\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are drugs that cause alertness.

* Caffeine is the mildest stimulant
* Other stimulants such as cocaine and amphetamines are stronger and can be very dangerous.

**Caffeine**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ occurring stimulant.
* Aside from over-the-counter drugs caffeine is found in colas, tea, and coffee.
* Absorbed quickly into bloodstream.
* Can usually feel its effects within 30 minutes of drinking a 12 oz drink.
* Can lead to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and physical dependence.
* Those who attempt to give up caffeine have been known to suffer headaches, irritability, drowsiness and anxiety.

**Cocaine and Crack**

* Cocaine comes in two forms.
  + Powder cocaine is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ salt, made from the leaf of the coca plant.
  + “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” is a smokeable form of cocaine that is processed with ammonia or baking soda and water, and heated to remove the hydrochloride.
* Very addictive
* Can be sniffed, injected, or smoked
* When sniffed the drug enters into the nasal passages and then travels directly to the brain.
* Smoking or injecting cocaine allows higher doses to reach the brain faster than sniffing.
* Cocaine produces a sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because it interferes with the reabsorption of dopamine, the chemical messenger in the brain that is associated with pleasure.
* The feeling of pleasure last 5 to 10 minutes when the cocaine is smoked and about 20 minutes when it is sniffed.
* Cocaine deaths are usually a result of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or seizures followed by respiratory arrest.
* The sense of pleasure is often followed by irritability, anxiety, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* These feelings usually last longer than the pleasurable emotions.
* Leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dependence.
* The only way to get the good feeling back is to take the drug again.
* It is just as hard to break the mental dependence on the drug as it is to break the physical dependence.
* Even if it wasn’t addictive the drug is very dangerous for the body.
* Cocaine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the body’s blood vessels making it hard for blood to circulate.
* This is can cause a heart attack.
* This is why you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with just one use.

**Crack**

* Crack is cocaine that has been chemically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* It is smoked. The cocaine’s base is chemically changed.
* When smoked it causes all to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
  + Blood pressure
  + Heart rate
  + Breathing
  + Body temperature
* Can cause heart attack like cocaine, also brain seizures, and strokes.
  + The increase in blood pressure can cause blood vessels to rupture.
* Causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and violent erratic behavior

**Amphetamines**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drug – not derived from nature.
* Can be prescribed for neurological disorders and life threatening obesity.
* Amphetamines, such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are stimulants that often come in pill form and are sometimes prescribed by doctors for medical problems, most commonly attention deficit hyperactivity disorder (ADHD).
* Amphetamines can also be abused—that is, used in a way other than as prescribed (e.g., crushed and snorted) or used by someone without a prescription.
* Can lead to tolerance, psychological dependence and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Marijuana**

* Comes from the cannabis or hemp plant
* Marijuana has a chemical in it called delta-9-tetrahydrocannabinol, better known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* But THC is the main \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (i.e., mind altering) ingredient.
* THC interferes with learning and memory—that is because the hippocampus—a part of the brain with a funny name and a big job—plays a critical role in certain types of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Disrupting its normal functioning can lead to problems studying, learning new things, and recalling recent events.
* Can become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dependent on the drug
* Causes loss of coordination and poor judgment
* Causes a person to feel anxious or paranoid
* Contains toxins that can damage:
  + Lungs
  + Reproductive system
  + Immune system

**Narcotics** – made from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ poppy plant

* Useful for medical purposes
* Relieve pain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* They are the most physically addictive drugs
* Need to follow doctors orders
* Heroin is a powerful narcotic that is illegal to buy sell or use
* People who are addicted to heroin have to keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their doses
* For this reason the overdose is a risk

**Treatment**

**How Addiction Treatment Works**

* A person who is addicted to drugs needs to follow a treatment approach that includes a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phase first. This is the part of the program where the addict’s body gets rid of the drugs. Withdrawal symptoms that the addict will experience during this time include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sleep disturbances, body aches and pains, increased appetite and irritability.
* This phase of the addiction treatment should be supervised by people who are knowledgeable about this form of addiction and can monitor the addict’s condition during the process.
* This phase can last for up to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days, depending on how long the person used the drug and how much of it they were ingesting.
* Once the drugs have left their system, the addict needs to go to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ facility or a center that specializes in treating addiction to complete the treatment process and put them on the road to recovery.