

# COCAINE & METH

## Stimulants

Stimulants increase alertness, attention, and energy, as well as elevate blood pressure, heart rate, and respiration. Stimulants come in a variety of forms, including cocaine and methamphetamines.

## Cocaine and “Crack”

(“C”, coke, flake, snow, stardust, blow, nose candy)

Cocaine is a stimulant drug made from the leaves of the coca plant native to South America. As a street drug, cocaine looks like a fine, white, crystal powder. Street dealers often mix it with things like cornstarch, talcum powder, or flour to increase profits. They may also mix it with other drugs such as opioids, including fentanyl. This is especially risky when people using cocaine don't realize it contains this dangerous additive. Increasing numbers of overdose deaths among cocaine users might be related to this tampered cocaine.

“Crack” or “rock” is cocaine which is chemically changed so it can be smoked and inhaled into the lungs. Crack cocaine is particularly addictive and very dangerous. People are attracted to it because smoking provides a much quicker and more intense “high” than sniffing or “snorting” cocaine into the nostrils. The immediate, intense euphoria of smoking crack cocaine wears off more quickly than when the drug is sniffed. Then the user becomes anxious, irritable and deeply depressed and craves another dose to relieve the depression.

## How is cocaine used?

- snorting
- rub onto gums
- injecting the powder that has been dissolved
- smoked in the form of crack or rock

## Effects:

- the person's appetite will decrease
- the person will be more alert and have more energy and will not get tired easily
- the person's heart rate, blood pressure, and breathing will speed up and there is a risk of burst blood vessels or heart failure
- the person's pupils will be enlarged
- the person may be violent; they may experience delusions like feeling a sensation of having something crawling under their skin or believing someone is trying to hurt them

## Overdose:

Heart attacks, seizures, and strokes are some of the consequences of a cocaine overdose. Death can occur from these conditions and from mixing cocaine with opioids.

Sources: National Institute on Drug Abuse and Parent Action on Drugs



## “Crystal Meth”/ Methamphetamine

(speed, meth, chalk, ice, crystal, glass, tina, jib, crank)

Methamphetamine is a highly addictive stimulant drug usually used as a white, bitter-tasting powder or a pill. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. Smoking or injecting “meth” causes a stronger reaction than inhaling or taking it in pill form.

Another cause for concern is the way crystal meth is produced. It is made by combining household items, such as ammonia and lithium from batteries, with pseudoephedrine which is found in several common cold medicines. The illegal home laboratories which produce the drug are extremely dangerous because of the chemicals involved.

## How are methamphetamines used?

- inhaling/smoking
- swallowing (pill)
- snorting
- injecting the powder that has been dissolved

## Effects:

- it causes feelings of an intense sensation of pleasure; when smoked or injected there is a brief “rush” or “flash” although the drug stays in the body for up to 12 hours
- it causes increased heart rate, blood pressure and can cause damage to blood vessels in the brain and convulsions
- the person may experience loss of appetite, anxiety, and become aggressive or confused
- long-term effects include: possible irreversible damage to brain cell-endings associated with thinking, memory and movement, severe dental problems, insomnia, anorexia, paranoia, violent behavior, and skin sores.

## Overdose:

Methamphetamine overdose can lead to stroke, heart attack, or organ problems – such as kidney failure – caused by overheating. These conditions can result in death.

**Addiction Helpline  
for Portage County**  
**330.678.3006**

**Mental Health &  
Recovery Board**  
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