

Drug Symptom Identification

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This isn't as confusing as it might seem! Stay focused on detecting a change from normalcy. Then worry about narrowing it down. The best method is to let a drug test do the deciphering for you. Visit www.mpoweredparent.com for instructions on performing sobriety tests.

	Alcohol	Tobacco	Marijuana	Inhalants	Stimulants	Depressants	Hallucinogens	Narcotics	PCP
Duration of Symptoms	App. 1 hour per each serving	20 minutes	2 to 4 hours	5 minutes to 8 hours	5 minutes to 12 hours	1 to 16 hours	5 minutes to 12 hours	4 to 24 hours	4 to 6 hours
Detectable by Drug Test	12 hours	17 hours	1 to 10 days	Not detectable	4 hours to 2 days	2 hours to 2 days	2 hours to 2 days	2 hours to 2 days	4 hours to 7 days
Pupil Size	Normal	Normal	Dilated*	Normal	Dilated	Normal	Dilated	Constricted	Normal
Lack of Convergence	Normal	Normal	Present	Present	Normal	Present	Normal	Normal	Present
Temperature	Normal	Normal	Normal	Varies	Higher	Normal	Higher	Lower	Higher
Pulse Rate	Higher	Higher	Higher	Higher	Higher	Lower	Higher	Lower	Higher
Blood Pressure	Higher	Higher	Higher	Higher	Higher	Lower	Higher	Lower	Higher
Time Estimation	Normal	Normal	Slower	Faster	Faster	Slower	Slower	Slower	Faster
Other Symptoms	Odor on breath Slurred speech Lack of coordination	Odor on breath or clothes Stained fingers or teeth	Red eyes Odor on breath or clothes Eyelid tremors Muscle tremors Increased appetite	Odor or residue on mouth or clothes Nausea Headache Disoriented	Jittery Talkative Runny nose or dry mouth	Disoriented Drowsy Uncoordinated Slow, slurred speech	Spacey Hallucinations Paranoia Memory loss Uncoordinated	Sleepiness Droopy eyelids Soft, low voice Euphoria	Confused Aggressive Sweaty Repetitive

* Marijuana usually causes a conspicuous but short-term dilation of the pupil. It will only be detectable for about 20 minutes after use, or after high doses.

COMMONLY ABUSED DRUGS

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Substances: Category and Name	Examples of Commercial and Street Names	DEA Schedule* / How Administered**	Intoxication Effects/Potential Health Consequences
Camaloids			
hashish	boom, chronic, gangster, hash, hash oil, hemp	I/swallowed, smoked	euphoria, slowed thinking and reaction time, confusion, impaired balance and coordination/cough, frequent respiratory infections; impaired memory and learning; increased heart rate, anxiety, panic attacks; tolerance, addiction
marijuana	blunt, dope, ganja, grass, herb, joints, Mary Jane, pot, reefer, sinsemilla, skunk, weed	I/swallowed, smoked	
Depressants			
barbiturates	<i>Amytal, Nembutal, Seconal, Phenobarbital</i> : barbs, rebs, red birds, phennies, tooles, yellows, yellow jackets	II, III, V/injected, swallowed	reduced anxiety; feeling of well-being; lowered inhibitions; slowed pulse and breathing; lowered blood pressure; poor concentration/fatigue; confusion; impaired coordination, memory, judgment; addiction; respiratory depression and arrest; death
benzodiazepines (other than flunitrazepam)	<i>Ativan, Halcion, Librium, Valium, Xanax</i> : candy, downers, sleeping pills, tranks	IV/swallowed, injected	Also, for barbiturates—sedation, drowsiness/depression, unusual excitement, fever, irritability, poor judgment, slurred speech, dizziness, life-threatening withdrawal
flunitrazepam***	<i>Rohypnol</i> : forget-me pill, Mexican Valium, R2, Roche, roofies, roofinol, rope, rophies	IV/swallowed, snorted	for benzodiazepines—sedation, drowsiness/dizziness
GHB***	<i>gamma-hydroxybutyrate</i> : G, Georgia home boy, grievous bodily harm, liquid ecstasy	I/swallowed	for flunitrazepam—visual and gastrointestinal disturbances, urinary retention, memory loss for the time under the drug's effects
methaqualone	<i>Quaalude, Sopor, Parest</i> : ludes, mandrex, quad, quay	I/injected, swallowed	for GHB—drowsiness, nausea/vomiting, headache, loss of consciousness, loss of reflexes, seizures, coma, death
			for methaqualone—euphoria/depression, poor reflexes, slurred speech, coma
Dissociative Anesthetics			
ketamine	<i>Ketalar</i> SV: cat Valliums, K, Special K, vitamin K	II/injected, snorted, smoked	increased heart rate and blood pressure, impaired motor function/memory loss; numbness; nausea/vomiting
PCP and analogs	<i>phencyclidine</i> : angel dust, boat, hog, love boat, peace pill	I, II/injected, swallowed, smoked	Also, for ketamine—at high doses, delirium, depression, respiratory depression and arrest
			for PCP and analogs—possible decrease in blood pressure and heart rate, panic, aggression, violence/loss of appetite, depression
Hallucinogens			
LSD	<i>lysergic acid diethylamide</i> : acid, blotter, boomers, cubes, microdot, yellow sunshines	I/swallowed, absorbed through mouth tissues	altered states of perception and feeling; nausea; persisting perception disorder (flashbacks)
mescaline	buttons, cactus, mesc, peyote	I/swallowed, smoked	Also, for LSD and mescaline—increased body temperature, heart rate, blood pressure; loss of appetite, sleeplessness, numbness, weakness, tremors
psilocybin	magic mushroom, purple passion, shrooms	I/swallowed	for LSD—persistent mental disorders
			for psilocybin—nervousness, paranoia
Opioids and Morphine Derivatives			
codeine	<i>Empirin with Codeine, Fiorinal with Codeine, Robitussin A-C, Tylenol with Codeine</i> : Captain Cody, Cody, schoolboy; (with glutethimide) doors & fours, loads, pancakes and syrup	II, III, IV, V/injected, swallowed	pain relief, euphoria, drowsiness/nausea, constipation, confusion, sedation, respiratory depression and arrest, tolerance, addiction, unconsciousness, coma, death
fentanyl and fentanyl analogs	<i>Actiq, Duragesic, Sublimaze</i> : Apache, China girl, China white, dance fever, friend, goodfella, jackpot, murder 8, TNT, Tango and Cash	I, II/injected, smoked, snorted	Also, for codeine—less analgesia, sedation, and respiratory depression than morphine
heroin	<i>diacetylmorphine</i> : brown sugar, dope, H, horse, junk, skag, skunk, smack, white horse	I/injected, smoked, snorted	for heroin—staggering gait
morphine	<i>Roxanol, Duramorph</i> : M, Miss Emma, monkey, white stuff	II, III/injected, swallowed, smoked	
opium	<i>laudanum, paregoric</i> : big O, black stuff, block, gum, hop	II, III, V/swallowed, smoked	
oxycodone HCL	<i>OxyContin</i> : Oxy, O.C., killer	II/swallowed, snorted, injected	
hydrocodone bitartrate, acetaminophen	<i>Vicodin</i> : vike, Watson-387	II/swallowed	
Stimulants			
amphetamines	<i>Biphetamine, Dexedrine</i> : bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	II/injected, swallowed, smoked, snorted	increased heart rate, blood pressure, metabolism; feelings of exhilaration, energy, increased mental alertness/rapid or irregular heart beat; reduced appetite, weight loss, heart failure, nervousness, insomnia
cocaine	<i>Cocaine hydrochloride</i> : blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, tooth	II/injected, smoked, snorted	Also, for amphetamine—rapid breathing/tremor, loss of coordination; irritability, anxiousness, restlessness, delirium, panic, paranoia, impulsive behavior, aggressiveness, tolerance, addiction, psychosis
			for cocaine—increased temperature/chest pain, respiratory failure, nausea, abdominal pain, strokes, seizures, headaches, malnutrition, panic attacks

*Schedule I and II drugs have a high potential for abuse. They require greater storage security and have a quota on manufacturing, among other restrictions. Schedule I drugs are available for research only and have no approved medical use. Schedule II drugs are available only by prescription (unrefillable) and require a form for ordering. Schedules III and IV drugs are available by prescription, may have five refills in 6 months, and may be ordered orally. Most Schedule V drugs are available over the counter.

**Taking drugs by injection can increase the risk of infection through needle contamination with staphylococci, HIV, hepatitis, and other organisms.

***Associated with sexual assaults.

Substances Category and Name	Examples of Commercial and Street Names	DEA Schedule / How Administered*	Intoxication Effects/Potential Health Consequences
Stimulants (amphetamines)			
MDMA (methylendioxyamfetamine)	Adam, clarity, ecstasy, Eve, lover's speed, peace, STP, X, XTC	I/swallowed	for MDMA—mild hallucinogenic effects, increased tactile sensitivity, empathic feelings/impaired memory and learning, hyperthermia, cardiac toxicity, renal failure, liver toxicity
methamphetamine	Desoxy: chalk, crank, crystal, fire, glass, go fast, pe, meth, speed	II/injected, swallowed, smoked, snorted	for methamphetamine—aggression, violence, psychotic behavior/memory loss, cardiac and neurological damage; impaired memory and learning, tolerance, addiction
methylphenidate (safe and effective for treatment of ADHD)	Ritalin: Jif, MPH, R-ball, Skippy, the smart drug, vitamin R	II/injected, swallowed, snorted	for nicotine—additional effects attributable to tobacco exposure: adverse pregnancy outcomes; chronic lung disease, cardiovascular disease, stroke, cancer; tolerance, addiction
nicotine	cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, bidis, chew	not scheduled/smoked, snorted, taken in snuff and spit tobacco	
Other Compounds			
anabolic steroids	Anadrol, Oxandrin, Durabolin, Depo-Testosterone, Equipoise: roids, juice	II/injected, swallowed, applied to skin	no intoxication effects (hypertension, blood clotting and cholesterol changes, liver cysts and cancer, kidney cancer, hostility and aggression, acne; in adolescents, premature stoppage of growth; in males, prostate cancer, reduced sperm production, shrunken testicles, breast enlargement; in females, menstrual irregularities, development of beard and other masculine characteristics)
inhalants	Solvents (paint thinners, gasoline, glues), gases (butane, propane, aerosol propellants, nitrous oxide), nitrites (isoamyl, isobutyl, cyclohexyl): laughing gas, poppers, snappers, whippets	not scheduled/inhaled through nose or mouth	stimulation, loss of inhibition; headache; nausea or vomiting; slurred speech, loss of motor coordination; wheezing/unconsciousness, cramps, weight loss, muscle weakness, depression, memory impairment, damage to cardiovascular and nervous systems, sudden death

Principles of Drug Addiction Treatment

Nearly three decades of scientific research have yielded a few fundamental principles that characterize effective drug abuse treatment. These principles are detailed in NIDA's *Principles of Drug Addiction Treatment: A Research-Based Guide*.

- No single treatment is appropriate for all individuals.** Matching treatment settings, interventions, and services to each patient's problems and needs is critical.
- Treatment needs to be readily available.** Treatment applicants can be lost if treatment is not immediately available or readily accessible.
- Effective treatment attends to multiple needs of the individual, not just his or her drug use.** Treatment must address the individual's drug use and associated medical, psychological, social, vocational, and legal problems.
- At different times during treatment, a patient may develop a need for medical services, family therapy, vocational rehabilitation, and social and legal services.**
- Remaining in treatment for an adequate period of time is critical for treatment effectiveness.** The time depends on an individual's needs. For most patients, the threshold of significant improvement is reached at about 3 months in treatment. Additional treatment produces further progress. Programs should include strategies to prevent patients from leaving treatment prematurely.
- Individual and/or group counseling and other behavioral therapies are critical components of effective treatment for addiction.** In therapy, patients address motivation, build skills to resist drug use, replace drug-using activities with constructive and rewarding non-drug-using activities, and improve problem-solving abilities. Behavioral therapy also facilitates interpersonal relationships.
- Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.** Bupropion, naltrexone, and alpha-2-agonist medication (LAAM) help patients addicted to opiates stabilize their lives and reduce their drug use. Naltrexone is effective for some opiate addicts and some patients with co-occurring
- Recovery from drug addiction can be a long-term process and frequently requires multiple episodes of treatment.** As with other chronic illnesses, relapses to drug use can occur during or after successful treatment episodes. Participation in self-help support programs during and following treatment often helps maintain abstinence.

Teens Who Have Ever Used Illicit Drugs or Cigarettes

Grade	Any Illicit Drug	Cigarettes	Cocaine	Heroin	Marijuana
12th	~55%	~45%	~15%	~5%	~35%
10th	~45%	~35%	~10%	~3%	~25%
8th	~35%	~25%	~5%	~2%	~15%

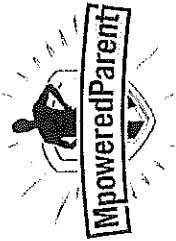
Source: University of Michigan, *Monitoring the Future Study, 2002*

Percentage of U.S. Population (Aged 12 and Over) Who Have Ever Used Drugs of Abuse

Substance	Percentage
Any Illicit Drug	~45%
Marijuana	~35%
Cocaine	~15%
Heroin	~5%
Cigarettes	~65%

Source: SAMHSA, *National Household Survey on Drug Abuse, 2002*

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Drug Categories

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Alcohol	Tobacco	Marijuana	Inhalants	Stimulants	Depressants	Hallucinogens	Narcotics	PCP
Beer Wine Liquor Mixed Drinks	Cigarettes Cigars Chewing Tobacco Snuff	Marijuana Hashish Hash Oil Marijuana used as cooking product Marinol K2	Solvents Gases Aerosols Nitrites (Examples) Spray Paint Hobby Glue Canned Air Gasoline Deodorizers Nitrous Oxide Whiteout Spot Remover Lighter Fluid Hair Spray	Cocaine Amphetamine Methamphetamine Adderall Ritalin Concerta	GHB Xanax Valium Rohypnol Klonopin Quaaludes	MDMD – Ecstasy LSD PCP Ketamine Mescaline Peyote Cactus Psychedelic Mushrooms	Heroin Morphine Hydrocodone Oxycodone Codeine Vicodin Percocet Oxycontin Demerol Fentanyl	PCP

These are the main drugs abused by teens and young adults. In actuality, there are hundreds. Do not get wrapped up in determining what drug your child may be using. Once you identify an indicator of drug use, its time to talk and test. Never assume that it's limited to alcohol or tobacco. Many teen tobacco smokers, for example, use marijuana as well. Prescription drug abuse is alarmingly prevalent amongst 12-17 year olds. Once a young person becomes a fan of recreational intoxication, the sky is the limit.