



Press Release

Lake County Sheriff's Office
www.sheriffdunlap.org

Daniel A. Dunlap
Sheriff

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As law enforcement officers it seems the more we speak in depth to people about drug abuse and addiction, the more we come to realize how many people have no understanding about drugs beyond the names of various narcotics. While everyone has heard the terms heroin, cocaine and meth, few know what they mean, how to recognize them, nor what to look for, especially if their children are at risk of narcotic use or addiction.

Sorting through all of the information on drugs and their dangers can be a daunting task. The following news release is an effort to explain drug abuse and addiction as it relates to some of the more common narcotics plaguing our society today. It certainly is not a comprehensive list, but an introduction by which everyone can expand their knowledge.



Heroin

Otherwise known as: Smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, China white, Mexican black tar



It is an opiate. This means it is either naturally derived from the flowers of the poppy plant, or engineered via synthetic substitutes. Heroin is a drug that is produced from morphine, which comes from the seedpods of poppy plants. Users of heroin develop a tolerance for the drug, meaning they need more and more to get the high they desire. This addiction leads to dependence because your body adapts to the presence of heroin, and the lack of it creates withdraws that come in the form of muscle and bone pain, to diarrhea and vomiting ... often within just a few hours of not taking the drug.

Heroin suppresses breathing, and often has additives that will not dissolve in the blood stream. This creates clots that travel to your lungs, heart and brain

Lake County Sheriff's Office 104 East Erie Street Painesville, Ohio 44077
Phone: 440.350.5517 Fax: 440.350.5590

causing overdoses and death. This can occur in minutes when medical treatment cannot respond in time to save the person's life. As well there are health conditions that plague heroin users such as infection of the heart lining and valves, liver disease, lung disease, and hepatitis and HIV/AIDS from needle use.

Heroin can be used in a variety of ways. "*Mainlining*" is when heroin is injected into a vein. But it is also injected into muscle, smoked in a pipe, mixed in cigarettes or in marijuana, or snorted in the nose. After injection users *get "the rush"*, which is a surge of euphoria with warm flushing of the skin, dry mouth and heavy extremities. This is followed by "*the nod*" which is a change back and forth between wakeful and drowsy states. Other effects include slowed and slurred speech, slow walk, droopy eyelids, vomiting and constipation.



Meth

Otherwise known as: Meth, ice, crank, chalk, crystal, fire, glass, go fast, speed, Tina, T



Meth, or methamphetamine, is a powerfully addictive stimulant, and it is extremely dangerous to the body's central nervous system. It acts as a depressant that affects the brain's pleasure systems and interferes with the brain's ability to perceive pain. It leads to severe psychological or physical dependence. Small amounts of meth can cause a rapid or irregular heartbeat, increase your blood pressure and elevate your body temperatures. This causes death from stroke, heart attack or organ failure due to overheating. Meth is a highly addictive drug. Abuse can cause extreme weight loss, dental problems ("meth mouth"), and leads to sores and scabs on your skin and face. People who use meth often display a range of psychotic behaviors, including paranoia, hallucinations, and delusions. Feeling that insects crawling under the skin is one of the most common meth delusions.

Methamphetamines can be taken orally, injected, snorted or smoked by the user. When smoked or injected there is a "*rush*" that lasts only a few moments, but is said to be extremely pleasurable. When snorted or swallowed there is no "*rush*" but there is a high.

"*Meth mouth*" is a dental condition with severe decay and loss of teeth, fracturing of teeth, enamel erosion, and other oral problems from extended use of the drug methamphetamine.



Bath Salts



Otherwise known as such Brand Names as:
Brand names include Blizzard, Blue Silk, Charge+, Ivory Snow, Ivory Wave, Ocean Burst, Pure Ivory, Purple Wave, Snow Leopard, Stardust, Vanilla Sky, White Dove, White Knight and White Lightning



Bath Salts are synthetic stimulants, usually in the form of or brown crystalline powder. They contain chemicals similar to amphetamines and ecstasy. They are relatively new and the contents of Bath Salts are often unknown, which make them highly dangerous. The most commonly reported emergency room reactions include rapid heartbeat, high blood pressure, chest pains, agitation, hallucinations, extreme paranoia, aggressive behaviors, delusions ... and can be fatal. They seem to have many similarities to methamphetamine (meth). Bath Salts carry the risk of stroke, heart attack and sudden death. They may be marketed as a cheap substitute for drugs like cocaine.

Bath Salts are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins. They are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names, or in tablet and capsule form. *MDPV* is a fine white or off-white powder. *K2* is typically sold in small, silvery plastic bags of dried leaves and marketed as incense that can be smoked. It is said to resemble potpourri.

MDMA (Ecstasy)



Otherwise known as: Molly, ecstasy, XTC, X, E, Adam, Eve, clarity, hug, beans, love drug, lovers' speed, peace, uppers



MDMA (methylenedioxy-methamphetamine) is another synthetic drug. It acts both as a stimulant and a hallucinogenic. Chemicals such as caffeine, DXM, amphetamines, PCP, and cocaine are sometimes added. It increases your heart rate and blood pressure, producing tremors, muscle cramps, nausea, faintness, chills, sweating and blurred vision. High levels of the drug in the blood stream can increase the risk of seizures and affect the heart's ability to maintain its normal rhythm. Users often feel confusion, depression or even severe anxiety ... and these occurs often days or weeks after taking the drug.

It affects the brain chemical serotonin, which works to help your brain cells communicate with each other. MDMA is harmful to your brain and increases the risk of long-term problems with memory and learning. It also causes hyperthermia, which can lead to liver, kidney and cardiovascular failure.



Cocaine

Otherwise known as: Blow, bump, C, candy, Charlie, coke, snow, Crack



Cocaine is a hydrochloride salt which is extracted from the coca plant. "*Crack*" is a type of processed cocaine that is formed into a rock-like crystal. Cocaine works as a stimulant, increasing your heart rate, blood pressure and body temperature. While at first it makes you sweaty and shaky, seizures, cardiac arrest and death are the true risks. It over stimulates your brain's reward system, and ultimately changes the way your brain works. Highly addictive, it damages your nasal passages, and can eventually make your nose collapse.

Cocaine can be snorted or dissolved in water and injected. Crack can be smoked. If snorted the high lasts 15-30 minutes. If smoked it lasts 5-10 minutes. But since the effects are short lived, and once the drug leaves the brain, users get a "coke crash" which includes depression, irritability and fatigue.



Mushrooms

Otherwise known as: Magic mushrooms, shrooms, caps, boomers



Mushrooms can be eaten, brewed and consumed as tea. There is an active chemical in hallucinogenic mushrooms called psilocybin. This chemical is found in approximately 190 species of edible mushrooms. Mushrooms disrupt how your nerve cells and serotonin communicate with your brain, distorting how your brain processes information and makes you hallucinate. Rapid mood swings change your perceptions so you often cannot tell the difference between fantasy and reality. This causes panic, and breaks with reality (psychosis). Long term effects are flashbacks, impaired memory and psychiatric illness.

We encourage everyone to get educated concerning drug abuse in our/your community. Obviously Heroin is a huge problem today in our community, with at least 25 deaths attributable to its addiction right here in Lake County in 2013. But unfortunately, in today's world, no one is immune to the impact of drug addiction. Some are users. Others are the family members and friends of users who have seen the lives of their parents, children, and friends deteriorate and often die because of drug addiction. Many more are the victims of drug addiction; those whose homes and valuables are robbed by users to support their habits, and citizens whose taxes are used to fight drug use and addiction, or treat such offenders.

Obviously this is just the short list of narcotics being used today. Others include *DXM, Ketamine, Rohypnol, Spice, Steroids, Marijuana* ... the list is endless. We encourage everyone to use the resources available to understand the world of drug abuse, be able to recognize it in the world around you, and know where you can go for help for yourself, for a loved one or friend, or to address its abuse in your neighborhood.

The following are some recommended websites that we used to prepare the information in this release, as well as others which provide excellent information:

- www.abovetheinfluence.com
- www.drugfree.org
- <http://teens.drugabuse.gov/>
- http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm
- <http://www.drugabuse.gov/news-events/nida-notes/2007/10/impacts-drugs-neurotransmission>

... This website explains in detail explains how addiction occurs in the brain by the narcotic disruption of neurotransmitters and brain messaging

Frank Leonbruno

Chief Deputy, Lake County Sheriff's Office
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