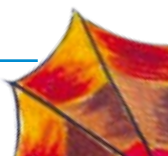




Annex: A short introduction to drugs of misuse

Drug group	Effects	Significant effects of long term use
Alcoholic beverages (e.g. Beer, Wine, Liquor)	Depresses the nervous system, relieves tension and anxiety, promotes relaxation, impairs the efficiency of mental and physical functioning, and decreases self-control. In higher doses there can be “drunken” behaviour, drowsiness, stupor, sleep/unconsciousness.	Alcohol dependence, alcoholic psychosis, many medical conditions including hypertension, pancreatitis and cirrhosis.
Benzodiazepines (e.g. Diazepam)	With the exception of minor tranquillisers, these effects may be associated with positive feelings of pleasure. Tolerance develops with frequently repeated doses.	
Solvents and Gases (e.g. Glue, Petrol)	In high doses there can be strong physical dependence to alcohol or hypnosedatives, less strong to minor tranquillisers, not at all to solvents or gases. Depressant effects may be dangerously augmented if more than one depressant drug is taken at a time, or if depressant drugs are taken with opiate-type drugs	Lasting impairment of brain function, especially affecting control of movement.
Opiates, Opioids, and Narcotic Analgesics (e.g. Morphine, Heroin)	Reduces sensitivity and emotional reaction to pain, discomfort and anxiety. Produces feelings of warmth, contentment. Relatively little interference with mental or physical functioning. Higher doses, sedation, stupor, sleep/unconsciousness. Tolerance and physical dependence with frequently repeated doses. Depressant effects may be dangerously magnified if more than one opiate is taken at a time, or if opiates are taken with other depressant drugs. Very high doses can cause death by respiratory arrest.	Blood borne diseases such as Hepatitis, HIV in injectors.

Drug group	Effects	Significant effects of long term use
Amphetamines and Amphetamine-like drugs	Increase alertness, diminish fatigue, delay sleep, increase ability to maintain vigilance or perform physical tasks over a long period, and elevate mood. Excepting tobacco, high doses can cause nervousness, anxiety and (with the exception of tobacco) temporary paranoid psychosis.	Long term use of amphetamines can cause increased blood pressure and heart failure in addition to delusions and hallucinations.
Cocaine (Slang: coke, crack, stone)	Withdrawal effects include hunger and fatigue. Although unpleasant, these effects are practically never of the kind that might require medical assistance.	Damage to membranes of nose, paranoid psychosis, nervousness, confused exhaustion due to lack of sleep.
Tobacco (e.g. cigarettes, cigars, bidi, pan, snuff, betel quid)		Tobacco is responsible for many conditions ranging from impotence, blindness, heart disease to many types of cancer is the most preventable cause of death in the world. More than half of tobacco users die of a tobacco related disease.





Drug group	Effects	Significant effects of long term use
Hallucinogenic Amphetamines (e.g. Ecstasy, "E")	Feelings of empathy at low doses; restlessness and anxiety at higher doses.	Anxiety, panic, confusion, insomnia, psychosis.
Lysergic acid Diethylamide (LSD)	Heightened appreciation of sensory experiences, perceptual distortions, feelings of dissociation, insight, elevation of mood. Sometimes anxiety or panic, occasionally severe.	Psychological reactions.
Cannabis (Slang: pot, dope, ganja, hashish, hash)	Relatively little physiological arousal or sedation, and minimal risk of physical dependence. With cannabis, relaxation, drowsiness, talkativeness.	Occasionally causes temporary psychiatric disorders.

Reference: Drug Abuse Briefing, 6th Edition, Institute for the Study of Drug Dependence, United Kingdom 1996.