

SUNY Potsdam

Alcohol and Other Drug Information

\*In compliance with Federal Drug-Free  
Schools and Communities Act  
Amendments of 1989 (PL 101-226)\*

According to the National Institute on Alcohol Abuse and Alcoholism:

## **Alcohol**

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here’s how alcohol can affect your body:

### **Brain:**

Alcohol interferes with the brain’s communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

### **Heart:**

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

### **Liver:**

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

### **Pancreas:**

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

### **Cancer:**

Source: National Cancer Institute -- see <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>:

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks—particularly the more alcohol a person drinks

regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related.

### **Immune System:**

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

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### **Cannabis**

- Common names: Weed, Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp
- Common forms: Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)
- Common Uses: Smoked, vaped, eaten (mixed in food or brewed as tea) or “dabbed” (steaming/inhaling resin)
- Legal Concerns: While “legal” in New York State, cannabis use/possession is **ILLEGAL ON THE SUNY POTSDAM CAMPUS**. Legal Adult Use and Possession in **NYC: It is now legal for adults 21 and older to possess up to three ounces of cannabis and up to 24 grams of concentrated cannabis for personal use in New York City**. Adults may smoke or vape cannabis wherever smoking tobacco is allowed under the smoke-free air laws, with a few exceptions. **IT IS ILLEGAL TO USE CANNABIS ANYWHERE ON THE SUNY POTSDAM CAMPUS**.
- Short term health effects: Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; increased anxiety (or paranoia).
- Long term health effects: Mental health problems, chronic cough, frequent respiratory infections.
- Other health related issues: Youth: possible loss of IQ points when repeated use begins in adolescence. During pregnancy: babies born with problems with attention, memory, and problem solving.
- When combined with alcohol: Increased heart rate, blood pressure; further slowing of mental processing and reaction time.
- Withdrawal symptoms: Irritability, trouble sleeping, decreased appetite, increased anxiety.

### **Xylazine**

- Also known as: “Tranq”

- While some people might intentionally combine xylazine with heroin and fentanyl (“tranq dope”) to prolong the euphoric effects of the opioids, many are unaware of xylazine’s presence as an adulterant.
  - Acute effects of xylazine include heavy sedation, slowed heart rate, respiratory and central nervous system depression, low blood pressure, and irregular heartbeat.
  - Therefore, when xylazine is used with heroin or fentanyl, the risk of a fatal overdose may increase due to an intensification of the respiratory depressant effects from any present opioids.
  - Rapid test strips to detect xylazine in a drug sample have recently become available.
  - a non-opioid central nervous system depressant approved for use in animals as a tranquilizer, sedative, and pain reliever.
  - It is not approved for use in humans. However, xylazine has been increasingly detected in the illicit drug market and opioid overdose deaths across several regions of the United States (US) including New York State (NYS)
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## **Club Drugs**

### **GHB**

- Street Names: G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop
- Commercial Names: Gamma-hydroxybutyrate or sodium oxybate (Xyrem®)
- Common forms: Colorless liquid, white powder
- How taken: Swallowed (often combined with alcohol or other beverages)
- Short term health effects: Euphoria, drowsiness, nausea, vomiting, confusion, memory loss, unconsciousness, slowed heart rate and breathing, lower body temperature, seizures, coma, death.
- Long term health effects: unknown
- Other concerns: sometimes used as a “date rape” drug
- When combined with alcohol: Nausea, problems with breathing, greatly increased depressant effects
- Withdrawal symptoms: Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.

### **Rohypnol**

- Street names: Circles, Date Rape Drug, Forget Pill, Forget-Me Pill, La Rocha, Lunch Money, Mexican Valium, Mind Eraser, Pingus, R2, Reynolds, Rib, Roach, Roach 2,

Roaches, Roachies, Roopies, Rochas Dos, Roofies, Rope, Rophies, Row-Shay, Ruffies, Trip-and-Fall, Wolfies

- Commercial names: Flunitrazepam, Rohypnol®
- Common forms: tablet
- How taken: swallowed
- Short term health effects: drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate
- Long term health effects: Unknown
- Other health issues: Unknown
- When combined with alcohol: Severe sedation, unconsciousness, and slowed heart rate and breathing, which can lead to death.
- Withdrawal symptoms: Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock

### **Ketamine**

- Street names: Cat Valium, K, Special K, Vitamin K
- Commercial Name: Ketalar
- Common ways taken: Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed
- Short term health effects: Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion; loss of memory; raised blood pressure; unconsciousness; dangerously slowed breathing.
- Long term health effects: Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.
- Other health issues: Sometimes used as a date rape drug. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Increased risk of adverse effects
- Withdrawal symptoms: Unknown

### **MDMA (Ecstasy)**

- Street names: Adam, Clarity, Eve, Lover's Speed, Peace, Uppers
- Commercial name: NO COMMERCIAL USES
- Common forms: Colorful tablets with imprinted logos, capsules, powder, liquid
- Common ways taken: swallowed, snorted
- Short term health effects: Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death.

- Long term effects: Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; less interest in sex.
- Other health issues: Unknown
- When combined with alcohol: MDMA decreases some of alcohol's effects. Alcohol can increase plasma concentrations of MDMA, which may increase the risk of neurotoxic effects.
- Withdrawal symptoms: Fatigue, loss of appetite, depression, trouble concentrating.

## Methamphetamine

- Common names: Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed
- Commercial name: Desoxyn
- Common forms: White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes
- Common ways taken: Swallowed, snorted, smoked, injected
- Short term health effects: Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.
- Long term health effects: Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching.
- Other health-related issues: During Pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure.
- Withdrawal symptoms: depression, anxiety, tiredness

## LSD

- Common names: Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine
- Commercial name: NO COMMERCIAL USES
- Common forms: Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to
- Common ways taken: Swallowed, absorbed through mouth tissues (paper squares)
- Short term health effects: Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness; loss of appetite; tremors; enlarged pupils.
- Long term health effects: Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.
- Other health related issues: unknown

- When combined with alcohol: unknown
- Withdrawal symptoms: unknown

## Cocaine

- Common names: Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot
- Commercial name: Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)
- Common forms: White powder, whitish rock crystal
- Common ways taken: Snorted, smoked, injected
- Short term health effects: Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.
- Long term health effects: Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking.
- Other health related issues: During pregnancy: premature delivery, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Greater risk of cardiac toxicity than from either drug alone.
- Withdrawal symptoms: Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness.

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## Opioids

### Codeine

- Common names: Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank  
*With gluteth- imide*: Doors & Fours, Loads, Pancakes and Syrup
- Commercial names: Codeine
- Common forms: capsule, tablet, liquid
- Common ways taken: injected, swallowed
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with

prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

## **Fentanyl**

- Common names: Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT
- Commercial names: Fentanyl (Actiq<sup>®</sup>, Duragesic<sup>®</sup>, Sublimaze<sup>®</sup>)
- Common forms: Lozenge, sublingual tablet, film, buccal tablet
- Common ways taken: injected, smoked, snorted. Sometimes combined with Xylazine. (see above)
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

## **Hydrocodone**

- Common names: Vike, Watson-387
- Commercial names: Hydrocodone, Vicodin, Norco, Zohydro
- Common forms: capsule, liquid, tablet
- Common ways taken: swallowed, snorted, injected
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many



older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Hydromorphone

- Common names: D, Dillies, Footballs, Juice, Smack
- Commercial names: Hydromorphone, Dilaudid
- Common forms: Liquid, suppository
- Common ways taken: Injected, rectal
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Demerol

- Common names: Demmies, Pain Killer
- Commercial names: Demerol, Meperidine
- Common forms: Tablet, liquid
- Common ways taken: Swallowed, snorted, injected
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions,

and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Methadone

- Common names: Amidone, Fizzies *With MDMA*: Chocolate Chip Cookies
- Commercial names: Methadone (Dolophine<sup>®</sup>, Methadose<sup>®</sup>)
- Common forms: Tablet, dispersible tablet, liquid
- Common ways taken: Swallowed, injected
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Morphine

- Common names: M, Miss Emma, Monkey, White Stuff
- Commercial names: Morphine (*Duramorph<sup>®</sup>*, *MS Contin<sup>®</sup>*)
- Common forms: Tablet, liquid, capsule, suppository
- Common ways taken: injected, swallowed, smoked
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.

- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Oxycodone

- Common names: O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs
- Commercial names: Oxycodone (OxyContin<sup>®</sup>, Percodan<sup>®</sup>, Percocet<sup>®</sup>, and others)
- Common forms: Capsule, liquid, tablet
- Common ways taken: Swallowed, snorted, injected
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Oxymorphone

- Common names: Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs
- Commercial name: Oxymorphone (Opana<sup>®</sup>)
- Common forms: Tablet
- Common ways taken: Swallowed, snorted, injected
- Short term health effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.
- Long term health effects: Increased risk of overdose or addiction if misused.
- Other health related issues: During pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.

- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

## Heroin

- Common names: Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse. *With OTC cold medicine and antihistamine: Cheese*
- Commercial name: NO COMMERCIAL USE
- Common forms: White or brownish powder, or black sticky substance known as "black tar heroin"
- Common ways taken: Injected, snorted, smoked
- Short term health effects: Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate.
- Long term health effects: Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia.
- Other health related issues: During Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Dangerous slowdown of heart rate and breathing, coma, death.
- Withdrawal symptoms: Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey").

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## Inhalants

- Common names: Poppers, snappers, whippets, laughing gas
- Commercial names: various
- Common forms: Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, vegetable oil sprays, butane lighters, propane tanks, whipped cream aerosol containers, refrigerant gases, ether, chloroform, halothane, nitrous oxide
- Common ways taken: Inhaled through nose or mouth
- Short term health effects: Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking. Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.

- Long term health effects: Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing. Nitrites: increased risk of pneumonia.
- Other health related issues: During pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.
- When combined with alcohol: unknown
- Withdrawal symptoms: Nausea, tremors, irritability, problems sleeping, and mood changes.

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## **Prescription Stimulants**

### **Adderall**

- Common names: Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers
- Commercial name: Amphetamine (Adderall®)
- Common forms: Tablet, capsule
- Common ways taken: Swallowed, snorted, smoked, injected
- Short term health effects: Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures.
- Long term health effects: Heart problems, psychosis, anger, paranoia.
- Other health related issues: Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.
- Withdrawal symptoms: Depression, tiredness, sleep problems.

### **Ritalin**

- Common names: JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R
- Commercial name: Methylphenidate (Concerta®, Ritalin®)
- Common forms: Liquid, tablet, chewable tablet, capsule
- Common ways taken: Swallowed, snorted, smoked, injected, chewed
- Short term health effects: Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures.

- Long term health effects: Heart problems, psychosis, anger, paranoia.
- Other health related issues: Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.
- Withdrawal symptoms: Depression, tiredness, sleep problems.

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### **Psilocybin**

- Common names: Little Smoke, Magic Mushrooms, Purple Passion, Shrooms
- Commercial name: NO COMMERCIAL USES
- Common forms: Fresh or dried mushrooms with long, slender stems topped by caps with dark gills
- Common ways taken: Swallowed (eaten, brewed as tea, or added to other foods)
- Short term health effects: Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness.
- Long term health effects: Risk of flashbacks and memory problems.
- Other health related issues: Risk of poisoning if a poisonous mushroom is accidentally used.
- When combined with alcohol: May decrease the perceived effects of alcohol.
- Withdrawal symptoms: Unknown

### **Salvia**

- Common names: Magic mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage
- Commercial names: Sold legally in most states as *Salvia divinorum*
- Common forms: Fresh or dried leaves
- Common ways taken: Smoked, chewed, or brewed as tea
- Short term health effects: Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating.
- Long term health effects: Unknown
- Other health related issues: Unknown
- Withdrawal symptoms: Unknown

### **Anabolic Steroids**

- Common names: Juice, Gym Candy, Pumpers, Roids

- Commercial names: Nandrolone (*Oxandrin*®), oxandrolone (Anadrol®), oxymetholone (Anadrol-50®), testosterone cypionate (Depo-testosterone®)
- Common forms: Tablet, capsule, liquid drops, gel, cream, patch, injectable solution
- Common ways taken: Injected, swallowed, applied to skin
- Short term health effects: Builds muscles, improved athletic performance. Acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin, infection.
- Long term health effects: Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); extreme irritability; delusions; impaired judgment.
- Other health related issues: Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts. Females: facial hair, male-pattern baldness, enlargement of the clitoris, deepened voice. Adolescents: stunted growth. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
- When combined with alcohol: Increased risk of violent behavior
- Withdrawal symptoms: Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts.

### **Synthetic Cannabinoids**

- Common names: K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai
- Commercial names: NO COMMERCIAL USES
- Common forms: Dried, shredded plant material that looks like potpourri and is sometimes sold as "incense", "plant food", "window cleaner"
- Common ways taken: Smoked, swallowed (brewed as tea)
- Short term health effects: Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure.
- Long term health effects: Unknown
- Other health related issues: Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas.
- When combined with alcohol: Unknown
- Withdrawal symptoms: Headaches, anxiety, depression, irritability.

### **Tobacco**

- **SUNY POTSDAM IS A TOBACCO FREE CAMPUS.** Please do not use tobacco products, including vaping and chew, while on our campus.
- Commercial names: Multiple brand names
- Common forms: Cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew) (nicotine used in vaping and nicotine replacement therapy)
- Common ways taken: Smoked, snorted, chewed, vaporized

- Short term health effects: Increased blood pressure, breathing and heart rate
- Long term health effects: Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.
- Other health related issues: During pregnancy: miscarriage, low birth weight, stillbirth, learning and behavior problems.
- When combined with alcohol: Unknown
- Withdrawal symptoms: Irritability, attention and sleep problems, depression, increased appetite.

Compiled from: <https://www.drugabuse.gov/drugs-abuse>

[https://www.health.ny.gov/statistics/opioid/data/pdf/nysdoh\\_op\\_dta8.pdf](https://www.health.ny.gov/statistics/opioid/data/pdf/nysdoh_op_dta8.pdf)

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