Changes Philosophy

The Changes team has many years experience in treating addictions and dependency. With varied backgrounds and qualifications, the team has seen most treatment methods at work, first hand. The leadership team are all in recovery themselves. Having successfully battled with their own addictions and dependencies has equipped them well to assist others in their treatment. This experience has shown that the causes of addiction are varied and each patient requires a unique treatment.

Commonly Abused Drugs

- Alcohol
- Ayahuasca
- Cocaine
- DMT
- GHB
- Hallucinogens
- Heroin
- Inhalants
- Ketamine
- Khat
- Kratom
- LSD
- Marijuana (Cannabis)
- MDMA (Ecstasy/Molly)
- Mescaline (Peyote)
- Methamphetamine
- Over-the-counter
- Cough/Cold Medicines (Dextromethorphan or DMX)
- PCP (phencyclidine)
- Prescription Opioids
- Prescription Sedatives
- Prescription Stimulants
- Psilocybin
- Rohypnol® (Flunitrazepam)
- Salvia
- Steroids (Anabolic)
- Synthetic Cannabinoids
- Synthetic Cathinone ("Bath Salts")
- Tobacco

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People drink to socialize, celebrate, and relax. Alcohol often has a strong effect on people and throughout history, people have struggled to understand and manage alcohol’s power. Why does alcohol cause people to act and feel differently? This is what is known:

**Possible Health Effects:**

**Brain:** Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behaviour, and make it harder to think clearly and move with coordination.

**Heart:** Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including: Cardiomyopathy – Stretching and drooping of heart muscle, Arrhythmias – Irregular heartbeat, Stroke, High blood pressure.

**Liver:** Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including: Steatosis, or fatty liver, Alcoholic hepatitis, Fibrosis, Cirrhosis

**Pancreas:** Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

**Cancer:** Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the: Mouth, Oesophagus, Throat, Liver, Breast

**Immune System:** Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.
AYAHUASCA

A hallucinogenic tea made in the Amazon from a DMT-containing plant (Psychotria viridis or Diplopterys cabrerana or other)

Street Names:
Aya, Yagé, Hoasca

Ways used:
Brewed and swallowed as a tea

Possible Health Effects:
Strong hallucinations including perceptions of other-worldly imagery, altered visual and auditory perceptions; increased blood pressure; vomiting.
COCAINEN

Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Although health care providers can use it for valid medical purposes, such as local anesthesia for some surgeries, cocaine is an illegal drug.

Possible Health Effects:
Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behaviour, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma. Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite. Withdrawal symptoms include depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness.

Street Names:

Identification:
White powder, whitish rock crystal

Ways used:
Snorted, smoked, injected
DMT

A synthetic drug producing intense but relatively short-lived hallucinogenic experiences; also, naturally occurring in some South American plants (See Ayahuasca).

Street Names:
DMT, Dimitri

Identification:
White or yellow crystalline powder

Ways used:
Smoked, injected

Possible Health Effects:
Intense visual hallucinations, depersonalization, auditory distortions, and an altered perception of time and body image, usually resolving in 30-45 minutes or less. Physical effects include hypertension, increased heart rate, agitation, seizures, dilated pupils, involuntary rapid eye movements, dizziness, incoordination. At high doses, coma and respiratory arrest have occurred.
GHB

A depressant approved for use in the treatment of narcolepsy, a disorder that causes daytime “sleep attacks.” GHB is commonly abused by teens and young adults at bars, parties, clubs and raves, and is often placed in alcoholic beverages.

Street Names:
G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop

Identification:
Gamma-hydroxybutyrate or sodium oxybate (Xyrem®). Colourless liquid, white powder

Ways used:
Swallowed (often combined with alcohol or other beverages)

Possible Health Effects:
Euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behaviour, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperature, coma, death. Sometimes used as a date rape drug. When used in conjunction with alcohol causes nausea, problems with breathing, greatly increased depressant effects. Withdrawal symptoms include insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.
HEROIN

An opioid drug made from morphine, a natural substance extracted from the seed pod of the Asian opium poppy plant. Heroin, also known as diacette among other names, is an opiate most commonly used as a recreational drug for its euphoric effects.

Possible Health Effects:
Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate. Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia. Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used in conjunction with Alcohol a dangerous slowdown of heart rate and breathing, coma, death. Withdrawal symptoms include, restlessness, muscle and bone pain, insomnia, diarrhoea, vomiting, cold flashes with goose bumps (“cold turkey”), leg movements.

Street Names:
Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse.

Identification:
White or brownish powder, or black sticky substance known as “black tar heroin”

Ways used:
Injected, smoked, snorted.
INHALANTS

Solvents, aerosols, and gases found in household products such as spray paints, markers, glues, and cleaning fluids; also nitrites (e.g., amyl nitrite), which are prescription medications for chest pain.

Street Names:
Poppers, snappers, whippets, laughing gas

Identification:
Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, veg-

Possible Health Effects:
Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, light-headedness; hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking. Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache. Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing. Nitrites: increased risk of pneumonia. When used in combination with Alcohol could result in dangerously low blood pressure. Withdrawal symptoms include nausea, loss of appetite, sweating, tics, problems sleeping, and mood changes.

Ways used:
Inhaled through the nose or mouth
KETAMINE

A dissociative drug used as an anaesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.

Street Names:
Cat Valium, K, Special K, Vitamin K, Ketalar®

Identification:
Liquid, white powder

Ways used:
Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed.

Possible Health Effects:
Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death. Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory. Sometimes used as a date rape drug. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
KHAT

Pronounced "khat," a shrub (Catha edulis) found in East Africa and southern Arabia; contains the psychoactive chemicals cathinone and cathine.

Possible Health Effects:
Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, inability to concentrate, irritability, loss of appetite, insomnia, tooth decay and gum disease; gastrointestinal disorders such as constipation, ulcers, stomach inflammation, and increased risk of upper gastrointestinal tumours; cardiovascular disorders such as irregular heartbeat, decreased blood flow, and heart attack. In rare cases associated with heavy use: psychotic reactions such as fear, anxiety, grandiose delusions (fantastical beliefs that one has superior qualities such as fame, power, and wealth), hallucinations, and paranoia. Withdrawal Symptoms include depression, nightmares, trembling, and lack of energy.

Street Names:
Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat

Identification:
Fresh or dried leaves

Ways used:
Chewed, brewed as tea
KRATOM

A tropical deciduous tree (Mitragyna speciosa) native to Southeast Asia, with leaves that contain mitragynine, a psychoactive (mind-altering) opioid.

Street Names:
Herbal Speedball, Biak-biak, Ketum, Kahuam, Ithang, Thom

Identification:
Fresh or dried leaves, powder, liquid, gum

Ways used:
Chewed (whole leaves); eaten (mixed in food or brewed as tea); occasionally smoked

Possible Health Effects:
Sensitivity to sunburn, nausea, itching, sweating, dry mouth, constipation, increased urination, loss of appetite. Low doses: increased energy, sociability, alertness. High doses: sedation, euphoria, decreased pain. Anorexia, weight loss, insomnia, skin darkening, dry mouth, frequent urination, constipation. Hallucination and paranoia with long-term use at high doses. Withdrawal symptoms include muscle aches, insomnia, irritability, hostility, aggression, emotional changes, runny nose, jerky movements.
LSD

A hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is an abbreviation of the scientific name lysergic acid diethylamide.

Street Names:
Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine.

Identification:
Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to.

Ways used:
Swallowed, absorbed through mouth tissues (paper squares)

Possible Health Effects:
Rapid emotional swings; distortion of a person’s ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils. Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.
MARIJUANA

Marijuana is made from the hemp plant, Cannabis sativa. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC.

Street Names:
Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sine, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp

Identification:
Greenish-grey mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)

Ways used:
Smoked, eaten (mixed in food or brewed as tea)

Possible Health Effects:
Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis. Mental health problems, chronic cough, frequent respiratory infections. Youth: possible loss of IQ points when repeated use begins in adolescence. Pregnancy: babies born with problems with attention, memory, and problem solving. When used combination with alcohol there is increased heart rate, blood pressure; further slowing of mental processing and reaction time. Withdrawal Symptoms include irritability, trouble sleeping, decreased appetite, anxiety.
MDMA (ECSTASY)

A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name 3,4-methylenedioxy-methamphetamine.

Street Names:
Adam, Clarity, Eve, Lover's Speed, Peace, Uppers, Molly

Identification:
Colourful tablets with imprinted logos, capsules, powder, liquid

Ways used:
Swallowed, snorted

Possible Health Effects:
Lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth clenching; nausea; blurred vision; faintness; chills or sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death. Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex. When used in combination with alcohol may increase the risk of cell and organ damage. Withdrawal Symptoms include fatigue, loss of appetite, depression, trouble concentrating.
Mescaline

A hallucinogen found in disk-shaped “buttons” in the crown of several cacti, including peyote.

Street Names:
Buttons, Cactus, Mesc

Identification:
Fresh or dried buttons, capsule

Ways used:
Swallowed (chewed or soaked in water and drunk)

Possible Health Effects:
Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement.
METHAMPHETAMINE

An extremely addictive stimulant amphetamine drug. Methamphetamine is a strong central nervous system stimulant that is mainly used as a recreational drug and less commonly as a treatment for attention deficit hyperactivity disorder and obesity.

Possible Health Effects:
Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat. Anxiety, confusion, insomnia, mood problems, violent behaviour, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching. Pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used in combination with alcohol masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. Withdrawal symptoms include depression, anxiety, tiredness.

Street Names:
Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed, Desoxyn®

Identification:
White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes

Ways used:
Swallowed, snorted, smoked, injected
DEXTROMETHORPHAN

Psychoactive when taken in higher than recommended amounts. Additionally, a user may also begin to obsessively crave using the drug between bouts of compulsive use or repeated intake of large amounts. When taken in excess doses and via alternative methods, DXM can actually act as a dissociative anesthetic, mimicking the effects of drugs like PCP and Ketamine, a "date-rape" drug.

Street Names:
Robo tripping, Robo, Triple C, DXM

Identification:
Syrup, capsule

Ways used:
Swallowed

Possible Health Effects:
Euphoria; slurred speech; increased heart rate, blood pressure, temperature; numbness; dizziness; nausea; vomiting; confusion; paranoia; altered visual perceptions; problems with movement; build-up of excess acid in body fluids. Breathing problems, seizures, and increased heart rate may occur from other ingredients in cough/cold medicines.
PCP

A dissociative drug developed as an intravenous anaesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, phencyclidine.

Possible Health Effects:
Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one’s environment, anxiety. Low dose - slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement. High doses - lowered blood pressure, pulse rate, breathing rate; nausea; vomiting; blurred vision; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; suicidal thoughts; seizures, coma, and death. Memory loss, problems with speech and thinking, depression, weight loss, anxiety. PCP has been linked to self-injury. Risk of HIV, hepatitis, and other infectious diseases from shared needles. Increased risk of coma. Withdrawal Symptoms Include Headaches and sweating.

Street Names:
Angel Dust, Boat, Hog, Love Boat, Peace Pill

Identification:
White or coloured powder, tablet, or capsule; clear liquid

Ways used:
Injected, snorted, swallowed, smoked (powder added to mint, parsley, oregano, or marijuana)
PRESRIPTION OPIOIDS

Pain relievers with an origin like that of heroin. Opioids can cause euphoria and are often used non-medically, leading to overdose deaths.

Street Names:
Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank, Pancakes and Syrup, Fentanyl (Actiq®, Duragesic®, Sublimaze®), China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot

Identification:
Tablet, capsule, liquid Lozenge, sublingual tablet, film, buccal tablet

Ways used:
Injected, swallowed (often mixed with soda and flavourings) smoked, snorted smoked, rectal.

Possible Health Effects:
Pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death. Pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. Older adults: higher risk of accidental misuse or abuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used with alcohol it slows of heart rate and breathing leading to coma or death. Withdrawal Symptoms include restlessness, muscle and bone pain, insomnia, diarrhoea, vomiting, cold flashes with goose bumps (“cold turkey”), leg movements.
PRESCRIPTION SEDATIVES

Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems. These sedatives are controlled substances due to their potential for misuse and abuse. Misuse is often self-medication (chemical coping) of psychological symptoms in ways unauthorized by the prescriber, usually as dose escalation leading to requests for early refills. Sedatives are abused for euphoric effects, which may have dangerous consequences.

Street Names:

Identification:
Pill, capsule, liquid.

Ways used:
Snorted, swallowed, injected.

Possible Health Effects:
Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing. Sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used in combination with Alcohol it slows heart rate and breathing, which can lead to death. Withdrawal symptoms must be discussed with a health care provider; barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures.
PRESCRIPTION STIMULANTS

Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate. However, dependence and addiction are still potential risks when taking prescription stimulants. These risks increase when these drugs are misused. Taking someone else’s prescription drugs or taking the drugs to get “high” can have serious health risks.

Possible Health Effects:
Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart failure; seizures. Heart problems, psychosis, anger, paranoia. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used in combination with alcohol it masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. Withdrawal symptoms include depression, tiredness, sleep problems.

Street Names:
Amphetamine: (Adderall®, Benzedrine®) Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers. Methylphenidate: (Concerta®, Ritalin®) JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R

Identification:
Liquid, tablet, chewable tablet, capsule

Ways used:
Swallowed, snorted, smoked, injected, Chewed
PSILOCYBIN

A hallucinogen in certain types of mushrooms that grow in parts of South America, Mexico, and the United States. The use and abuse of psilocybin mushrooms, in and of itself, is not considered life-threatening, however, there are inherent dangers in the abuse of the drug that can lead to death. Identifying psilocybin mushrooms can be tricky, for instance. The mushrooms themselves, in their fresh and natural state, look very much like other types of mushrooms that are highly toxic.

Street Names:
Little Smoke, Magic Mushrooms, Purple Passion, Shrooms

Identification:
Fresh or dried mushrooms with long, slender stems topped by caps with dark gills

Ways used:
Swallowed (eaten, brewed as tea, or added to other foods)

Possible Health Effects:
Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness. Risk of flashbacks and memory problems. Risk of poisoning if a poisonous mushroom is accidentally used. When used in combination with alcohol may decrease the perceived effects of alcohol.
ROHYPNOL

A benzodiazepine chemically like prescription sedatives such as Valium® and Xanax®. Teens and young adults tend to abuse this drug at bars, nightclubs, concerts, and parties. It has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims.

Street Names:
Circles, Date Rape Drug, Forget Pill, Forget-Me Pill, La Rocha, Lunch Money, Mexican Valium, Mind Eraser, Pingus, R2, Reynolds,Rib, Roach, Roach 2, Roaches, Roachies

Identification:
Tablet, Capsule.

Ways used:
Swallowed (as a pill or as dissolved in a drink), snorted

Possible Health Effects:
sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate. When used in combination with Alcohol Severe sedation, unconsciousness, and slowed heart rate and breathing, which can lead to death. Withdrawal symptoms include Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock.
SALVIA

A dissociative drug (Salvia divinorum) that is an herb in the mint family native to southern Mexico. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.

Street Names:
Magic mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage

Identification:
Fresh or dried leaves

Ways used:
Smoked, chewed, or brewed as tea

Possible Health Effects:
Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating.
STEROIDS (ANABOLIC)

Man-made substances used to treat conditions caused by low levels of steroid hormones in the body and abused to enhance athletic and sexual performance and physical appearance.

Street Names:
Juice, Gym Candy, Pumpers, Roids Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Winstrol®), stanozolol (Durabolin®), testosterone cypionate (Depo-testosterone®)

Identification:
Tablet, capsule, liquid drops, gel, cream, patch, injectable solution

Ways used:
Injected, swallowed, applied to skin

Possible Health Effects:
Headache, acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin and whites of the eyes, infection at the injection site. Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); paranoid jealousy; extreme irritability; delusions; impaired judgment. Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer. Females: facial hair, male-pattern baldness, menstrual cycle changes, enlargement of the clitoris, deepened voice. Adolescents: stunted growth. Risk of HIV, hepatitis, and other infectious diseases from shared needles. When used in combination with Alcohol there is an increased risk of violent behaviour. Withdrawal symptoms include Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts.
SYNTHETIC CANNABINOIDs

A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes misleadingly called "synthetic marijuana" and marketed as a "natural," "safe," legal alternative to marijuana.

Street Names:
K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai

Identification:
Dried, shredded plant material that looks like potpourri and is sometimes sold as "incense"

Ways used:
Smoked, swallowed (brewed as tea)

Possible Health Effects:
Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure and reduced blood supply to the heart; heart attack. Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas. Withdrawal symptoms include headaches, anxiety, depression, irritability.
SYNTHETIC CATHINONES

An emerging family of drugs containing one or more synthetic chemicals related to cathinone, a stimulant found naturally in the khat plant. Examples of such chemicals include mephedrone, methylone, and 3,4methylenedioxyprovalerone (MDPV).

Street Names:
Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning

Identification:
White or brown crystalline powder sold in small plastic or foil packages labeled "not for human consumption" and sometimes sold as jewellery cleaner; tablet, capsule, liquid

Ways used:
Swallowed, snorted, injected

Possible Health Effects:
Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behaviour; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking. Breakdown of skeletal muscle tissue; kidney failure; death. Risk of HIV, hepatitis, and other infectious diseases from shared needles. Withdrawal Symptoms includes depression, anxiety, problems sleeping, tremors, paranoia.
Plant grown for its leaves, which are dried and fermented before use. Tobacco contains nicotine, an ingredient that can lead to addiction, which is why so many people who use tobacco find it difficult to quit. There are also many other potentially harmful chemicals found in tobacco or created by burning it.

**Possible Health Effects:**
Increased blood pressure, breathing, and heart rate. Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukaemia; cataracts; pneumonia. Pregnancy: miscarriage, low birth weight, premature delivery, stillbirth, learning and behaviour problems. Withdrawal symptoms include irritability, attention and sleep problems, increased appetite.

**Street Names:**
cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)

**Identification:**
Many brand names

**Ways used:**
Smoked, snorted, chewed, vaporized