





**A Winnable War!**

# BE PART OF THE SOLUTION!

*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 problem seriously. We do everything within our means to take illicit drugs off 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.*

# Legal Drugs

## Alcohol

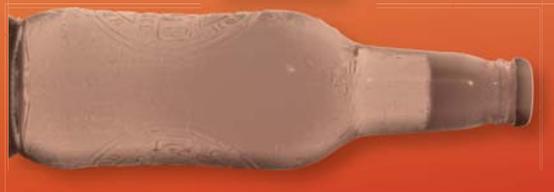
The No. 1 abused drug in the United States is legal for most Americans ... It's alcohol.

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 and gives 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. More than 25 percent of all Missouri 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 and increase chances of developing cancer of the esophagus and hypertension, which leads to heart disease, and can permanently damage the liver and pancreas.



## 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

# 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?
<b>Barbiturates</b>	Downers, Barbs, Blue Devils, Red Devils, Yellow Jacket, Yellows, Nembutal, Seconal, Amytal,	Red, yellow, blue, or red and blue capsules	Orally
<b>Methaqualone</b>	Quaaludes, Ludes, Sopors	Tablets	Orally
<b>Tranquillizers</b>	Valium, Librium, Equanil, Miltown, Serax, Tranxene	Tablets, Capsules	Orally

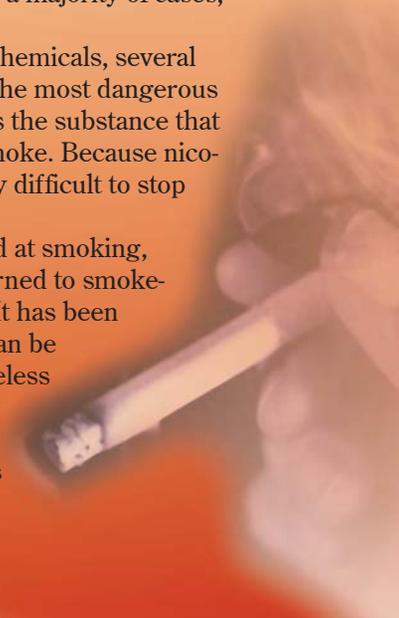
# Tobacco

Smoking is the No. 1 preventable cause of death in the nation. More people die from cigarette smoking and related illnesses than from alcohol, traffic crashes, illicit drugs, murder, and suicide combined. Tobacco kills nearly 350,000 Americans each year. Smokers are more likely than non-smokers 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. People who start smoking in their teenage years run the risk of becoming lifelong smokers. More than 40 percent of American teenagers, ages 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.



# Illegal Drugs

## 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, nosebleeds, 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?
<b>Nitrous Oxide</b>	Laughing Gas, Whippets	Propellant for whipped cream in aerosol spray can, small 8-gram metal cylinder with balloon or pipe (Buzz Bomb)	Vapors
<b>Amyl Nitrate</b>	Poppers, Snappers	Clear Yellowish Liquid	Vapors
<b>Butyl Nitrate</b>	Rush, Bolt, Bullet, Locker Room, Climax	Packaged In Small Bottles	Vapors
<b>Chlorohydrocarbons</b>	Aerosol Sprays	Aerosol Paint Cans, Cleaning Fluid	Vapors
<b>Hydrocarbons</b>	Solvents		Vapors

## 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?
<b>Phencyclidine</b>	PCP, Angel Dust, Loveboat, Lovely, Hog, Killer Weed	Liquid capsules, Pills, White crystalline powder	Orally, Injected, Smoked Sprayed on cigarettes and marijuana
<b>Lysergic Acid Diethylamide</b>	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, brown discs	Orally, Licked off paper, Gelatin, and Liquid can be put in eyes
<b>Mescaline &amp; Peyote</b>	Mesc, Buttons, Cactus	Tablets, Capsules	Discs chewed, Swallowed, Smoked, Tablets, Capsules
<b>Psilocybin</b>	Magic Mushrooms, Shrooms	Fresh or dried mushrooms	Chewed and Swallowed
<b>Synthetic Cannabinoid</b>	K2, K3, Spice, Fake Weed, Hamster, Ninja, Aroma Plus, Puff Ultra Strong Aromatic Incense, Park Night, Voodoo Spice	Potpourri, plant material	Smoked
<b>Bath Salts</b>	Ivory Wave, Vanilla Sky, Bliss, Purple Wave, Lady Bubbles	Granular Powder	Inhaled through nasal passages

# 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?
<b>Heroin</b>	Smack, Horse, Brown Sugar, Junk, Mud, Big H, Black Tar	White to dark brown powder, Tar-like substance	Injected, Smoked, Inhaled through the nasal passage
<b>Methadone</b>	Dolophine, Methadose, Amidone	Solution	Orally, Injected
<b>Codeine</b>	Empirin compound with Codeine, Tylenol with Codeine	Dark liquid varying in thickness, Tablets, Capsules, Cough medicine	Orally, Injected
<b>Morphine</b>	Pectoral syrup	White Crystals, Hypodermic Tablets, Injectable solution	Orally, Injected
<b>Meperidine</b>	Pethidine, Demerol, Mepergan	White Powder, Tablets, Solution	Orally, Injected
<b>Opium</b>	Paregoric, Dover's Powder, Parepectolin Perocet, Percodan	Dark Brown Chunks, Powder	Smoked, Eaten
<b>Other Narcotics</b>	Tussionex, Fentanyl, Darvon, Talwin, Lomotil	Tablets, Capsules, Liquid	Orally, Injected

# 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 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 other drugs to achieve the same high previously attained by smaller amounts of marijuana.

Type	What is it called?	What does it look like?	How is it used?
<b>Marijuana</b>	Pot, Grass, Weed, Reefer, Dope, Mary Jane, Ganja, Sinsemilla, Joint, Roach	Dried parsley mixed with stems that may include seeds	Eaten, Smoked
<b>Tetrahydrocannabinol</b>	THC	Soft gelatin capsules, brown or black	Orally
<b>Hashish</b>	Hash	Cakes or balls, concentrated, syrupy	Eaten, Smoked
<b>Hashish Oil</b>	Hashish Oil	Hash Oil	Smoked

# Stimulants

Most stimulants are controlled substances 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 nowhere. 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 degree 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 (appetite suppressant). Serious side effects include severe headaches (sometimes one to four weeks), and people 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?
<i>Amphetamines</i>	Speed, Uppers, Ups, Black Beauties, Pep Pills, Copilots, Bumblebees, Hearts, Benzedrine, Dexedrine, Footballs, Biphetamine	Pills, Capsules, Tablets	Orally Injected, Inhaled through nasal passage
<i>Methamphetamines</i>	Crank, Crystal Meth, Speed	White Powder, Pills, Rock that resembles a block of paraffin	Orally, Injected
<i>Additional Stimulants</i>	Ritalin, Cylert, Preludin, Didrex, Pre-State, Voranil, Tenuate, Tepanil, Pondimin, Sandrex, Plegine, Ionamin	Pills, Capsules, Tablets	Orally, Injected

# 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 but more intense effects. 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?
<i>Cocaine</i>	Coke, Snow, Flake, White, Blow, Big C, Nose Candy, Lady Snowbirds	White crystalline powder, often diluted with other ingredients	Inhaled through the nasal passages
<i>Crack</i>	Freebase Rocks, Rock, Ready Rock, Rock	Light brown or beige pellets, or crystalline rocks that resemble coagulated soap, often packaged in small vials	Smoked