



## Cocaine and Crack Cocaine

### Street Names:

**Cocaine:** blow, coke, snow, snort

**Crack:** rocks, base, hardball

### Cocaine: The Powdered Form

Cocaine is also called the powdered prince of the drug world. It's made from the leaves of the coca plant and usually comes in the form of a fine white powder. This fancy powder is often snorted, but it can also be dissolved and injected for a more intense ride.

### Crack: The Solid Form

Crack is a solid form of cocaine, transformed into small, rock-like crystals. It's typically smoked, delivering a rapid and intense high that hits you like a ton of rocks (not literally, please).

### Short-Term Effects

Using Crack or cocaine is like a rollercoaster ride – without the line-ups of course. Using cocaine or crack you will experience a rush of euphoria and a surge of energy that can make you feel like you're on top of the world. So who needs to sleep, right?

These substances are stimulants, meaning they rev up your nervous system. That will cause an increased heart rate, dilated pupils, and a heightened sense of alertness. Both cocaine and crack have immediate risks that can mess with your brain, causing paranoia, anxiety, and even hallucinations (and no, they won't make you see unicorns, sorry). These substances can also put a strain on your heart and increase the risk of heart attacks and strokes.

### Long-Term Effects

Long-term cocaine and crack use can wreak havoc on your cardiovascular system, leading to high blood pressure, heart disease, and an increased risk of heart failure

Your lungs won't be too pleased either. Smoking crack can cause severe damage to your respiratory system, leading to chronic coughing, shortness of breath, and even lung infections. These substances can cause memory loss, difficulty concentrating, and even long-term changes in brain structure and function.

Cocaine and crack can quickly lead to addiction and dependency, as they both affect the brain's reward system. Substance Use Disorder (SUD) is a term used to describe the compulsive use of drugs despite negative consequences.

Both cocaine and crack can create a strong psychological dependency, as users may experience intense cravings and a desire to use the drug regularly. The euphoric effects of these substances can lead to a cycle of seeking and using them to achieve a temporary sense of pleasure. Watch out! Physical dependency happens within the wink of an eye.

Quitting cocaine or crack can be challenging due to the uncomfortable withdrawal symptoms that may arise. These symptoms can include fatigue, depression, anxiety, irritability, and intense cravings. It is important to note that withdrawal can vary in intensity and duration for each individual

### **Psychiatric Disorders**

Cocaine and crack can exacerbate or trigger mental health conditions such as depression, anxiety, and bipolar disorder. These drugs can disrupt the brain's chemical balance and contribute to the development of psychiatric disorders. It is crucial to address both the substance use and any underlying mental health issues when seeking treatment.

Cocaine and crack use can lead to behavioural changes, including increased aggression, paranoia, and even psychosis. It can also cause hyperactivity, difficulty sleeping, hallucinations or delusions. These symptoms can have a profound impact on relationships, work, and overall well-being.

The use of cocaine and crack can damage social relationships and impair functioning in various areas of life. Users may neglect responsibilities, struggle with employment or education, and experience financial difficulties. Additionally, reliance on these drugs can lead to isolation and strained relationships with friends and family, further impacting mental health and overall quality of life.

Cocaine and crack may seem enticing, but the consequences can be downright nasty. It's always better to find your thrills in safer and healthier ways. Stay safe and keep those noses clean!

Messing with illegal drugs will lead to jails, institutions and death!