BATH SALTS

- “Bath salts” is the name given to synthetic cathinones, a class of drugs that have one or more man-made chemicals related to cathinone.
- Cathinone is a stimulant found naturally in the khat plant.
- Bath salts are usually in the form of a white or brown crystal-like powder that can be swallowed, snorted, smoked, or injected with a needle.
- The drug "bath salts" should not be confused with products such as Epsom salts that people use during bathing.
- Synthetic cathinones can cause
  - Paranoia
  - Increased sociability
  - Increased sex drive
  - Hallucinations and psychosis
  - Panic attacks and high blood pressure
  - Nosebleeds, sweating, convulsions and nausea
  - Death

DID YOU KNOW?

- Drugs are essentially poisons, and the amount taken determines the effect it has on a person.
- Drug poisoning is the leading cause of injury deaths in the United States, ahead of deaths by firearms, motor vehicle crashes, suicide, and homicide.
- Drug poisoning deaths are currently at their highest ever recorded level over the past 5 years.
- Synthetic drugs are rarely, if ever, pure. These drugs are often mixed with chemicals to increase the potency or change the effect of the high.
- Historically, the number of synthetic cannabinoid-related calls to Texas poison centers is higher than any other center in the U.S., and this likely under represents the true number.
- Most synthetic marijuana calls to Texas poison centers involve males.

Know when to call 911

Call 911 when you see signs of distress including
- Unconsciousness
- Difficulty breathing
- Difficulty swallowing
- Seizures or convulsions
- Chest pain
- Getting worse quickly
SYNTHETIC MARIJUANA

- Synthetic marijuana, often known as “fake weed,” contains man-made chemicals called cannabinoids.
- Synthetic marijuana is 40-100x stronger than marijuana and is associated with more severe health effects.
- Street names include K2, Spice, Bliss, Black Mamba, Bombay Blue, Fake Weed, Genie and many more.
- These are made by spraying synthetic cannabinoids onto dried, shredded plant material.
- It is falsely advertised as a “natural” and “safe” alternative to marijuana and is sold as incense or potpourri through the internet, smoke shops, and retail stores.
- Health effects can be life-threatening and can include
  - Severe agitation and anxiety
  - Fast, racing heartbeat and increased blood pressure
  - Nausea and vomiting
  - Muscle spasms, seizures, and tremors
  - Intense hallucinations and psychotic episodes.
  - Suicidal and other harmful thoughts/and/or actions

METHAMPHETAMINE

- Methamphetamine is a highly addictive and powerful man-made white crystalline powder that is odorless, bitter tasting, and acts as a stimulant.
- Its street names include Meth, Chalk, Ice, Tweak, Crank and Crystal, among many other terms.
- Methamphetamine can be swallowed, snorted, smoked or injected with a needle.
- It can be made in small labs using cheap, over-the-counter ingredients such as pseudoephedrine, which is common in cold medicines.
- Long term health effects even after quitting include
  - Psychosis (hearing or seeing things that aren’t there), mood swings, problems sleeping, skin sores, extreme weight loss, severe dental problems, anxiety, and death.

MDMA

- MDMA is commonly called Ecstasy, Molly, love drug, Adam, XTC, or X. It is a man-made drug that produces energizing as well as psychedelic (mind-changing) effects.
- It is usually available as a capsule or pill. They can be different colors and have cartoon-like images or well known logos imprinted on them.
- It is not uncommon for a MDMA capsule or pill to contain little to no MDMA.
- It is often laced with cocaine, ketamine, methamphetamine, over-the-counter cough medicine, or synthetic cathinones (“bath salts”).
- Health effects can include nausea, chills, sweating, teeth clenching, muscle cramping, and blurred vision. MDMA can interfere with the body's ability to regulate temperature; on rare occasions, this can be lethal.

What is N-BOMe?

- N-BOMe, commonly referred to as “N-bomb” or “Smiles,” is a powerful synthetic hallucinogen.
- N-bomb creates a hallucinogenic effect similar to LSD at extremely small dosages (about the size of six small grains of regular table salt).
- Users inject it, smoke the powdered form, breathe it through the nose, or vaporize and inhale it.
- It is dangerous as even a very small amount can result in overdose.