

HEADS UP REAL NEWS ABOUT DRUGS AND YOUR BODY



Outsmart the Chart

Use the chart below to review the facts about major drugs of abuse. Then test your knowledge with the accompanying *Jeopardy*-style quiz.

NAME OF DRUG	STREET NAMES	HOW IT'S USED	SHORT-TERM EFFECTS	HEALTH RISKS
Cocaine	Coke, blow, bump, C, candy, Charlie, flake, rock, snow, toot, crack	Smoked from a pipe (crack); snorted through the nose; or injected into veins with a hypodermic needle	Increased heart rate; high blood pressure; irregular heart beat; alertness and euphoria (extreme happiness); decreased appetite	Irregular heartbeat; reduced appetite; weight loss; chest pains; headaches; malnutrition; dangerously high body temperature (hyperthermia); heart attack; slow or stopped breathing; stroke; seizures; HIV/AIDS; death
Heroin	Brown sugar, dope, H, horse, junk, skag, skunk, smack, white horse	Injected directly into veins; smoked; snorted through the nose	Pain relief; euphoria; nausea; drowsiness	Confusion; constipation; staggering gait; slowed or stopped breathing; HIV/AIDS; unconsciousness; coma; death
Inhalants	Laughing gas, poppers, snappers, whippets	Inhaled through nose or mouth	Loss of inhibition; headache; nausea or vomiting; slurred speech; loss of coordination	Muscle spasms and weakness; unconsciousness; depression; memory and learning impairment; cardiovascular and nervous system damage; sudden death
LSD	Acid, blotter, boomers, cubes, microdot, screaming yellow sunshine	Swallowed or absorbed through the mouth	Altered states of perception and feeling; nausea	Loss of touch with reality; ongoing perception problems ("flashbacks"); increased body temperature, heart rate, and blood pressure; sleeplessness; weakness; tremors
Marijuana	Pot, dope, ganja, grass, herb, Mary Jane, reefer, skunk, weed	Smoked in a pipe, a cigarette or joint, or a cigar called a blunt; eaten in food; brewed as tea and drunk	Euphoria; altered perceptions; slowed thinking and reactions; impaired coordination; increased appetite	Cough; weight gain; respiratory infections; increased heart rate; anxiety; panic attacks; problems with memory and learning
MDMA	Ecstasy, E, Adam, hug, beans, love drug, X	Swallowed (pills)	Increased heart rate and blood pressure; euphoria; mental alertness; altered perception; increased tactile sensitivity; feelings of empathy	Dangerously high body temperature (hyperthermia); liver and kidney damage; heart damage; learning and memory problems
Steroids	Roids, juice	Injected; swallowed; applied to skin	Over time, anabolic (muscle-building) effects; no intoxication effects	Hostility and aggression; acne; stunted growth in teens; high blood pressure; kidney damage; liver disease; baldness; in males, breast enlargement; in females, facial hair and deepened voice; HIV/AIDS