

## Commonly Abused Drugs and Their Effects

The drugs listed does not cover all the drugs of abuse that can occur, however, this list does reflect some of the ones we are seeing more frequently in our communities at this time. The symptoms, effects, and dangers listed are some of the things to look for, but does not encompass the full spectrum of issues that these drugs can effect.

\*It is important to realize that adolescents metabolize drugs differently than adults and can be more prone to addiction earlier than adults.

### Alcohol such as Beer, Wine, and Liquor (alcohol is a depressant)

#### Some physical symptoms to look for are:

Relaxation, lowered inhibitions, impaired coordination, slowed reflexes, intoxication, slurred speech, unsteady walk.

#### Effects:

Intoxicated behavior, smell of alcohol on breath or clothes, hangover, glazed eyes

#### Dangers:

Addiction, alcohol poisoning, overdose especially when mixed with other depressants, accidents from impaired judgment, damage to organs

### Depressants such as Barbiturates, Tranquilizers, and Sedatives

#### Some physical symptoms to look for are:

Intoxication, drowsiness, slurred speech, slower breathing and heart rate, coordination off balance

#### Effects:

Capsules, pills, confusion, dilated pupils, disorientation, depression, difficulty concentrating

#### Dangers:

Addiction, develop tolerance rapidly, possible overdoses (especially when mixed with alcohol), muscle rigidity, withdrawal into seizures

## Narcotics such as Heroin and Pain Pills

### *Some physical symptoms to look for are:*

Euphoria, drowsiness, insensitivity to pain, nausea, vomiting, watery eyes, running nose

### *Effects:*

Needle marks, syringes, snorting spoon or straw, prescription bottles, small pupils, cold, moist skin

### *Dangers*

Addiction, lethargy, loss of weight, overdose, AIDS and/or hepatitis with I.V. use

## Marijuana

### *Some physical symptoms to look for are:*

Altered perceptions, red eyes, dry mouth, laughing, hunger, reduced concentration and coordination, euphoria

### *Effects:*

Rolling papers, pipes, dried plant material, odor of burnt hemp rope, roach clips, containers with seeds/twigs, baggies

### *Dangers:*

Panic reactions, impaired short term memory, mental and emotional craving eventually becomes physical cravings, apathy and lack of motivation

## Tobacco

### *Some physical symptoms to look for are:*

Nicotine-stained fingers and teeth, smell of tobacco on breath or clothing, gravelly voice, smoker's cough  
(teens may not exhibit any of these signs in early use)

### *Effects:*

Pack of cigarettes, matches, lighters, electronic cigarettes without smoke, increased adrenalin, stimulant

### *Dangers:*

Addiction, breathing problems, increased illnesses, heart disease, stroke, cancer of the lungs, mouth and throat, chronic lung disease such as emphysema and bronchitis