



# Stimulants



## At a Glance

### What are they?

- ◆ Stimulants are a class of drugs that includes prescription drugs such as amphetamines (Adderall & Dexedrine), methylphenidate (Concerta & Ritalin), diet aids and illicit drugs such as methamphetamine and cocaine
- ◆ Stimulants speed up the body's systems, they increase alertness, attention and energy
- ◆ They come in the form of pills, powder, rocks and injectable liquids
- ◆ Stimulants help increase the amount of a neurotransmitter in the brain (dopamine) which is responsible for creating feelings of euphoria
- ◆ Stimulants are frequently taken to produce a sense of exhilaration, enhance self esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged periods, and to "get high"



### Did you Know?

- ◆ The "down that follows the up" is what quickly leads stimulant users to want the drug again and soon the user isn't trying to get high, he/she is trying to feel "normal" to feel any energy at all
- ◆ Historically stimulants were used to treat respiratory problems such as asthma, obesity, neurological disorders and more, but because their potential for abuse and addiction became apparent today they are prescribed to treat only a few health conditions such as ADHD, narcolepsy, and occasionally depression
- ◆ Many stimulants such as prescription stimulants (Ritalin, Concerta, etc.) are used for medical purposes in the U.S. and are legal with a prescription from a physician
- ◆ Some stimulants such as cocaine and methamphetamine have no medical purpose; a high potential for abuse; and are classified as Schedule I drugs and are illegal in the U.S.
- ◆ Caffeine and nicotine are types of stimulants



### Street Names

*There are many other names*

- ◆ Uppers
- ◆ Bennies
- ◆ Cat
- ◆ Crank
- ◆ Crystal
- ◆ Ice
- ◆ Pellets
- ◆ Speed
- ◆ R-ball
- ◆ Skippy
- ◆ Kibbles & Bits

### Examples

*Common Drug Types & Names*

- ◆ Ritalin
- ◆ Concerta
- ◆ Biphphetamine
- ◆ Dexedrine
- ◆ Cocaine
- ◆ Amphetamine
- ◆ Methamphetamine

### How is it used?

- ◆ Swallowed in pill or capsule form
- ◆ Smoked or Snorted in powder form
- ◆ Injected in liquid form

### What are the side effects?

#### Short-Term Effects:

- ◆ Exhaustion,
- ◆ Apathy
- ◆ Hostility, paranoia, agitation, panic, aggression,
- ◆ Dangerously high body temperature and irregular heart beat
- ◆ Increase blood pressure, heart rate and respiration
- ◆ Auditory and visual hallucinations
- ◆ Dizziness, tremors, headaches, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps, dangerously high fever which could lead to death

#### Long-Term Effects:

- ◆ Suicidal and/or homicidal tendencies
- ◆ Tolerance and Addiction
- ◆ Convulsions
- ◆ Cardiovascular Collapse
- ◆ Death
- ◆ Depression



**Information From:**  
National Institute on Drug Abuse  
Drug Free World  
Drug Enforcement Administration