

# Health Effects of Drugs and Alcohol

Drug Type	Dependence	Possible Effects	Effects of Overdose	Withdrawal Syndrome
<b>Narcotics</b> (e.g. heroin, morphine, codeine)	High	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
<b>Depressants</b> (e.g. GHB, benzodiazepines)	Moderate	Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
<b>Stimulants</b> (e.g. cocaine, amphetamine, methamphetamine)	High	Increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
<b>Hallucinogens</b> (e.g. LSD, PCP, ecstasy, mushrooms, peyote)	Moderate – High	Heightened senses, teeth grinding, dehydration, illusions and hallucinations, altered perception of time and distance	Increased body temperature, electrolyte imbalance, cardiac arrest; unable direct movement, feel pain, or remember	Muscle aches, drowsiness, depression, acne
<b>Cannabis</b> (e.g. marijuana, hashish, hashish oil)	Moderate	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Insomnia, hyperactivity, decreased appetite
<b>Anabolic Steroids</b> (e.g. testosterone)	Unknown	Virilization, edema, testicular atrophy, gynecomastia, acne, aggressive behavior	Unknown	Possible depression
<b>Inhalants</b>	Low – High	Flushing, hypotension, headache, impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Methemoglobinemia, vomiting, respiratory depression loss of consciousness, possible death	Agitation, trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions
<b>Alcohol</b>	High	Impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Vomiting, respiratory depression, loss of consciousness, possible death	Trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions

\* Adapted from U.S. Department of Justice Drug Enforcement Administration “Drugs of Abuse”