### COMMONLY ABUSED DRUGS AND WITHDRAWAL SYMPTOMS

<table>
<thead>
<tr>
<th>DRUG NAME</th>
<th>WITHDRAWAL SYMPTOMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>Irritability</td>
</tr>
<tr>
<td></td>
<td>Trouble sleeping</td>
</tr>
<tr>
<td></td>
<td>Decreased appetite</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
</tr>
<tr>
<td>Prescription Opioids</td>
<td>Restlessness</td>
</tr>
<tr>
<td></td>
<td>Muscle and bone pain</td>
</tr>
<tr>
<td></td>
<td>Insomnia</td>
</tr>
<tr>
<td></td>
<td>Diarrhea</td>
</tr>
<tr>
<td></td>
<td>Vomiting</td>
</tr>
<tr>
<td></td>
<td>Cold flashes with goose bumps</td>
</tr>
<tr>
<td></td>
<td>Leg movements</td>
</tr>
<tr>
<td>Prescription Sedatives &amp;</td>
<td>Seizures</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>Shakiness</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td>Agitation</td>
</tr>
<tr>
<td></td>
<td>Insomnia</td>
</tr>
<tr>
<td></td>
<td>Overactive reflexes</td>
</tr>
<tr>
<td></td>
<td>Increased heart rate, blood pressure, and temperature with sweating</td>
</tr>
<tr>
<td></td>
<td>Hallucinations</td>
</tr>
<tr>
<td></td>
<td>Severe cravings</td>
</tr>
<tr>
<td>Prescription Stimulants</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>Tiredness</td>
</tr>
<tr>
<td></td>
<td>Sleep Problems</td>
</tr>
<tr>
<td>Steroids</td>
<td>Mood swings</td>
</tr>
<tr>
<td></td>
<td>Tiredness</td>
</tr>
<tr>
<td></td>
<td>Restlessness</td>
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<tr>
<td></td>
<td>Loss of appetite</td>
</tr>
<tr>
<td></td>
<td>Insomnia</td>
</tr>
<tr>
<td></td>
<td>Lowered sex drive</td>
</tr>
<tr>
<td></td>
<td>Depression</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Irritability</td>
</tr>
<tr>
<td></td>
<td>Attention problems</td>
</tr>
<tr>
<td></td>
<td>Sleep problems</td>
</tr>
<tr>
<td></td>
<td>Increased appetite</td>
</tr>
</tbody>
</table>

Withdrawal symptoms can be severe. Patients experiencing withdrawal from these substances, especially prescription and illicit opioids, should seek immediate medical attention.
### PRINCIPLES OF EFFECTIVE TREATMENT

1. **Addiction is a complex but treatable disease that affects brain function and behavior.**
2. **No single treatment is appropriate for everyone.**
3. **Treatment needs to be readily available.**
4. **Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.**
5. **Remaining in treatment for an adequate period of time is critical.**
6. **Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug use disorder treatment.**
7. **Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.**
8. **An individual’s treatment and services plan must be continued, tailored, and modified as necessary to ensure that it meets his or her changing needs.**
9. **Many drug-addicted individuals also have other mental disorders.**
10. **Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use and misuse.**
11. **Treatment does not need to be voluntary; it can be effective.**
12. **Drug use during treatment must be monitored continuously, as lapses during treatment do occur.**
13. **Treatment programs should test patients for the presence of HCV, HBV, Hepatitis B and C, tuberculosis, and other infectious diseases; provide risk-reduction counseling, and link patients to treatment if necessary.**

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### COMMONLY ABUSED DRUGS

#### COCAINE

**DESCRIPTION**: A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.

**COMMON FORMS**: White powder; white rock crystal.

**POSSIBLE HEALTH EFFECTS**:
- Short-term: Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy; alertness; irritability; sleeplessness; memory, attention, and concentration problems, violent behavior, restlessness.
- Long-term: Liver and kidney damage; bone marrow damage; bone marrow disorders; cessation of menstrual periods; increased risk of pneumonia.

**ON COMBINATION**: With OTC cold medicine and antihistamine:
- Cheese
- Brown sugar, China White, Dope, H, Horse, Meth, Poppers, Snort, Snorts, Sniffer, Snuff

**TREATMENT OPTIONS**
- Naltrexone (short- and long-acting forms)
- Acamprosate (brand name Campral)

#### HEROIN

**DESCRIPTION**: A powerful, highly addictive drug that is derived from opium.

**COMMON FORMS**: Tablet; capsule; clear liquid; small, decorated square of absorbent paper that liquid has been siphoned on.

**POSSIBLE HEALTH EFFECTS**:
- Short-term: Euphoria; dry mouth; itching; nausea; vomiting; loss of sense of smell, nosebleeds, nasal ulcers; anxiety; panic attacks; aggression, rage, violence; agitation; complaining; delusions; hallucinations; paranoia; sleeplessness; tremors; enlarged pupils.
- Long-term: Mental health problems, chronic cough; respiratory infections; coughing to prevent chest pain; weight loss; lung damage from smoking.

**ON COMBINATION**: With OTC cold medicine and antihistamine:
- Cheese

**TREATMENT OPTIONS**
- Methadone (brand name ReVia®)
- Buprenorphine (brand name Suboxone®)

#### MARIJUANA (CANNABIS)

**DESCRIPTION**: Marijuana is made from the hemp plant, Cannabis sativa. The main psychoactive (mind- and mood-altering) chemical in marijuana is delta-9-tetrahydrocannabinol (THC), or THC.

**COMMON FORMS**: Marijuana, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Bud, Blunt, Bong, Ganja, Grass, Green, Herb, Joint, Weed

**POSSIBLE HEALTH EFFECTS**:
- Short-term: Improved mental function, increased attention, memory, and sleep; increased anxiety, agitation, tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death.

**ON COMBINATION**: With OTC cold medicine and antihistamine:
- Cheese

**TREATMENT OPTIONS**
- Motivational incentives
- Medications (see the other mdma, mdma, treatment sections for more information)

#### Lsd

**DESCRIPTION**: LSD is a synthetic substance whose safety and abuse potential are still being studied.

**COMMON FORMS**: Yellow Sunshine

**POSSIBLE HEALTH EFFECTS**:
- Short-term: Frightening flashbacks (caused hallucinogen Periscopic Disorder (HPD)), ongoing visual disturbances, diaphragmed thinking, paranoia, and mood swings.
- Long-term: Mental health problems, chronic cough; respiratory infections; coughing to prevent chest pain; weight loss; lung damage from smoking.

**ON COMBINATION**: With OTC cold medicine and antihistamine:
- Cheese

**TREATMENT OPTIONS**
- More research is needed to find out if behavioral therapies can be used to treat LSD addiction.

#### MDMA (Ecstasy/Molly)

**DESCRIPTION**: MDMA is an abbreviation of the scientific name 3,4-methylenedioxy-methamphetamine.

**COMMON FORMS**: Flakas, Bong, Dope, Gang, Gras, Green, Herb, Joint, Mary Jane, Pet, Reverb, Sirsumelia, Skunk, Smoke, Weed

**POSSIBLE HEALTH EFFECTS**:
- Short-term: Enhance sensory perception and euphoria followed by drowsiness/hallucination; slowed reaction time; problems with balance and coordination; increased heart rate and blood pressure; problems with learning and memory; anxiety.
- Long-term: Lowed inhibition, enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; fear, guilt, or anxiety; increased risk of reoccurring episodes of serious nausea and vomiting.

**ON COMBINATION**: With OTC cold medicine and antihistamine:
- Cheese

**TREATMENT OPTIONS**
- More research is needed to find out if behavioral therapies can be used to treat MDMA addiction.
## METHAMPHETAMINE

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>STREET NAMES</th>
<th>COMMONAL FORMS</th>
<th>COMMERCIAL FORMS</th>
<th>COMMON WAYS TAKEN</th>
<th>COMMON FORMS</th>
<th>DEA SCHEDULE</th>
<th>POSSIBLE HEALTH EFFECTS</th>
<th>TREATMENT OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>An extremely addictive stimulant amphetamine drug. For more information, see the Methamphetamine Research Report.</td>
<td>Crank, Chalk, Crystal, Fin, Glass, Go Fast, Ice, Meth, Speed</td>
<td>White powder or pill, crystal meth looks like pieces of glass or blue-white &quot;rocks&quot; of different sizes</td>
<td>N/A</td>
<td>Swallowed, snorted, smoked, injected</td>
<td>Ice, Meth, Speed</td>
<td>I, II, III</td>
<td>Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.</td>
<td>Cognitive-behavioral therapy (CBT) • Contingency management, or motivational incentives • The Matrix model • 12-Step facilitation therapy • Mobile medical application: reSET®</td>
</tr>
<tr>
<td>A dissociative drug developed as an intranasal anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, phencyclidine. For more information, see the Phencyclidine Drugfacts.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</tr>
<tr>
<td>A widely known and abused drug, methamphetamine is a stimulant drug that increases heart rate and blood pressure and can cause paranoia and hallucinations. It is sometimes called &quot;speed&quot; or &quot;crank.&quot;</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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<td>An extremely addictive stimulant drug.</td>
<td>N/A</td>
<td>N/A</td>
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### PCP

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### SYNTHETIC CANNABINOIDS

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<tr>
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<tr>
<td>A stimulant drug that increases heart rate, blood pressure and heart rate; shoveling of face; lack of coordination and ability to problem-solve with movement; increased blood pressure.</td>
<td>N/A</td>
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### SYNTHETIC CATHINONES (“BATH SALTS”)

<table>
<thead>
<tr>
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<td>An extremely addictive stimulant drug.</td>
<td>N/A</td>
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### TOBACCO

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### ALCOHOL

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## Additional Resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Website: http://www.samhsa.gov
- The National Institute on Drug Abuse (NIDA) Website: http://www.drugabuse.gov/researchers
- The Patient Referral Program on the American Academy of Addiction Psychiatry: http://www.aapap.org/patient-resources
- For clinical trainee information, go to the National Center for Training and Education in the Prevention and Treatment of Addictive Diseases (NCTEAD) website: http://nctead.aamc.org

## More Information:

The NIDA website, www.drugabuse.gov, has information on a variety of drugs and related information.

Some publications, including these charts, are available in print, free of charge.

To order print copies, call the DRUGPubs Research Dissemination Center at 1-877-NIH-NIDA or go to drugabuse.gov.