

A Deadly Dream

You've heard the hype. Cocaine or crack will thrill you, make you sexy and daring, energetic and entertaining.

The truth is that cocaine or crack will make you jumpy, nervous, suspicious, dangerous, and maybe even dead.

Cocaine's high is a short-lived fantasy. The reality of cocaine is a long nightmare.

Addiction

Cocaine is wickedly addictive. A cocaine high lasts less than thirty minutes, then users spend the other 23 1/2 hours looking for more. Anyone can become addicted to powder cocaine or crack; some immediately.

Addiction studies have shown that laboratory rats will choose cocaine over food and water. Rats will also take huge electric shocks or press a lever over 10,000 times to get a dose of cocaine. Left on their own, they will inject themselves to death.

Humans are different from rats, right? Yes. Rather than electric shocks, human addicts empty their bank accounts, sell their possessions, commit crimes, sell their bodies, and betray their loved ones.

Shocking Statistics

Last year, over 165,000 emergency room visits due to cocaine. 4,587 cocaine users died from the drug—not including those who were murdered for using or selling it.

Cocaine destroys lives. Up to 75% of people who try cocaine will become addicted to it. Only one out of four people who try to quit will be able to without help.

Cocaine is harmful to the health, even in small amounts. Trying cocaine only once can begin a long nightmare from which you may never wake up. Yes, even on the first use.



For More Information

Go to www.intheknowzone.com for an extension of this pamphlet.

Increase your knowledge using the information, statistics, images, and links.

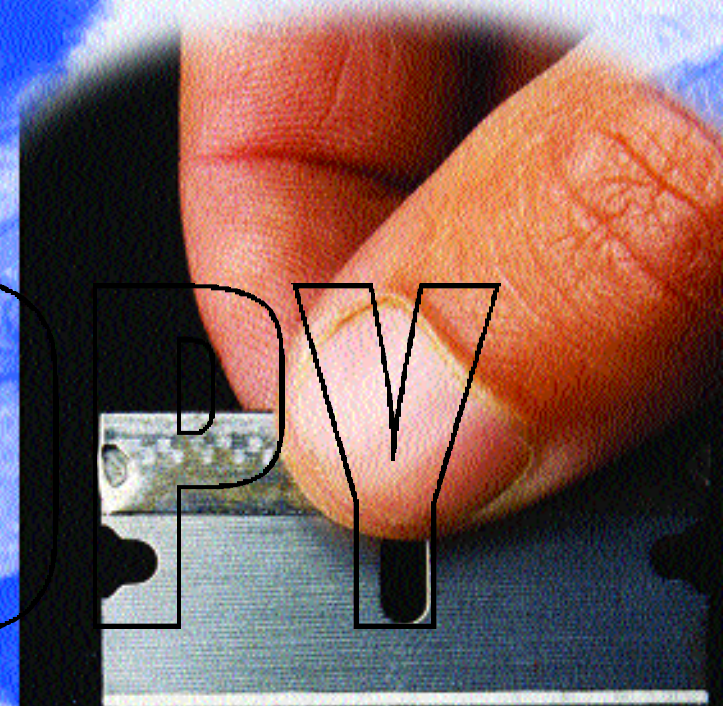
Test your understanding with a quick quiz.



Don't stay in the dark.
Get In the Know!

Cocaine

*fantasy and
nightmare*



Addiction Studies

www.intheknowzone.com/cocaine/addict/

Cocaine Statistics

www.intheknowzone.com/cocaine/stats/

in the know

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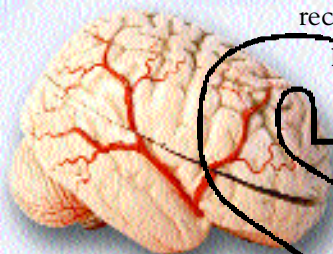
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What is cocaine?

The drug cocaine is *cocaine hydrochloride*. It is derived from the leaves of the *erythroxylon coca* bush, which grows in parts of South America.

How does cocaine work biologically?

Cocaine works deep within the brain by stimulating one of the brain's key pleasure centers. It causes the build up of *dopamine*, a brain chemical related to pleasure. Studies have recently shown that a protein, *delta-FosB*, builds up and may cause permanent damage.



"Cocaine" and "Crack"—What's the difference?

Crack is cocaine. "Cocaine" is the powdered form of the drug and "crack" is the smokeable form. Crack gets its name from the crackling sound it makes when it is burned in a glass pipe. Cocaine is a white, fine-textured powder, like flour or baby powder. It is usually sniffed up the nose, but it is sometimes diluted and injected into a vein. Crack is chemically processed into small, rock-like chunks that are white or light-colored. Powder cocaine is often "cut" with other substances like strychnine (rat poison), caffeine, cornstarch, or talcum powder. Some of the additives add to the drug's toxicity.

One important difference between powder cocaine and crack is that crack takes effect in about 10 seconds instead of 15-30 minutes. Crack's high lasts less than 10 minutes, rather than 30-60 minutes for cocaine. The faster and shorter high of crack makes it even more quickly addictive than powder cocaine. Both are illegal, highly controlled drugs with severe mandatory jail time attached to possession.

Cocaine Images

www.intheknowzone.com/cocaine/images/

What are the street names of cocaine?

Both powder cocaine and crack are sometimes called Coke, C, or Cane. Cocaine in powder form may be called lines, rails, blow, snow, or flake. Crack is sometimes called rock or base.



Coked Up

A cocaine high may make users feel joyful or excited, at first. On cocaine, people have poor judgment and decision-making skills. They often go many hours without wanting sleep or food. Users are exceedingly talkative, nervous, jumpy, and paranoid. Anxiety, especially about being caught using, is typical. Cocaine abusers tend to be irritable and irrational, and are often out of control or violent.

What does using cocaine do to the body?

In the short term, cocaine can cause:

- Dilated pupils.
- Constricted blood vessels.
- Dry mouth.
- Increased heart rate and blood pressure.
- Decreased appetite.
- Abdominal pain and nausea.
- Blurred vision.
- Fever.
- Extreme mental alertness and insomnia.
- Tremors and dizziness.
- Muscle twitches and spasms.

What are the long-term effects of using cocaine?

There is no safe way to use cocaine! The health risks become much worse when combined with alcohol or other drugs.

Cocaine's many dangers include:

- Mood disturbances.
- Nosebleeds; lost sense of smell; permanent nasal damage.
- Auditory hallucinations
- Lost control of bowels and bladder.
- Irregular heart rhythm; and altered blood pressure.
- Heart infection or heart attack.
- Difficulty breathing or respiratory failure.
- Brain infections, strokes, seizures, and coma.
- Risky behavior, including unsafe sex.
- Infertility in both sexes.
- Miscarriage or birth defects.
- Sudden death.



Cocaine and Health

www.intheknowzone.com/cocaine/damage/

How to say NO to cocaine:

Cocaine is one of the deadliest drugs out there in any form. Someone who offers you cocaine is someone to avoid. If possible, just walk away. Otherwise, explain that you care about your health, and you're not interested. A simple "No thanks" would also work—no explanation needed. Whatever you do, don't ever try cocaine or crack. It's a real nightmare.

