



*** REMEMBER:** A person's experience with any drug can vary. There are a number of things that have an impact on person's experience with a drug including but not limited to: the amount and strength of the drug consumed, the setting in which the drug is used, a person's mood or expectations prior to using the drug as well as the person's past experience with that drug.

- Cocaine, also known as "coke", "snow", "blow" and many other street names is a powerful stimulant.
- It comes from the leaves of the coca bush.
- Cocaine is an odourless, white crystal powder. Crack is a rock like form of cocaine made from cocaine powder, baking soda and/or ammonia.
- Cocaine can be smoked, snorted or injected. When snorted or injected effects typically last 30-40 minutes. When crack is smoked the effects last approximately 10-15 minutes.

Short term effects may include:

- dilated pupils, dry mouth, stuffy nose
- decreased appetite
- feelings of euphoria, confidence and power
- increased energy, alertness and over activity
- increased heart rate and blood pressure

Long term effects may include:

- chapped skin under the nose, internal damage to the nose (if snorted)
- headaches
- inability to experience pleasure without the drug
- weakened immune system
- seizures, heart problems or stroke
- depression, paranoia, hallucinations

Cocaine continued.....

Other Dangers:

- Cocaine is a highly addictive drug. Withdrawal symptoms may include excessive sleep, depression, hunger, irritability and intense cravings.
- Single high doses of cocaine have been known to result in death due to stroke, cardiac arrest or respiratory failure. Seizures can also be caused by high doses.
- Cocaine is dangerous in combination with any drug that increases blood pressure, affects heart rhythms or has any stimulant effects.
- Cocaine use during pregnancy increases risk of miscarriage. Cocaine exposed babies are often born prematurely with low birth weights and a few have experienced strokes and brain damage before they were born.
- Cocaine purchased on the street is rarely pure. It is often diluted with other white powdery substances, some of which may be poisonous. This makes it difficult to know the strength of the drug therefore increasing the risk of overdose.

Is my use of alcohol/other drugs a problem for me? If you are wondering whether it may be causing problems for you and would like to speak to an AFM Youth Counsellor you can call us at (204)944-6235 for more information.