

Figure 14.3 Commonly Used and Abused Legal Drugs and Dangerous Prescription Drugs

Name	Use	Sources	Negative Effects
OxyContin (Roxicodone)	A synthetic opioid used to combat post-operative and chronic pain	Prescribed by physician	Feeling of being detached; <i>highly</i> addictive; can be deadly if overused or crushed to inhale; can be fatal if mixed with alcohol
Lortab (Hydrocodone)	Narcotic pain reliever used to combat chronic pain	Prescribed by physician	Excessive amount can damage liver or cause death; highly addictive
Vicodin	Narcotic pain reliever	Prescribed by physician	Can suppress breathing; may be habit forming; dangerous if taken with alcohol
Over-the-Counter Drugs	Weight loss, alertness, sleep aids, body building, depression, pain relief, laxatives, diet medications, sleep enhancers, stimulants, herbal medications, nasal sprays, cough medications, pain relievers	Can be purchased without a prescription at any store that sells over-the-counter medications	Addiction, organ damage, nausea, vomiting, reduced absorption of vitamins and minerals, liver damage
Tobacco/Nicotine	Stimulant, relaxation, social acceptance, curb appetite, increase alertness	Cigarettes, cigars, pipes, snuff, chewing tobacco, nicotine gum	Highly addictive, increased heart and respiratory rate, increased blood pressure, increased risk of cancer, strokes, lung disease, gum disease, birth defects, and cardiovascular disease
Alcohol	Relaxation, mood enhancer, overcome depression, overcome shyness, social acceptance, relieve tension, celebrate, bonding	Found in beer, wine, liquor, medications, and some foods	Liver disease, memory loss, blackouts, false euphoria, depression, hangovers, birth defects, loss of balance, mental impairment, increased suicide rate, death
Caffeine	Alertness, pleasure, energy, reduce fatigue	Coffee, tea, chocolate, some soft drinks, medications, energy drinks and pills	A stimulant, increased anxiety, highly addictive, increased urination, irregular heartbeat, indigestion

be more dangerous, and therefore more addictive. Casual use may unwittingly escalate into a full-blown, difficult-to-shake addiction.

Several drugs need to be discussed separately. These drugs are more commonly called “cocktail drugs” or “club drugs,” because they are most commonly found in dance clubs, raves, and other places where people are interacting and inhibitions are low. Club drugs include ecstasy, sextasy, roofies, and crystal meth.

Sextasy is a mixture of ecstasy and Viagra. *Ecstasy* alters one’s senses, but can hinder sexual functioning. To increase sexual functioning, many people have begun also taking Viagra, whose real purpose is to treat impotence and assist prostate cancer patients. The mixture can cause serious problems! “Doctors warn that combining the two drugs can cause heart problems or erections that don’t subside for more than four hours, possibly leading to anatomical damage” (Leinwood, 2002).

Roofies and GHB are very common in the club scene and can be slipped into a drink (alcoholic or not) with little trouble. Because they are usually odorless and colorless and have a very quick effect on the body, they rapidly alter your alertness and ability to function. We encourage you to guard your drink carefully if you are at a party or club. Letting your guard down may be a serious mistake!