



Serene Scene

Transitional Sober Living Magazine

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12 STEP TREK

Step #10: Defects of Character
12 Step Worksheet Series
Courtesy of Serene Center, Long Beach

BUPRENORPHINE

The Buprenorphine Effect on Depression
Serene Scene's Medical Editor, Richard Gracer, M.D.

HEALING HORSES

Riding the Healing Trail of Equine Assisted Psychotherapy
Mickey Kay Troxell, MS, CATC

INTEGRATION:

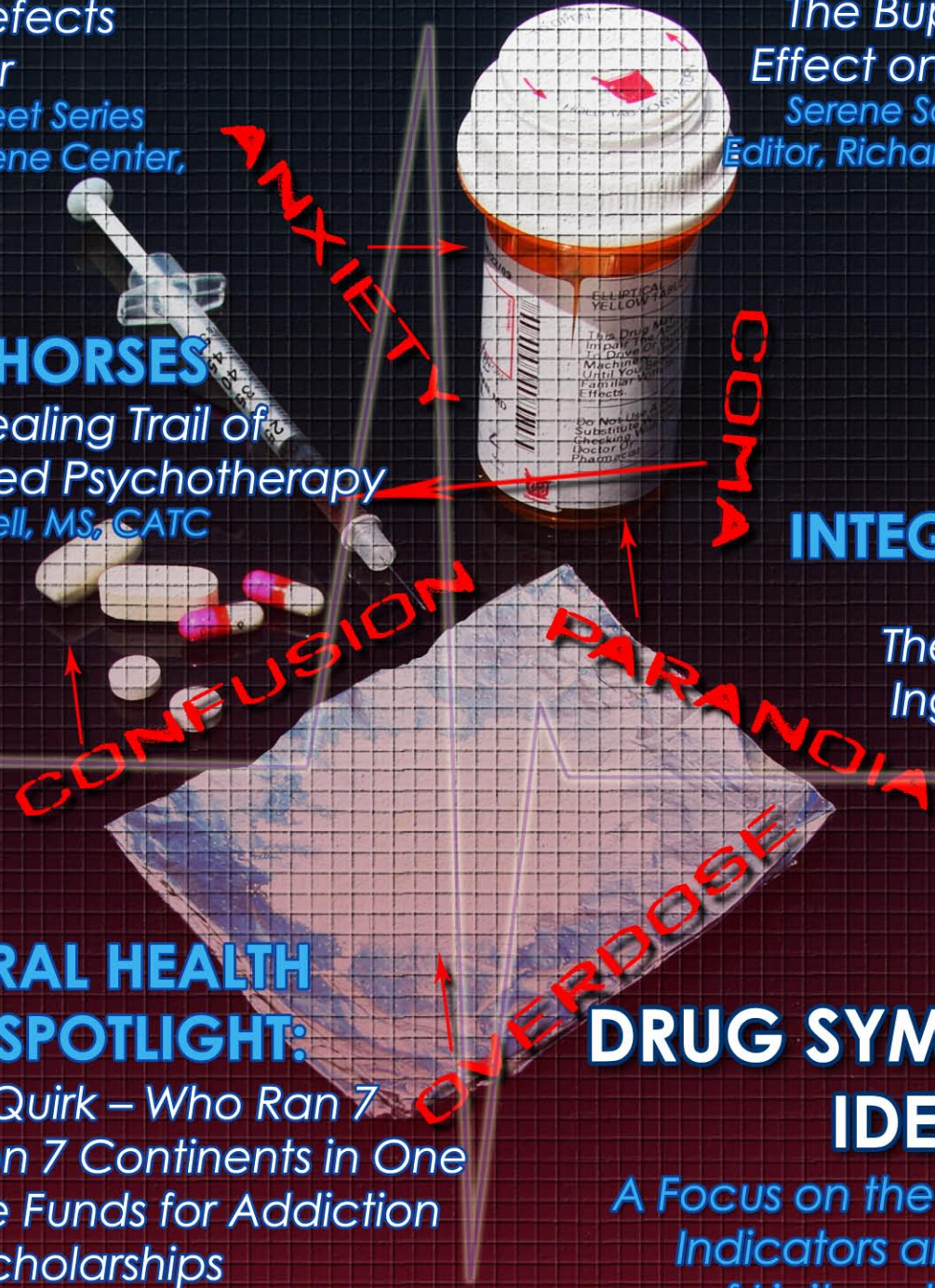
Part 9 from The 8 Essential Ingredients of Healing
Penny Rock

BEHAVIORAL HEALTH CENTRAL SPOTLIGHT:

Meet Linda Quirk – Who Ran 7 Marathons on 7 Continents in One Year to Raise Funds for Addiction Treatment Scholarships
By Robin Jay, Editorial Director, BehavioralHealthCentral.com

DRUG SYMPTOMS IDENTIFIED

A Focus on the Symptoms, Indicators and Dangers of Licit and Illicit Drugs.
Andrew Martin, MBA, CADCI



DRUG SYMPTOMS IDENTIFIED

Andrew Martin, MBA, CADC I

Photo by Dina Marie



Andrew Martin,
MBA, CADC I



I want to be careful in using the term "drugs" so I do not give the impression that I am talking about medications. I think that medications are valuable tools in the health management of our body and mind: however, I also think medications can be abused. When prescription medications are taken in a dosage or frequency greater than the physician prescribed, then they turn into drugs because they are being abused. Likewise, when a prescription medication is diverted from the intent of the physician's script and is given away or sold to people who were not intended to have the medication, the medication becomes a drug.

Most medications have been developed to address specific symptoms of illness and disease, and most are effective at the job they were designed to do. Unfortunately, there are many people who discover that the medications can be taken in excessive quantities, mixed with other substances, or taken too often and the medications will alter mood and/or consciousness. When medications are abused in this way they become drugs and a series of problems are created. Drugs usually have a street value so the black market begins to procure, produce, and distribute the drugs in order to create wealth. The production of drugs carries its own set of serious problems including unsanitary conditions, toxic chemicals added to the drugs for increased effect, and criminal activity in the protection of the manufacturing and distribution process. Additionally, drugs do not come with instruction guides, so the likelihood of radical misuse is considerable and serious health damage up to and including death can result.

There are two general forms of drugs, licit, and illicit drugs. Licit drugs are legally distributed through prescriptions as well as non-prescription form such as alcohol, caffeine, and dextromethorphan. Illicit drugs are those that are illegally produced and distributed in the United States, such as heroin, MDMA and crack cocaine.

DRUG SYMPTOMS IDENTIFIED

Andrew Martin, MBA, CADCI

I often hear individuals who are perplexed that certain medications are made available to the public through a physician. I hear that the medications are so damaging to people and destroy lives because they are addictive. I hear that the medication is to blame for a loved one's addiction and quality of life problems. However, I think the medication is simply an inert object without a will or goals. It is the individual who makes a choice to use the medication in a way that is not prescribed that must burden the responsibility for the degradation of their quality of life. It is the individual that chooses to abuse a substance in a great enough quantity, and for a long enough period of time, that will become addicted. It is that individual's choice, up until that point where the disease of addiction takes hold, that turns useful medications into harmful drugs.

Medications are regulated and approved by the Federal Food and Drug Administration (FDA). It takes years of testing and clinical trials to get a medication approved for human consumption. There are several controls for prescription medications, the firmest being the requirement that a licensed medical professional issue a script for the medication while under their care. In general, an MD, DO, PA, OD, DPM, DVM, DDS, or DMD are the only physicians that can prescribe medication. Unfortunately, many of these professionals get little training in substance abuse and do not realize the harm that some of the medications available on the market can generate if the medications are abused for long enough period of time.

It is a terribly unfortunate symptom that once the disease of addiction (chemical dependency) takes hold, then the individual no longer has a choice. It is at this time that the individual thinks they must use drugs in order to survive. However, the topic of addiction and how it functions is for another article.

In an effort to help understand the various types of licit and illicit drugs and their effects, this guide will identify the common physical symptoms of the drug, the indications for the drug's use, and the dangers of the drug's use.

	Physical Symptoms	Indications	Dangers
ALCOHOL Liquor, Beer, Wine	Intoxication Slurred speech Erratic walk Overly relaxed Reduced inhibitions Impaired coordination Delayed reflexes	Scent of alcohol Glazed eyes Intoxicated behavior Withdrawal (hangover)	Accidents caused by impaired judgment and physical abilities. Overdose when used in combination with other depressants. Liver and heart damage.

DRUG SYMPTOMS IDENTIFIED

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	Physical Symptoms	Indications	Dangers
NARCOTICS Heroin, OxyContin, Codeine	Euphoria Drowsiness Pain tolerance Nausea Watery eyes Runny nose	Vomiting Needle marks Constricted pupils Cold/moist skin Needles Syringes Spoons Pipes	Weight loss Overdose Hepatitis AIDS Lethargy
GHB G, Liquid Ecstasy	Relaxation Intoxication Drowsiness	Clear liquid White powder Tablets and capsules	Memory loss Unconsciousness Nausea Difficulty breathing Overdose Coma
HALLUCINOGENS LSD, PCP, Mushrooms	Altered perceptions Altered mood Focus on detail Anxiety and Panic Nausea Synesthesia (see sounds, smell colors, etc)	Micro-dots Capsules Tables Blotter squares Liquid	Unpredictable behavior Emotional instability Violent behavior (PCP)

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	Physical Symptoms	Indications	Dangers
BENZODIAZEPINES Xanax, Valium, Ativan	Drowsiness Intoxication Sleepiness Anxiety Lack of coordination	Loss of memory Impaired judgment Vertigo Confusion Disinhibition Tablets	Overdose when combined with alcohol or depressants Respiratory depression Cardiovascular depression Memory loss Suicidal thoughts
DEPRESSANTS Tranquilizers, Valium	Depressed breathing Depressed heartbeat Intoxication Drowsiness Lack of coordination Sleepiness	Confused behavior Slurred speech Long periods of sleep Capsules and pills	Overdose, especially in conjunction with alcohol Muscle rigidity Withdrawal symptoms
ECSTASY E, MDMA, X, XTC	Enhanced mood Enhanced energy Teeth clenching Muscle tension Chills Sweating	Excessive thirst Pills with markings of letter, characters, or symbols	Nausea Confusion Depression Sleep disturbance Dehydration Anxiety Brain damage

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	Physical Symptoms	Indications	Dangers
NARCOTICS Heroin, OxyContin, Codeine	Euphoria Drowsiness Pain tolerance Nausea Watery eyes Runny nose	Vomiting Needle marks Constricted pupils Cold/moist skin Needles Syringes Spoons Pipes	Weight loss Overdose Hepatitis AIDS Lethargy
GHB G, Liquid Ecstasy	Relaxation Intoxication Drowsiness	Clear liquid White powder Tablets and capsules	Memory loss Unconsciousness Nausea Difficulty breathing Overdose Coma
HALLUCINOGENS LSD, PCP, Mushrooms	Altered perceptions Altered mood Focus on detail Anxiety and Panic Nausea Synesthesia (see sounds, smell colors, etc)	Micro-dots Capsules Tables Blotter squares Liquid	Unpredictable behavior Emotional instability Violent behavior (PCP)

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	Physical Symptoms	Indications	Dangers
INHALANTS Gas, Glue, Paint	Nausea Dizziness Headaches Impaired coordination Impaired control	Odors Intoxication Poor muscular control Drowsiness Flushed skin Vomiting	Unconsciousness Suffocation Brain damage Sudden death Central Nervous System damage
KETAMINE Special-K, Cat Valliums	Intoxication Hallucinations Impaired coordination	Liquid Capsules White powder	Delirium Memory loss Impaired learning Convulsions Nausea Overdose Respiratory failure
ROHYPNOL Roofies, Forget-Me Pill	Altered Mood Altered Perceptions Focus on detail Anxiety Sweating Hallucinations Synesthesia (see sounds, smell colors, etc)	Liquid capsules Tablets Microdots Blotter squares	Unpredictable behavior Panic Emotional instability Flash-backs

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	Physical Symptoms	Indications	Dangers
BARBITURATES Phenobarbital	Drowsiness Intoxication Sleepiness Anxiety Lack of coordination Tremors	Loss of memory Impaired judgment Vertigo Confusion Disinhibition Tablets	Overdose when combined with alcohol or depressants Respiratory depression Cardiovascular depression Memory loss Seizures

	Physical Symptoms	Indications	Dangers
DEXTROMETHORPHAN Tussin, DXM, DM	Altered perceptions Altered mood Focus on detail Anxiety and Panic Hallucinations Synesthesia (see sounds, smell colors, etc)	Cough medicine Tablets White powder	Unpredictable behavior Emotional instability Toxic psychosis

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