

Alcohol and Controlled Substances

DRUG TYPE	NAMES	IMMEDIATE EFFECTS	MOST COMMON COMPLICATIONS/ LONG-TERM EFFECTS	RISK OF DEPENDENCE
STIMULANTS				
Amphetamines*	Benzedrine, diet pills Dexedrine, Methedrine MDMA (Ecstasy)	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness	Nervousness, paranoia, hallucinations, dizziness, tremors, decreased mental ability, sexual impotence, insomnia, skin disorders, malnutrition, delusions, psychosis, seizures, death	psychological—high physical—high
Cocaine*	cocaine powder, crack, freebased coke	Brief euphoria, increased energy, intense exhilaration	Tremors, nasal bleeding and inflammation, toxic psychosis, seizures, damage to nasal septum and blood vessels, death from overdose (heart or respiratory failure)	psychological—high physical (esp. crack)— moderate
Nicotine	cigarettes, cigars, pipes, snuff, chewing tobacco	Relaxation, increased confidence, increased metabolism	High blood pressure, emphysema, bronchitis heart and lung disease, cancer, death	psychological—high physical—high
Caffeine	coffee, cola, No-Doze, tea	Increased mental alertness, blood pressure, and respiration	Nervousness, insomnia, dehydration, stomach irritation, fatigue	psychological—high physical—moderate
DEPRESSANTS				
Alcohol*	beer, wine, liquor Some medications	Muscle relaxation, intoxication, impaired motor skills	Dehydration, hangover, obesity, impotence, psychosis, medications, depression, ulcers malnutrition, liver and brain damage, delirium tremens; overdose or mixing with other depressants can cause respiratory failure; death	psychological—high physical—moderate
Tranquilizers*	Valium, Librium, Equanil, Miltown, Thorazine	Relief of tension and anxiety, drowsiness,	Hangover, menstrual irregularities, increases or decreases effect of other drugs, destroys blood cells, jaundice, coma, death; especially dangerous with alcohol	psychological—moderate physical—moderate
Barbiturates*	Nembutal, Amytal, Seconal, Phenobarbital	Euphoria, relief of anxiety, loss of inhibition, muscle relaxation, loss of motor control, drowsiness	Lethargy, hangover, blurred vision, nausea, depression, seizures, excessive sleepiness, confusion, irritability, severe withdrawal sickness; can be fatal if mixed with alcohol or other depressants	psychological—high physical—high
Narcotics*	Heroin, morphine, opium, codeine, methadone, Demerol	Euphoria, drowsiness, painkiller	Respiratory and circulatory depression, dizziness, vomiting, sweating, dry mouth, lowered libido, lethargy, constipation, weight loss, temporary sterility and impotence, withdrawal sickness, stupor, death	psychological—high physical—high
Inhalants*	amyl nitrate, butyl nitrate, nitrous oxide, glue and paint	Lowered blood pressure, relaxation of sphincter muscles, feeling of heightened sexual arousal	Nitrates, headache dizziness, accelerated heart rate, nausea, nasal irritation, cough, lost erection, hallucinations; liver, kidney, bone marrow and brain damage; death	psychological—high physical—moderate
OTHER DRUGS				
Cannabis*	Marijuana, hashish, THC	Relaxation; altered sense of hearing, time, and vision; euphoria; increased heart rate and appetite; dilated pupils; memory impairment	Impaired driving ability, possible lung damage, reduced sperm count and sperm motility, damage from impure dose	psychological—moderate physical—varies
Hallucinogens* Psychedelics*	LSD, psilocybin, MDA, peyote, DMT, STP	Hallucinations; altered sense of time, space, and visual perception; nausea	Depression, paranoia, physical exhaustion after use, psychosis ("freaking out") exaggerated body distortion, fears of death, flashback, adverse drug reaction	psychological—low physical—varies

*Impairs driving ability

Source: American College Health Association