


What are Stimulants?

Stimulants are either natural or synthetic (man-made) drugs which have an arousing effect  on the central nervous system. That means they speed up the mind and the body. Some examples of stimulants are:



Caffeine: Found in coffee, tea, cola as well as some other sodas, energy drinks, chocolate, diet pills, and stay-awake pills



Nicotine: Found in cigarettes, cigars, pipe tobacco, chewing tobacco, and snuff



Amphetamines: Found in prescription diet pills, stay-awake pills, & “pep” pills



Cocaine: Made from the leaves of the coca plant



Ritalin: Found in synthetic pill form



Ephedrine: Found in plants, and in some cold and allergy pills. Also, sometimes in illegal pills called Ecstasy (XTC).

Why do people use stimulants?



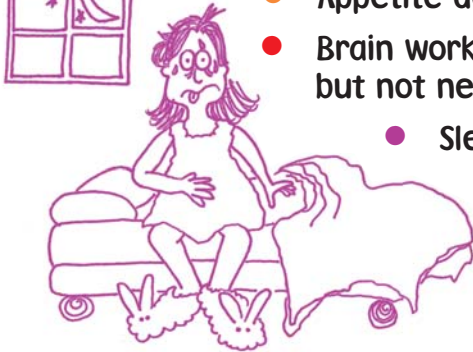
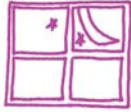
1. To stay awake or counteract the effect of “downer” drugs (Too bad that doesn’t really work!)
2. For kicks, thrills, or to fight boredom (BIG risk!)
3. To feel better or more confident about themselves (Too bad it’s not real!)

and

other reasons you’ve heard about like curiosity, peer pressure, to forget problems, and because they are addicted.

Effects of...Stimulants!

- ❤️ and breathing rate increase
- Blood pressure increases
- Body temperature increases
- Appetite decreases
- Brain works faster, but not necessarily better
- Sleeplessness
- Sweating
- Headaches
- Nausea



Stimulants can make a person feel more talkative, nervous, wide-awake, and anxious. They even give a false sense of confidence.

Problems Caused by Stimulant Abuse

Depending on the type and amount taken:

- Damage to lungs, liver, heart, brain, and other organs
- Extreme mood changes
- Weakness from lack of sleep and food
- Pregnant women risk problems for their unborn babies
- HIV/AIDS risk from sharing needles
- Accidents and car crashes
- Social, legal, and family problems
- Overdose
- Death



In the long run, stimulants do not improve memory or performance. These actually decrease as one's mind and body get more and more tired!!

(It's like borrowing energy from tomorrow and when tomorrow comes, barely having any left!)

A Word on...AMPHETAMINES!

Amphetamines are powerful stimulants that have been around for years. You may have heard of them as “Uppers,” “Speed,” “Crank,” “Meth,” or “Crystal.” They generally come in capsule, tablet, or powder form, to be swallowed, dissolved, or injected.

Sometimes doctors prescribe amphetamines to control appetite, ease depression, treat Attention Deficit Disorder, or combat a sleeping disorder called narcolepsy. But, because of their danger, Rx use has decreased ↓ in the last 10 years.

Signs of Amphetamine and/or Methamphetamine Abuse

- Increased activity & restlessness
- Decreased appetite
- Dilated pupils
- Anxiousness
- Mood swings
- Dry mouth and nose
- Irritability



Methamphetamine has an extra methyl group that makes it more powerful. And “Ice” and “Glass” are smokeable versions of meth that are more dangerous than crack! Users can stay high for up to 30 hours, and become addicted easily, sometimes with the first use.

Meth can make people extremely self absorbed and void of emotions (that means they lose all interest in and no longer care about the people and things that used to be important to them).

Even though meth takes away hunger, it is definitely **NOT** a smart way to try to lose weight because, in addition, it can cause **SERIOUS** damage such as uncontrolled twitching, headaches, blurred vision, nausea, vomiting, badly decayed or damaged teeth, organ damage, stroke..... even death.

An additional danger comes from the fact that illegal meth labs are highly volatile. That means they can easily explode, blowing up houses and burning, blinding, or killing everyone who happens to be nearby!!

FAST FACT!

Stimulants are powerful drugs. People can become physically and mentally dependent on them. They make people feel they can't get along without them.

NOTEWORTHY NEWS:

Using stimulants will not solve problems or change the reasons **WHY** people feel tired, depressed, or insecure.

A Word on...CAFFEINE!



Caffeine is found in some things you know about and others you may not!

- Coffee
- Energy Drinks
- Colas and some other sodas
- Tea
- Chocolate
- Some headache & pain pills
- Diet pills
- Stay-awake pills
- Some cold medicines



So what's the big deal about Caffeine?

Well..... Caffeine is easy to overlook because.....

- 1) It's legal.
- 2) It's the world's oldest and most popular psychoactive (that means mood-altering) drug.
- 3) In moderate amounts, it improves alertness as well as mood.

But caffeine has a downside too! Caffeine can:

- Increase heart rate
- Intensify anxiety
- Cause panic attacks
- Become habit-forming
- Make users nervous and jittery
- Make it difficult for people to fall asleep
- Make people feel tired, inattentive, and grouchy about 1 1/2 to 2 1/2 hours later, when the effects are wearing off

Caffeine pills have even been known to cause overdose and death !!

Things To Think About:

- 1) How easy it is for one cup of caffeinated coffee or cola to lead to a 2nd or a 3rd. And how the accumulated effects of all that caffeine might be affecting your body.
- 2) Caffeine is the only habit-forming (read "potentially addictive") drug routinely served to children. (Think sodas and chocolate candy bars.)
- 3) Drug makers have to label the amount of caffeine in their products, but food and beverage companies do not.

A Word on...RITALIN and Adderall



Rita-
WHAT?

Both Ritalin (Chemical name: Methylphenidate) and Adderall are prescription drugs used to treat Attention Deficit Disorder. When doctors prescribe them for this purpose, they are usually safe and effective.

BUT..... sometimes people get Adderall or Ritalin (also known as “Rits” and “Vitamin R”) illegally, crush the pills, and snort the powder up their nose.



Why would
someone do that?

Ritalin and Adderall, when snorted, are powerful stimulants that make users feel awake, energetic, and happy. People sometimes take them at parties and dance clubs, or before a big game to get an artificial boost of energy.



Isn't that
dangerous?

YES!

- When a drug that's supposed to be swallowed is snorted instead, many of the chemicals that would've been destroyed in the stomach are left to do serious damage (like burn holes) in nasal membranes (that's the nose)!
- In addition, note this difference. Drugs that are swallowed eventually go through the liver where they are metabolized or broken down. Because “snorting” makes drugs bypass the liver, their effects are more powerful (in this case that means potentially even more dangerous)!
- Effects of snorting Ritalin and Adderall include sleeplessness, loss of appetite, increased heart rate and blood pressure, and shallow breathing.
- Snorting **HIGH** doses have even been known to cause seizures, overdose..... and death.










SLANG

A Word on...COCAINE!


Cocaine (“coke,” “toot,” “snow,” “nose candy,” “blow,” “snort”) is a white powder that comes from the coca leaf. It was once used by doctors as a local anesthetic. But now it is rarely used for medical purposes!

Cocaine speeds up the mind and body causing:

-  ● Increased  rate & breathing
-  ● Dilated pupils
-  ● Rise in body temperature and blood pressure
-  ● Increased perspiration
-  ● Nose damage if snorted
-  ● Lung damage if smoked

Even a “first snort” can uncover unknown allergies or aggravate hidden heart defects, leading to sudden death!

Cocaine also causes BIG changes in emotions!

1st — short term intense pleasure followed by — an intense CRASH  (depressed or anxious feelings) causing users who want to feel good again to take more of the drug...
This can start the cycle of addiction.

And for those who get addicted, cocaine can become more important than Friends, Family, even Food!

Ways People Take Cocaine

 Snorting — the most common way. Takes effect within 3 minutes.



Injecting — Cocaine is dissolved in water and injected. Takes effect within 20 seconds.



Smoking — the fastest way to get cocaine to the brain. In freebase, paste, or rock form, or when added to marijuana or tobacco (and called “coolies” or “woolahs”), the drug can take effect within 10 seconds!

A Word on...

CRACK!

CRACK is a form of cocaine that has been chemically changed so it can be smoked. It got its name from the “crack”ling sound it makes when smoked. Crack looks like small pebbles. (That’s how it got the nickname “rock.”)

Specific Effects of Crack

- Chronic sore throat
- Shortness of breath
- Users may see lights around objects they are focusing on
- Hoarseness
- Dilated pupils



DANGERS Common to both Cocaine and Crack

- Increased heart rate
- Increased blood pressure
- Severe weight loss & malnutrition
- Risk of heart attack
- Risk of stroke
- Overdose and death
- HIV/AIDS risk [from intravenous (IV) needle use of cocaine and from increased high risk sexual behavior that often accompanies crack use]



So are crack and cocaine the same?

In some ways - yes!
They both:

- Come from the coca plant
- Act as stimulants
- Are illegal

BUT crack is more dangerous because it gets to the brain quicker. This causes stronger effects on the brain, heart, and lungs.

“Crack” is so powerful and the high so intense that users sometimes become addicted the first time they try it !! 😞

A Word on...Over-the-Counter (that's OTC) Stimulants!



Drug stores, grocery stores,
and health food stores are full of medicines
you can buy without a prescription.

BUT REMEMBER.....
just because a drug is available OTC,
does **NOT** mean it's **SAFE**.



So what
should you
do before
taking an
OTC drug?

- 1st:** Get expert advice from your pharmacist, doctor, or parent.
- 2nd:** Read the label before buying, check out the small print inside, and then follow all of the directions precisely.
- 3rd:** Learn about the effects of the OTC drug you are taking.
- 4th:** NEVER combine OTC drugs with alcohol, prescription medicines, supplements, or other over-the-counter drugs without checking with a doctor or pharmacist first.



What are some
common OTC
Stimulants?

- Caffeine
- Ephedrine (uh-FED-rin)
- Pseudoephedrine (sue-dough-uh-FED-rin)

A Word on...EPHEDRINE!

Ephedrine is an amphetamine-like stimulant that has FDA (that stands for the U.S. Food and Drug Administration) approval for treating asthma and allergies.



So what's
the
big deal?

Well, some companies claim their products produce weight loss, increased energy, “natural” highs, or enhanced muscles!

- Problem #1:** The FDA hasn't approved them for any of these uses.
- Problem #2:** They don't necessarily work.
- Problem #3:** The manufacturers don't even warn us about what the possible negative side effects might be!

And last, but by no means least.....

- Problem #4:** Ephedrine and Pseudoephedrine are often used to make methamphetamine, an extremely dangerous illegal drug !!
www



What are the dangers or risks of Ephedrine?

- Heart attack
- Stroke
- Seizures
- Death

- Dizziness
- Migraine headaches
- Insomnia (Sleeplessness)
- Nervousness
- Stomach problems
- Psychosis (a form of mental illness in which a person loses contact with reality)



So how do you know if a product has Ephedrine in it?

These ingredients indicate Ephedrine:

- Ma huang
- Ma huang extract
- Ephedra
- Chinese ephedra
- Ephedra extract
- Ephedra Herb Powder
- Ephedra Sinica
- Epi tonin

MORE BAD NEWS...



Combinations of ephedrine and caffeine can have side effects much greater than those from taking either drug alone...

Bigger headaches!

Bigger stomachaches!

Bigger heart attacks!



The FDA has issued a WARNING about the potential health risks of Ephedrine. In most states, sales are regulated by law.

In addition, Ephedra is sometimes substituted for...or added into... illegal Ecstasy capsules.

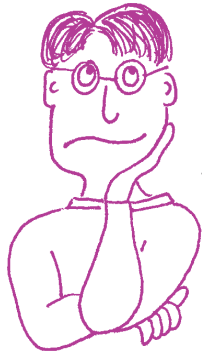


What is Pseudoephedrine?

Pseudoephedrine is an ephedrine analog (that means it's like a "relative" to ephedrine). It is made in a lab and often sold over-the-counter to supposedly help coughs, colds, allergies, and weight loss.

Most drug stores now keep this behind the counter. Because it can be used to make "meth," anyone who wants to buy it needs to show identification and sign for it at the pharmacy.

Pseudoephedrine's side effects are similar to those of ephedrine... BUT the DANGERS are INCREASED when people unknowingly take too much.



How can that happen?

Someone could take:

- Cold, cough, sinus, or allergy medicine
- Diet pills or "pep" pills
- ANY combination of the above, including caffeine!!

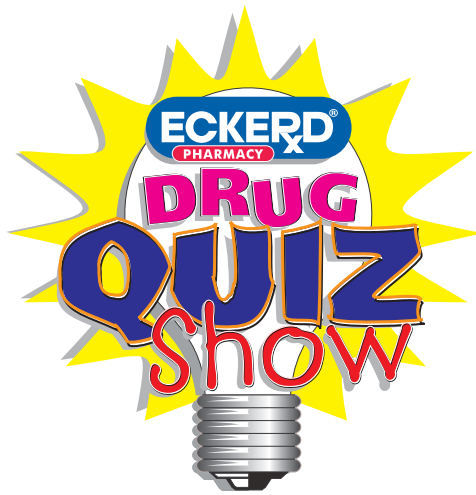
AND... the **DANGERS** range from stomachaches to

D-E-A-T-H.

(See Dangers & Risks of Ephedrine.)

Bottom Line:

Just because a product is labeled "natural" or "herbal" does NOT guarantee that it is safe. — The FDA urges people to talk with their doctors before using **ANY** dietary supplements.



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