

DRUGS AND EFFECTS

For Students of High School Age

WHY SHOULD YOU SAY NO?



Introduction

I was an informant for the West Virginia State Police during my junior and senior years of high school. I had bought real and fake drugs for the State Police and I even went to the grand jury in my home town and gave testimony. But the drug problem, when I was in high school, was a lot different than it is today. Back then it was mainly marijuana and later, when I became a State Trooper, I observed that the drugs had become more widespread. Now, after looking at the drug problem for over 40 years, I observe that the drug problem is wide reaching to every level within our society and is on the brink of destroying our society and communities.

So what is the reason for the drug problem and what is the solution? We will look at both as well as the dangerous effects that the use of illegal, prescriptive and non-prescriptive drugs can have on the body. But first I would ask what type of values, guidelines, etc., have you established for yourself in life? I have listed some words and their definitions for you to look at later. The first definition for each word is from the Webster Dictionary, that is found on a computer website; the second definition will be from The American Heritage College Dictionary (third edition).

- Secularism:**
1. A theory that knowledge is relative to the limited nature of the mind and the conditions of knowing. A view that ethical truths depend on the individuals and groups holding them.
 2. Theory that conception of truth and moral values are not absolute but are relative to the persons or groups holding them.
- Socialism:**
1. Any various economic and political theories advocating collective or governmental ownership and administration of the means of production and distribution of goods. A stage of society in Marxist theory transitional between capitalism and communism and distinguished by unequal distribution of goods and pay according to work done.
 2. A social system in which the means of producing and distributing goods owned collectively and political power is exercised by the whole community.
- Relativism:**
1. A theory that knowledge is relative to the limited nature of the mind and the conditions of knowing.
 2. Theory that conception of truth and moral values are not absolute but are relative to the persons or groups holding them.
- Narcissism:**
1. Egoism, egocentrism. Love of or sexual desire for one's own body.
 2. Excessive love or admiration of oneself.
- Communism:**
1. A theory advocating elimination of private property. A system in which goods are owned in common and are available to all as needed.
 2. A theoretical economic system characterized by collective ownership of property and the organization of labor for the common advantage of all members.
- Capitalism:**
1. An economic system characterized by private or corporate ownership of capital goods... determined in a free market.
 2. Same definition

WHY DOES A PERSON TAKE DRUGS AND/OR POSSIBLY BECOMES ADDICTED?

1. One reason given to me by students is that they take drugs because their friends do it.
2. Another reason is because a person is unhappy with: their physical appearance, love life, lack of strength for sports; physical, psychological or sexual abuse, etc.
3. A person can become addicted due to over prescription by a doctor or by chasing the first buzz.

Most of these reasons could boil down to one real reason: rebellion

Scripture states in 1 Samuel 15:23, “For rebellion is as the sin unto witchcraft...” The Greek word for witchcraft is the word Pharmakeia from which we get our word “pharmacist.” So the meaning here is doing drugs is a form of rebellion. One thing I have observed over the years is that an addict knew, at some point in his/her life, when he/she was first doing drugs, that they needed help and those who did not seek help at that time usually ended in an addictive lifestyle.

So before we look at drugs I would like to share a few verses that I use as a guide for warning people **about the effects of drugs when misused or taken illegally.**

- John 8:34 “...whoever commits sin is a slave of sin.”
- Galatians 6:7-8 “...for whatsoever a man sows, that shall he also reap. For he who sows to the flesh will of the flesh reap corruption....”
- Hebrews 11:25 “pleasures of sin for a season.”

CIGARETTES/TOBACCO PRODUCTS

1. Leading cause of lung cancer, cancer of the mouth, throat, bladder, pancreas, and kidneys.
2. Can affect body growth
3. Is addictive
4. Kills around 440,000 people/yr. which is more than all other deaths from drugs, alcohol, murders
5. Those who start smoking before the age of 21 have the hardest time quitting.

Fact: If you process the nicotine to a tar substance and put one drop on the head of a straight pen it would be lethal.

Fact: My friend has a nursery for plants, and he told me he has to use bug bombs in the enclosed nurseries to rid the nursery of insects. He can usually enter the nursery a few hours after activation. However, if he sets off a nicotine bug bomb, he has to wait 3-4 days before entering the nursery.

ALCOHOL

- A. How much alcohol does a person have to have in his/her body before the alcohol becomes lethal?
1. 50%
 2. 25%
 3. .5% or 1/2 of 1%
 4. 75% or greater

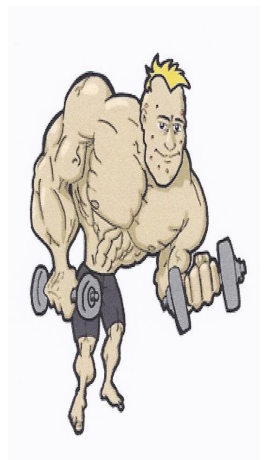
- B. Women who binge drink increase the risk of?
1. Breast cancer
 2. Heart disease
 3. STD's
 4. Pregnancies
 5. All the above
 6. None of the above
- C. Women who binge drink while pregnant may cause:
1. SIDS (Sudden Infant Death Syndrome)
 2. Fetal Alcohol Spectrum Disorders
- D. Heavy drinking can cause addiction, damage to the brain, liver and heart. It can also result in death and is also linked to psychiatric/social problems and to some types of cancers.
- E. Alcohol is a good cleaner. (Fingerprint ink and grease in the sink)

MARIJUANA

- A. 98% of the marijuana users started with either alcohol, cigarettes or both. (Look at NADCP on page 11).
- B. Not enough research has been done on marijuana, but some possible side effects are:
1. Long or short term memory loss (may become permanent)
 2. May be 5 times stronger than cigarettes in the cause of lung cancer.
 3. May cause genetic (birth defects)
 4. Can cause a problem with depth perception
 5. May become addictive
 6. May have other chemicals added to it (pot is called "killer weed" when PCP is added to it)
 7. May cause an increase in heart rate and blood pressure
 8. May cause hallucinations
 9. May harm or slow down your immune system
 10. May cause paranoia and possible psychotic actions
 11. It can stay stored in the body, especially the brain cells for a long period of time

STEROIDS

- A. You have two types of steroids: anabolic and corticosteroids
1. Anabolic: prescribed by a doctor to treat various medical problems (hormonal)
 - a. Help those who have low amounts of testosterone
 - b. May help to make muscles bigger
 - c. May be used to make bones stronger
 - d. Can help with some cases of delayed puberty
 - e. May be used with young boys whose growth is not normal
 2. Corticosteroids: prescribed by a doctor for treatment of (tissue and immune system)
 - a. Slowing down the function of the immune system
 - b. Reduction of inflammation of joints or tissues
 - c. Lupus, rheumatoid arthritis, gout, etc.



- B. Most anabolic steroids that is on the street is 10 to 100 times the potency that a doctor uses.

C. Problems related to illegal or improper use of steroids

1. Acne and cysts
2. Breast growth and shrinking of testicles in men
3. Voice deepening and growth of body hair in women
4. Heart problems, including heart attack
5. Liver disease, including cancer
6. Aggressive behavior, impaired judgment, increased feelings of hostility (roid rage)
7. May stunt the growth of individuals
8. May cause sterility in men
9. May cause a reduction in sperm count
10. May cause male baldness in women
11. May increase the risk of prostate cancer
12. May cause an increase in cholesterol levels in men and women

Note: Most information on steroids came from the DEA Drug Fact Sheet and Medline Plus.

INHALANTS

Note: My opinion on inhalants is that it is the most harmful, dangerous, organ destroying drug that we will look at.

A. An inhalant is a fume, spray, etc., that a person inhales on purpose

1. SSD known as Sudden Sniffing Death is where you suffocate for lack of oxygen
2. SDS known as Sudden Death Syndrome is prominent among athletes who huff and then go exercise
3. Chronic users may lose the permanent function of motor skills
4. May cause permanent damage to the CNS and other organs of the body
5. Damages different areas of the brain and destroys the fatty tissue called “myelin” which is the protective cover that surrounds many of our nerve cells.
6. Other effects are temporary or permanent limb spasms and bone marrow damage
7. The inhalants also enlarge the blood vessels and speed up the heart which may result in a heart attack

B. An inhalant could be a strong vapor from a chemical plant, gas station, chemistry lab, etc.

1. There was research done on dentists who used laughing gas for their patients. The study showed that the dentists received lesions on their liver over time.
2. Hard to believe someone could get addicted to paint spray. I met one nice guy who was addicted and who is now dead from the paint.

COCAINE

Note: I will never forget when I was a trooper in the 1970’s, and cocaine was supposed to be one of the main drugs that everyone was after. Most of the people we busted back then were purchasing and selling crystal methamphetamine thinking it was cocaine.

A. A bottle of cocaine in a pharmacy usually has a picture of the skull and crossbones on the label.

B. What are the effects of cocaine?

1. It is addictive
2. It allows for a short lived high followed by depression, agitation, etc.
3. It can cause an increase in your heart rate resulting in death

4. It can cause tremors, confusion, hyperactivity, and seizures.

C. Other known facts on cocaine

1. Cocaine only comes from a certain group of cocoa plants
 - a. So don't think that a chocolate mix contains cocaine.
 - b. Don't snort chocolate powder mix; your nostrils will be brown
2. Cocaine can destroy the membranes of the nasal cavity
 - a. The destruction of the septum
 - b. Nasal lesions up to the brain resulting in death
3. Abuse of cocaine can cause you to hallucinate
 - a. You can think there are worms crawling out of your skin and there are documented cases of people tearing their flesh all the way to their bones to try and rid themselves of the worms that the person is imagining.

METHAMPHETAMINE

Note: Not enough is known about the long term effects of the newer crystal meth that is permeating our society. I will present the known effects, but what a person has to realize is not only the dangers of the drug but also the dangers of the fumes for volatility (fire/explosive) and physical death to those in an enclosed area.

A. Permanent damage to the brain

1. Only the nicotine of cigarettes and the chemicals of meth go immediately to the brain when smoked without any type of a need for change in the chemical structure.
2. One danger of the use of meth is that it coats the brain cell in a manner that when a new positive molecule has entered a cell, the old positive cannot exit, therefore destroying the cell. These cells are the reward receptors of the brain so that when the receptors are destroyed, a person has to try to use a greater amount of the drug to experience the feeling of their first high which can never be duplicated.

B. Other ways that meth damages the body

1. Meth mouth
 - a. Loss of teeth, discoloration, rot
 - b. Sores in the mouth and on the surface of the body
2. It may produce psychological disorders (delusion, violence, paranoia, etc.)
3. It affects the heart, blood vessels to the brain

LSD

Note: LSD does not have to be ingested for a person to experience hallucinations. All you have to do is allow your skin to come in contact with the drug, and you may have an immediate and/or a delayed hallucination.

A. The mental effects of LSD

1. “ The effects can be unpredictable and depend on the amount taken; the person’s personality, mood and expectation; and the situation in which the drug is used.” WebMd (Mental Health Center)
2. Drug-induced psychosis: Person lacks the ability to recognize reality
3. Hallucinogen-persisting perception disorder (HPPD): Possibility of flashbacks for years
4. You hallucinations may be bad or good (if being out of your head is good)
5. It can make you believe delusions

B. The physical effects of LSD

1. Deformed or dead babies are a possibility
2. Increased body temperature and heart rate
3. Death, the drug may wait months before it affects the brain and you hallucinate. (Art Linkletter)

CLUB DRUGS AND PCP

Note: These drugs also need more research and the effects of the drugs on an individual can be different for each person.

A. PCP is known as the god-like drug and was manufactured as a tranquilizer for humans, then horses. There is no medical use for PCP, and it is only made in clandestine labs.

1. It is very unstable as the quantity to turn you on may be lethal at the same time.
2. There are documented cases of people on PCP receiving several gun shots before being killed by a shot to the head.
3. May cause psychosis, rapid and involuntary eye movements and hallucinations

B. Club Drugs like LSD and PCP are mainly man made chemicals. Psilocybin mushrooms and the herb Salvia divinorum also known and sold as the “herbal high” occur in nature.

1. Psychotic-like effects and seizures
2. Increase in body temperature and blood pressure
3. Mental detachment in time, activity and surroundings (sexual assaults are prevalent)
4. Slurred speech, chills, sweating, confusion, loss of coordination

HEROIN AND OTHER OPIATE DRUGS

- A. “It is processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants.” DEA Drug Fact Sheet.
1. The white heroin usually comes from Southeast Asia, Europe
 2. The brown heroin usually comes from Mexico, Colombia (The flour story)
- B. Heroin got the name from the soldiers of World War II, “let the hero come in”
- C. Effects on the body.
1. Highly addictive, both psychologically and physically.
 2. Varies in strength that is unknown to the users and some of the pushers
 3. Causes respiratory depression, convulsions, coma, death
- D. OxyContin, Vicodin, codein, morphine, methadone, fentanyl, loratabs, and many other opiate drugs can have the same type of responses if a person fails to follow the directions.

SYNTHETIC DRUGS

Note: The synthetic drugs are relatively new when compared to the drugs we have been talking about. Because of the drugs relative newness, no one knows the long term effect of these drugs I have talked with ambulance personnel and some hospital emergency staff and one of their chief concerns is that they do not know how to treat a person who has been doing synthetic drugs because the person may not know what he/she was taking or they may be incoherent and unable to respond.

- A. What are the effects of bath salts?
1. Severe paranoia causing a person to harm himself or someone else
 2. Hallucinations/psychosis, suicidal thoughts
 3. Increased heart rate, chest pain, death
- B. What are the effects of synthetic marijuana (K-2, Spice)
1. Loss of physical control (brain-body disconnect)
 2. Pale skin, seizures, vomiting, profuse sweating
 3. Uncontrolled/spastic body movements, elevated blood pressure, heart rate, palpitations

ENERGY DRINKS

Note: Not much is known about the long term effects of energy or energy drinks that contain alcohol. What is known is that there is an increase in the emergency room of patients due to energy drinks.

A. Some of the effects of energy drinks are:

1. Tremors, nervousness, restlessness, delirium, headache, seizures, insomnia, sweating
2. Chest pains, increased heart rate, increased blood pressure, kidney problems
3. Possibly death “where the heart just explodes”

AMPHETAMINES

Note: The term amphetamine is not used much. According to the medical dictionary it is “a chemical compoundconsidered a psychostimulant, and approved by the FDA to treat narcolepsy and ADHD; acts primarily by triggering release of norepinephrine, dopamine, and serotonin from presynaptic neurons.”

BARBITUATES

Note: This term is not used much anymore. The medical dictionary defines it as “a derivative of barbituric acid (phenobarbital) that act as CNS depressants and are used for their tranquilizing, hypnotic, and anti-seizure effects...” The medical field used to state that anyone who was hooked on barbs needed medical assistance to come off of the drug. Going cold turkey would result in death.

CROCODILE/KROKIDIL

Note: Not much is known about this drug. It is highly addictive and you will die within 2-3 yrs of taking the drug for the first time. The drug was given the name as it may make your skin scaly. It is a flesh eating drug as it destroys your flesh from the bone outward.

IN CLOSING

1. Medication is safe as long as you follow the directions.
2. Certain medication should not be taken if you are consuming alcohol.
3. In 1 Peter 5:8 we read, “Be sober and vigilant..” and you can see that a lot of these drugs may mess up the ability to maintain an alert capability.
4. If you are not a chemist, then you are taking a person’s or pharmacist’s word that the drug you are given is what the person states it is.

WEBSITES OF INTEREST

1. You can goggle a word to try to find out some information.
2. www.DEA.gov
3. www.Webmd.com
4. www.Samhsa.gov
5. www.NIH.gov
6. www.NIDA.gov
7. www.teens.drugabuse.gov
8. www.drugabuse.gov
9. www.ThePartnershipatdrugfree.org

*****I have included two letters:**

- 1. The first letter is addressed to “Dear Addiction.” This letter was written to a young man who died from a drug overdose, and it was written by the young man’s father after his death. This young man was my point guard on the grade school basketball team I used to coach. The young man’s father started a faith-based rehab ministry in Beckley, WV, and he named it “Brian’s Safe House” in honor of his son.**

- 2. The second letter titled “I Am Drugs” was written by Ava Hall. I know nothing else about this person.**

My name is Chad Shaffer and I am a retired WV State Trooper. I have a small ministry to help those who have problems with drugs. I also help parents whose kids may have a drug problem. The ministry’s website and phone number are on the back of this page. Please call me if I can ever be of assistance. Please call me or have your parents call me if you know or suspect someone of selling drugs. I will give that information to the Federal Drug Task Force and the Task Force knows that I gave them the information, but I will never give the Task Force your name.

Thank you for allowing me to come and tell you about the dangers of drugs.