- Stroke
- Cancer, especially of the...
 - Esophagus
 - Mouth
 - Throat
 - Voice box
- Birth defects, the most serious including Fetal Alcohol Syndrome (FAS)

TOBACCO KILLS

TOBACCO IS THIRD LEADING CAUSE OF DEATH IN THE U.S.

An estimated 46.5 million adults in the United States smoke cigarettes even though this single behavior will result in death or disability for half of all regular users.

The average number of deaths each year in the United States attributed to cigarette smoking is 442,398, or one in every five deaths.

Source: CDC

Oat cell carcinomas (cancer) are very aggressive and often metastasize (spread) widely throughout the body. These type of cancers are seen almost exclusively in cigarette smokers.

TOBACCO

Tobacco products kill more than 430,000 U.S. citizens each year - more than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS combined. Tobacco use is the leading preventable cause of death in the United States.

Nicotine, one of more than 4,000 chemicals found in the smoke from tobacco products, substantially increases the risk of:

- heart disease
- cardiovascular disease
- heart attack
- aneurysm
- stroke
- chronic lung disease
- emphysema
- bronchial disorders
- cancer
- tolerance and addiction withdrawal effects

STEROIDS

Steroids can actually shut down the healthy functioning of the reproductive system. Effects include:

Males:

- Shrinking of the testicles
- Reduced sperm count
- Impotence
- Baldness
- Difficulty or pain in urinating
- Development of breasts
- Enlarged prostate

Females:

- Growth of facial hair
- Changes or cessation of menstrual cycle
- Enlargement of the clitoris
- Deepened voice
- Breast reduction

Both Sexes:

- Acne
- Jaundice
- Trembling
- Swelling of feet or ankles
- Bad breath
- Reduction in HDL, the "good" cholesterol
- High blood pressure
- Liver damage
- Cancer
- Aching joints
- Increased chance of injury to tendons, ligaments, and muscles

This heart suffers endocarditis. Endocarditis in this case is a result of IV drug abuse - the huge green ball of fungus on the valve is an infection that spread throughout the body, causing a stroke (among other things) before death.

INHALANTS

The term "inhalants" is used to describe various chemicals such as solvents, gases, aerosols and nitrites that are "inhaled" to get high. Because this category encompasses many different types of chemicals, the range of effects is substantial. Possible effects include:

- headache
- slurred speech
- loss of coordination
- unconsciousness
- memory impairment
- nausea or vomiting
- muscle cramps
- weakness, faintness
- choking, wheezing, asphyxiation, suffocation
- cardiovascular damage
- central nervous system damage
- coma
- sudden death

HEROIN

Heroin is a highly addictive narcotic drug. Injectors are at risk for infectious diseases such as HIV/AIDS. Other effects include:

- scarred and/or collapsed veins
- bacterial infections of the blood vessels
- bacterial infections and heart valve damage
- abscesses (boils) and other soft-tissue infections
- liver disease
- kidney disease
- neurochemical and molecular changes in the brain
- unconsciousness
- coma
- miscarriage and premature delivery
- constipation
- respiratory depression and arrest
- tolerance, physical dependence and addiction
- SIDS (sudden infant death syndrome)
- death

COCAINE

Cocaine is a powerfully addictive stimulant. When mixed with alcohol the liver produces cocaethylene, which can increase the risk of sudden death. The contraction of HIV/AIDS is also a risk with injection use.

- chest pain and heart attacks
- muscle spasms
- rapid or irregular heart beat
- respiratory failure
- strokes
- seizures
- headaches
- blurred vision
- abdominal pain
- nausea
- reduced appetite, malnutrition
- Insomnia, anxiety, panic attacks

LSD

LSD can produce delusions and visual hallucinations as well as the following:

- dilated pupils
- sweating
- dry mouth
- increased body temperature
- increased heart rate
- increased blood pressure
- weakness, numbness
- tremors
- loss of appetite
- sleeplessness
- long-lasting psychoses (schizophrenia, severe depression)
- flashbacks

GHB & ANALOGS

GHB use in combination with alcohol can result in nausea and breathing difficulties. Analogs of GHB include GBL and BO (which convert into GHB in the body).

- nausea, vomiting
- breathlessness
- headache
- decreased heart rate
- loss of reflexes
- loss of consciousness
- amnesia
- seizures
- coma
- death

MARIJUANA

Short term effects of marijuana use are:

- distorted perception
- impaired attention and memory
- loss of coordination
- increased heart rate
- anxiety and panic attacks
- confusion

Long term effects are:

- daily cough and phlegm
- chronic cough, bronchitis and emphysema
- difficulty sustaining attention
- difficulty in registering, processing, information
- increased risk of cancer of the head, neck and lungs

ECSTASY (MDMA)

MDMA is a synthetic, psychoactive drug chemically similar to methamphetamine and mescaline. Research on long-term effects is ongoing. One study in nonhuman primates showed that exposure to MDMA for only 4 days caused damage to serotonin nerve terminals that was evident 6 to 7 years later.

- confusion
- depression
- drug craving
- insomnia, anxiety, paranoia
- faintness
- nausea
- cardiac toxicity
- increased blood pressure
- hyperthermia
- kidney failure
- liver toxicity
- possible death
- increased tactile sensitivity (sense of touch)
- blurred vision
- chills and/or sweating
- muscle tension
- involuntary teeth-clenching
- increased heart rate

PRESCRIPTION DRUGS OF CONCERN

OPIOID

FENTANYL - Trade Names: Actiq®, Fentora™, Duragesic®
BUPRENORPHINE - Trade Names: Buprenex®, Suboxone®, Subutex®
HYDROCODONE - Trade Names: Vicodin®, Lortab®
HYDROMORPHONE - Trade name: Dilaudid®
OXYCODONE - Trade Names: Tylox®, Percodan®, OxyContin®

CENTRAL NERVOUS SYSTEM DEPRESSANT

Diazepam - Trade Names: Valium®, Ban®, Mylan®, Diazepam Intensol®
Alprazolam - Trade Names: Xanax®, Alprazolam Intensol®
Lorazepam - Trade Names: Ativan®, Lorazepam Intensol®
Chlordiazepoxide - Trade Names: Librium®, Libritrol®
Triazolam - Trade Name: Halcion®
Temazepam - Trade Name: Restoril®

CENTRAL NERVOUS SYSTEM STIMULANT

Dextroamphetamine - Trade Names: Adderall, Dexamine
METHAMPHETAMINE - Trade Names: Ritalin®, Concerta, Metadate, Methylin, Focalin

OVER-THE-COUNTER DRUGS OF CONCERN

Dietary supplements marketed as "performance enhancers," "energy boosters," "fat burners," "street drug alternatives," or "legal highs."

DXM (Dextromethorphan) - there are approximately 120 products containing DXM available over-the-counter.

Codine - found in cough medicines is the most widely used naturally occurring narcotic in medical treatment in the world.

Acetaminophen - found in many cold medicines. Can cause liver damage when large quantities are consumed.

METHAMPHETAMINE

Methamphetamine is an extremely addictive drug. Effects include:

- increased and/or irregular heart rate
- increases blood pressure
- irreversible damage to blood vessels in the brain, producing strokes
- respiratory problems
- decreased appetite, often leading to extreme anorexia
- cardiovascular damage, possible collapse
- aggression, violent and psychotic behavior
- death

Central Nervous System (CNS) effects include:

- irritability
- confusion
- paranoia
- convulsions
- hyperthermia
- insomnia
- tremors
- aggressiveness
- anxiety
- convulsions