Amphetamines

Otherwise known as: Speed, base

Background:
Speed is the most popular name for amphetamine, which is a chemical compound that acts as a central nervous system stimulant. Its chemical structure closely resembles the body’s own chemical transmitter morepinephrine, which plays an important role in the fight-or-flight response to stress and excitement.

There are three main pharmaceutical classes of amphetamine (the common names are in brackets): laevo or di-amphetamine (Benzedrine), dextroamphetamine (Dexedrine) and methylamphetamine (Methedrine). The latter is also known as crystal meth, and weight-for-weight, is the most potent of the three.

The most common street speed is amphetamine sulphate, which contains equal amounts of laevo-amphetamine and dextroamphetamine. It comes as a grey, dirty-white or pinkish powder, which is snorted, rubbed on the gums, dissolved in liquid for injection or drinking, or swallowed in pill form. A “speedbomb” consists of speed wrapped in tobacco paper, which is then swallowed.

It is the most impure illegal drug available in the UK – it can be heavily cut with paracetamol, baby milk, talcum powder or other substances, so its unlikely you’ll know exactly what you’re taking.

The effects:

- Amphetamine is a stimulant. It quickens the heartbeat and breathing rate.
- The user becomes a lot more lively, confident and outgoing.
- They may become more talkative, and experience tension in the jaw.
- Greater responsiveness to the outside world.
- Appetite may completely disappear, but in no way does it fulfil the body’s nourishment needs.
The risks:

- Some users become tense and anxious while on amphetamines.
- The comedown can last for a couple of days, leaving users feeling tired, depressed and irritable.
- In the short-term, memory and concentration are affected.
- Tolerance for amphetamines can build quickly, so bigger doses are required for the same sort of hit.
- Long-term users may become dependent on the buzz speed gives them.
- Heavy abuse over long periods can also place a serious strain on the heart and has been linked to mental illnesses such as psychosis.
- Heavy use can put a strain on your immune system, so you may be more susceptible to colds and flu.
- Amphetamine users have died from overdose.

For further information, please contact us at saferccb@caerphilly.gov.uk
Cannabis

Otherwise known as: Marijuana, grass, weed, spliff, dope,

Background
Cannabis is the most widely used illegal drug in the UK. It comes in different forms and is made from different parts of the cannabis plant. It comes in a solid dark lump commonly known as “resin” or “hash”; dried leaves, stalks and seeds called “grass” and also a brown or black sticky oil. Cannabis can be rolled with tobacco in a spliff or joint, smoked on its own in a special pipe or eaten.
There are different strengths of cannabis – in particular, “skunk” is the generic name often used to describe a potent form of the cannabis plant. In fact, skunk is only one of 100 or so varieties of cannabis plant which have high levels of tetrahydrocannabinol (THC). THC is the main psychoactive ingredient in cannabis.

The effects
▫ Getting “stoned” on cannabis makes most users relaxed, talkative and sometimes giggly.
▫ Heightens the senses, especially when it comes to colours, taste and music.
▫ Cooking and eating cannabis can make the effects more intense and harder to control.
▫ Can also leave people feeling tired and lacking energy.
▫ May bring on cravings (otherwise known as “the munchies”) for certain foods.

The risks
▫ Affects short-term memory and ability to concentrate well
▫ Getting “stoned” affects co-ordination, increasing the risk of accidents
▫ Impairs driving skills, so never get in a car with someone who is under the influence.
▫ It can make users paranoid and anxious, depending on their mood and situation.
▫ Smoking cannabis over a long period of time may increase the risk of respiratory disorders, including lung cancer.
▫ Many regular users find cannabis hard to quit.
▫ There is so evidence to suggest a link between cannabis and psychotic illness.

For further information, please contact us at saferccb@caerphilly.gov.uk
Cocaine

Otherwise known as: Charlie, coke

Background:
Cocaine is a white, flaky powder obtained from the leaves of the coca plant. It is odourless, soluble, and has powerful stimulant properties similar to those of amphetamines. The most common method of taking cocaine involves sniffing or snorting a small amount (usually called a “line”) up the nose through a small tube (often a rolled up bank note or a straw). The drug is then absorbed into the blood via the nasal membrane. Cocaine can also be heated and the fumes inhaled. In soluble form, cocaine can be injected. Freebase cocaine is cocaine without its water-soluble component or “base”. A chemical treatment is used to draw out the “pure” cocaine from many of the impurities, increasing the impact of the effects when smoked. Crack is a form of freebase cocaine made by heating cocaine hydrochloride with baking soda or ammonia in water. Speedball is the term given for an injectable and dangerous mixture of soluble cocaine and heroin.

The effects:
- Cocaine produces feelings of wellbeing, mental exhilaration and euphoria.
- The sensations often last between 15-30 minutes followed immediately by a “coming down” period.
- Anxiety, paranoia, depression, and often inability to sleep can occur during the come down period, thus encouraging users to repeat the dose in order to maintain the effect.
- Other effects can include tremors, muscle twitching, rapid pulse, nausea, anxiety, confidence, high blood pressure, cold sweats and mood changes.
The risks:

- Chronic sneezing, frequent nosebleeds, and nasal congestion can be a consequence of snorting cocaine.
- Repeated snorting can cause serious damage to the membranes lining the nose and the structure separating the nostrils.
- The mucous membranes may become so irritated and inflamed that sores develop inside the nostrils.
- After a heavy session, users can feel like they’ve got a bad cold.
- For women who are pregnant, cocaine can cause bleeding, miscarriage and an increased risk of stillbirth.
- Users can develop a strong psychological dependence to cocaine, often taking more to deal with the comedown.
- Overdose is possible, and even fatal in some cases.

For further information, please contact us at saferccb@caerphilly.gov.uk
Crack

Otherwise known as: rock, base

Background:
Crack is a smokeable form of freebase cocaine. It is much purer and more concentrated than soluble cocaine, and the body absorbs it at a faster rate.

The effects:
- The effects are similar to cocaine (feelings of wellbeing, mental exhilaration and euphoria). The hit is more intense, but quickly fades. The high can last as little as 10 minutes, followed immediately by a “coming down” period.
- Anxiety, paranoia, depression and often inability to sleep can occur during a come down period, plus a restless craving for more. This can encourage users to repeat the does in order to maintain the effect.
- Other effects can also include tremors, muscle twitching, rapid pulse, nausea, anxiety, loss of confidence, high blood pressure, clod sweats and mood changes.

The risks:
- Smoking crack carries a risk of lung damage.
- Users can develop a strong psychological dependence, often taking more to deal with the comedown.
- A crack habit can quickly get out of control.
- High risk of overdose, since it’s absorbed so quickly at such high levels. Without treatment, overdose can cause convulsions, or even death.

For further information, please contact us as safercb@caerphilly.gov.uk
Crystal Meth

Otherwise known as: meth, ice

Background:
Crystal Meth (crystal methamphetamine) is a powerful stimulant that, even in small doses, can cause insomnia, increased physical activity and decreased appetite. It is a member of the amphetamine family of drugs that also includes speed. Crystal meth usually comes in ice-like crystal chunks or in a coarse powdered form. It’s made from a highly volatile combination of substances, which can include household cleaning products. It can be smoked, eaten, snorted or injected and the effects can last anywhere from two to 20 hours. Crystal meth started out as a drug used primarily by the gay community but is now slowly entering the mainstream in the UK.

Short-term effects:
- Sharpened attention
- Increased libido
- Euphoria
- Insomnia
- Increased activity
- Loss of appetite
- Increased heart rate/breathing
- Paranoia
- Aggressiveness
- Anxiety
- Dry mouth

Long-term effects:
- Mood disturbance
- Dependence
- Hallucinations
- Psychosis
- Stroke
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The risks:

- The greatest risk of the drug is the increased chance of contracting HIV and other STI's from unprotected sex while under the influence. The drug has the effect of dramatically reducing inhibitions and can produce a feeling of invincibility. This, combined with the effect of massively increasing the sex drive, can mean that safer sex is forgotten and sexual activity is greatly increased.
- The effects and chances of becoming dependant on crystal meth are similar to that of speed but as crystal meth is much stronger, the risks of overdose are greater.
- Taking crystal meth can cause irreversible damage to the immune system.
- Some people have died after taking small doses of the drug.

For further information, please contact us at saferccb@caerphilly.gov.uk
Ecstasy

Otherwise known as: E, pills

Background:
Ecstasy is made up of a mixture of drugs, including a synthetic drug called methylenedioxymethamphetamine (MDMA), and is classed as a hallucinogenic amphetamine. It’s usually white in colour, but comes in tablets of different shapes and sizes. Some have pictures or logos stamped on them. Different ecstasy tablets contain different amounts of MDMA, if any at all. This has a huge influence on the nature and strength of the effects.

The effects:
▫ Users take the drug to enhance feelings of empathy with other people and increase sensitivity to their surroundings.
▫ Sound, colour and emotions can seem much more intense.
▫ The energy buzz from ecstasy means users may dance for hours.
▫ The effects usually take about half an hour to kick in.
▫ The effects tend to last three to six hours, followed by a gradual comedown.

The risks:
▫ As the drug kicks in, users may experience an initial rush of nervousness, and uncertainty, a tightening of the jaw, increased heart rate, sweating and nausea. This is sometimes known as “coming up”.
▫ Some users have reported a bad experience on ecstasy, including feelings of paranoia and confusion.
▫ Much depends on the content of the drug and the users state of mind at the time.
▫ Ecstasy affects the body’s natural thermostat. Dancing for long periods in a hot place such as a club increases the chances of users overheating and/or dehydrating.
▫ Drinking too much can be dangerous or even fatal. Ecstasy can cause the body to release a hormone that prevents the production of urine, so if you drink a lot too quickly, it interferes with your body’s salt balance, which can be just as deadly as not drinking enough water.
▫ Taking ecstasy may leave women susceptible to cystitis and thrush.
▫ Men report difficulties in attaining an erection or orgasm while on ecstasy.
▫ After the effects have subsided, users can feel tired and depressed for days.
▫ There is some debate into the long-term psychological effects of ecstasy use, including links to possible brain damage.
There may be other ingredients in an E that could produce unexpected or negative side effects.

Anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a dangerous reaction to the drug.

There have been over 200 ecstasy-related deaths in the UK in recent years.

For further information, please contact us at saferccb@caerphilly.gov.uk
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GHB/GBH

Otherwise known as: Liquid X, Liquid E

Background:
GHB (gamma-hydroxybutyrate) is a colourless, odourless, salty tasting liquid, which often comes in small bottles and capsules. It was originally developed as a medicine for use during surgery.

The effects:
- GHB can increase sociability, lower inhibitions and bring on a state of euphoria.
- The effects can take anywhere between 10 minutes and an hour to kick in, and have been known to last for a day.

The risks:
- Higher doses can cause nausea, muscle stiffness, vomiting, confusion and also convulsions.
- In some cases it can lead to coma and respiratory collapse.
- If incorrectly produced, GHB can badly burn the mouth.
- Mixing GHB with alcohol and other drugs can be extremely dangerous, even fatal.
- Asthmatics and those with respiratory problems or low blood pressure should avoid GHB because of its depressant effects.
- The long-term effects of using GHB are not yet fully understood.

For further information, feel free to contact us at saferccb@caerphilly.gov.uk
Heroin

Otherwise known as: Smack, gear

Background:
Heroin is a painkilling drug made from morphine, which is derived from opium poppy. Morphine, codeine and synthetic opiates (i.e. pethidine, dipipanone and methadone) are sometimes prescribed by GP’s in the treatment of addiction to opiates such as heroin. Heroin is a brownish-white powder, which users snort, smoke or prepare for injection.

The effects:
- In small doses, heroin gives users a profound sense of warmth and wellbeing.
- Some first time users may experience nausea or vomiting, especially after injecting.
- Larger doses can lead to drowsiness.
- Heroin in excessive doses can result in overdose or coma. It can also be fatal.

The risks:
- Heroin is a very addictive drug.
- Many users may find their habit spirals out of control.
- Tolerance develops, which means the user needs more heroin to get the same effect.
- Many users who start out smoking heroin turn to injecting for a more intense hit.
- Sharing needles when injecting heroin leaves users at risk of dangerous infections like HIV and hepatitis.
- It can be very difficult to withdraw from heroin.
- Users trying to kick the habit may experience a period of diarrhoea, insomnia, vomiting, hot and cold sweats and cramps. This is known as “cold turkey”.
- While many people give up heroin successfully, mentally it can take years to be free.

For further information, please contact us at saferccb@caerphilly.gov.uk
Ketamine

Otherwise known as: Special K, vitamin k

Background:
Ketamine is an anaesthetic with painkilling and hallucinogenic properties. It comes in tablet, liquid or powder form. The drug is intended for use by vets as a sedative and anaesthetic.

The effects:
- Ketamine is a “dissociative anaesthetic” with analgesic properties.
- This means it numbs the body, and creates the effect of removing users from their sense of reality.
- Common effects include “out of body experiences”, hallucinations and temporary paralysis.
- As with LSD and other hallucinogens, the effects of taking ketamine are influenced by the user's mood and environment.

The risks:
- Because ketamine numbs the body, users run the risk of serious injury without even realising they've been hurt.
- A ketamine hit can be an alarming experience, even for those used to taking other drugs.
- Excessive doses can cause serious breathing problems, unconsciousness or heart failure.
- There is a risk of choking if the user falls unconscious.
- Ketamine can be extremely dangerous when mixed with other drugs or alcohol.
- The long-term effects of recreational ketamine use are not yet fully understood.
- Ketamine makes some people vomit.

For further information, please contact us at saferccb@caerphilly.gov.uk
LSD

Otherwise known as: Acid, trip

Background:
Lysergic acid diethylamide (LSD) is a hallucinogenic drug that is usually sold on tiny squares of paper, often with a picture on one side. The picture says nothing about the likely effect or strength of the drug. Microdots and dots come in the form of very small tablets.

The effects:
▫ LSD can have a powerful, often unpredictable effect on the mind.
▫ It can take up to one hour to kick in.
▫ The effects are commonly known as a “trip” and may last for eight to twelve hours. Much depends on the strength of the drug, the user’s mood, their locations and surroundings.
▫ Users may experience their surroundings in a very different way, including the distortion of objects, movement, vision and hearing.
▫ Hallucinations are common.
▫ On rare occasions, users experience flashbacks of past “trips” for a long time afterwards. Users experience different “trips” every time.

The risks:
▫ Once the trip starts, there’s no way of stopping it until the effects subside.
▫ Bad trips can be terrifying, and seem very real.
▫ Dizziness, disorientation, fear, paranoia and panic may arise.
▫ The likelihood of a bad trip will increase when users are in a bad mood, anxious, nervous, uncomfortable or have a history or mental problems.
▫ A bad trip can make users feel very threatened and shaken for a long time afterwards.
▫ Accidents may happen while users are hallucinating.
▫ LSD can complicate existing psychological problems such as depression, anxiety and schizophrenia.

For further information, please contact us at saferccb@caerphilly.gov.uk
Magic Mushrooms

Otherwise known as: magics, happies

Background:
There are two main types of magic mushrooms – the psilocybe species contains the psychoactive chemicals psilocybin and psilocin, while the amanita muscaria variety contains ibotenic acid and muscimol as its main psychoactive ingredients. Psylocibin mushrooms are small, tan-coloured and bruise blue when touched. Amanita muscaria mushrooms are red with white spots. Magic mushrooms are eaten raw, dried, cooked in food, or stewed in tea.

The effects:
▫ Magic mushrooms produce a similar effect to LSD, but the “trip” tends to be shorter and milder (about four hours).
▫ Feelings of euphoria, excitement, or relaxation (spaced out) may result
▫ Hallucinations can occur, especially when high doses are taken, meaning users experience visual and/or sound distortions.

The risks:
▫ Ingesting magic mushrooms can cause stomach pains, nausea and vomiting.
▫ Bad “trips” can happen, and there’s no going back until the effects have worn off.
▫ Like any hallucinogen, magic mushrooms can complicate existing mental problems.
▫ Serious health risk and even death may result due to eating the wrong kind of mushrooms.
▫ Fly agaric mushrooms are hallucinogenic but contain no psilocybin or psilocin. However, they are difficult to take safely and there’s much debate over whether fly agaric mushrooms are potentially lethal or not.

For further information, please contact us at saferccb@caerphilly.gov.uk
Nitrous Oxide

Otherwise known as: Laughing gas

Background:
Nitrous Oxide is a colourless, slightly sweet smelling gas with a short-acting disorienting effect. The gas is most commonly used as an anaesthetic in dentistry and a propellant in the food industry (e.g. in whipping cream). Nitrous oxide can be breathed through a mask, cone or more commonly, a balloon.

The effects:
- Giddiness
- A floating sensation
- A pain free state
- An overwhelming desire to laugh
- Some people experience mild auditory or visual hallucinations.

The risks:
- As nitrous oxide affects motor control, you are likely to fall over soon after inhaling it.
- The gas should not be inhaled for more than 30 seconds as this can lead to the risk of suffocation.
- Inhaling nitrous oxide directly from the canister can cause frostbite of the nose, lips and vocal chords. Because of the anaesthetic effects of the gas, you may not realise there is an injury until the effects of the gas have worn off.
- Continued use of nitrous oxide can interfere with the function of vitamin B12, which is essential in maintaining a healthy nervous system.

For further information, please contact us at saferccb@caerphilly.gov.uk
Poppers

Otherwise known as: Liquid Gold

Background:
Poppers is the term for the group of chemicals known as alkyl nitrates that include amyl nitrite, butyl nitrite and isobutyl nitrite.
They come as a clear or straw-coloured liquid in a small bottle or tube. The vapour is inhaled through the mouth or nose.
The use of poppers is often found within the dance and club culture. They used to come in glass capsules that made a popping noise when opened – hence the name “poppers”.
Amyl nitrate is stronger than butyl nitrate. In the UK, butyl is used more than amyl. They were initially prescribed as medication for the heart. Today, they are rarely prescribed for this purpose.

The effects:
▫ Effects are instantaneous and brief, but intense. The effects are caused by a sudden surge of blood to the heart and brain.
▫ Light-headedness, giddiness, heat flush or heightened sexual awareness may also result. This is known as a “head-rush”.
▫ Some users may also experience the impression of time slowing down.
▫ The effects fade two to five minutes after use.
▫ Users are often left with a headache.

The risks:
▫ Side effects of sniffing poppers (especially repeated sniffing) may include headaches, nausea, coughing, dizziness, and in serious instances users may completely pass out.
▫ Regular use can cause skin problems around the mouth and nose.
▫ If spilled, poppers can burn the skin.
▫ Alkyl nitrates reduce blood pressure. This makes it dangerous for people with anaemia, glaucoma, breathing or heart problems.
▫ Poppers can be fatal if swallowed.

For further information, please contact us at saferccb@caerphilly.gov.uk
Prozac

**Otherwise known as:** Happy pills, bottled smiles

**Background:**
Prozac is the brand name of the antidepressant fluoxetine. It is available on prescription, and comes in white and green capsules.

**The effects:**
- When prescribed in the treatment of depression, Prozac works by affecting the brain’s mood-altering serotonin levels.
- Some users have experienced side effects, including insomnia, diarrhoea, loss or appetite, anxiety and headaches.
- Some sexual side effects have also been reported, including difficulties reaching orgasm.
- Prozac, like all antidepressants, many not work for everyone.
- Give at least two weeks for antidepressants to work, but go back to your doctor if there’s no change after four to six weeks.
- Taking just one tablet, rather than a course of them is unlikely to have any noticeable effect on your mood.
- If you are not depressed in the first place, taking Prozac is not going to make you feel “happy”.

**The risks:**
- The long-term implications of regular misuse of Prozac are not yet fully understood.
- Mixing Prozac with other drugs, particularly ecstasy or alcohol can be dangerous.
- Taking Prozac with some other antidepressant medical drugs can cause very high blood pressure, vomiting and shock and has led to some people being hospitalised.

For further information, please contact us at saferccb@caerphilly.gov.uk
Rohypnol

Otherwise known as: Roofies, R-2

Background:
Rohypnol is an inexpensive drug intended for use in treating sleep disorders, such as insomnia. The effects are similar to Valium, but are up to 10 times the strength. Rohypnol is prescribed in bubble packs of one or two mg doses (usually in the form of white tablets) with the word ROCHE written across. Due to its cheap street price, Rohypnol abuse has become increasingly widespread among teens, college students and club goers. Because Rohypnol dissolves quickly in drinks, leaving no odour or taste and often leads to blackouts when mixed with alcohol, it has also become known as the “date rape” drug. Despite the manufacturer’s attempt to counter this problem by adding blue dye, and making it slower to dissolve, there are still plenty of “roofies” that contain no such warning ingredients.

The effects:
- Rohypnol takes effect within 20 to 30 minutes of administration and can last for up to eight hours.
- It acts as a sedative by inducing amnesia, relaxing the muscles and slowing down psychomotor responses.
- Tolerance is likely with repeated use, which means you need more to get the same effect.
- If combined with heroin, Rohypnol can enhance the high.
- If combined with alcohol, Rohypnol can increase the feeling of drunkenness and lower inhibitions.
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The risks:

- Continued abuse of Rohypnol can result in physical dependency. Kicking a habit at this stage can be very difficult.
- Withdrawal symptoms may include headaches, muscle pain, confusion, hallucinations, and even convulsions. Seizures may occur for up to a week after users have quit.
- Experts advise controlled withdrawal under medical supervision.
- If you’re abusing Rohypnol or any other benzodiazepine, consult your doctor before trying to kick the habit.

For further information, please contact us at saferccb@caerphilly.gov.uk
Tranquilisers

Otherwise known as: Benzos, eggs, jellies

Background:
Tranquilisers (benzodiazepines) are prescribed by doctors in the treatment of anxiety, depression, tension problems and sleeping disorders. They are misused by some people to counter the effects of stimulant drugs, or taken in combination with alcohol or heroin. Tranquilisers come in tablets or capsules that are swallowed. Some users inject Temazepam to intensify the effects.

The effects:
- In small doses, tranquilisers can relieve anxiety.
- Increasing the quantity leads to drowsiness.
- Depending on the amount used the effects can last for three to six hours.

The risks:
- With repeated use, tolerance to tranquilisers can quickly develop. This means users need to take more to get the same effect.
- Users may find themselves dependant on the drug.
- Withdrawal from tranquilisers isn’t easy, and can result in irritability, nausea and insomnia. In some cases, there is a risk of convulsions.
- If combined with other drugs, especially alcohol, fatal overdose can occur.

For further information, please contact us at saferccb@caerphilly.gov.uk
A to Z of Drugs

Tobacco

Otherwise known as: Baccie, rollies, ciggies, fags

Background:
Cigarettes, roll-ups and cigars contain tobacco. It’s basically leaf from the tobacco plant that has been dried, processed and shredded. When smoked, tobacco releases a substance called nicotine. This is a fast acting stimulant and habit-forming drug, which is why smoking quickly becomes addictive and can be hard to quit.

The effects:
- When smoke is inhaled, the nicotine effects reach the brain in seconds. Regular users claim it helps them to relax, combat stress and feel comfortable in social situations.
- Despite the calming effects, nicotine actually stimulates the nervous system – raising the heart rate and blood pressure.
- Lighting up for the first time can be an unpleasant experience. Users often feel dizzy or sick – an effect that fades if the smoker continues to light up on a regular basis.

The risks:
- A smoking habit can be difficult to stop. It's an addiction with a big impact on your cash flow and your health.
- Smokers are at an increased risk from all kinds of condition, illness and disease – from coughs to cancer, heart and lung disease.
- Breathing in other people’s smoke can also cause health problems.
- Limb amputation and premature death are often linked to long-term smoking habits.

For further information, please contact us at saferccb@caerphilly.gov.uk
Solvents

Otherwise known as: Glue sniffing, aerosols, gases, thinners, volatile substances

Background:
Solvents can be found in household items such as lighter gas refills, fuel canisters, aerosol cans (for example, hairspray, deodorants and air fresheners), tins or tubes of glue, paints, thinners and correcting fluids. The vapours are sniffed or breathed into the lungs.

The effects:
- The experience of solvent inhalation is like being intensely drunk for a short period of time.
- Breathing and heart rate are depressed, and feeling of unreality kicks in.
- Users may feel thick-headed, dizzy, giggly and dreamy.
- Some feel nauseous and may vomit. With larger doses, some may hallucinate.
- The effects last between 15 to 45 minutes.
- Headaches or feelings of drowsiness are common after-effects.

The risks:
- Abusing gases, aerosols or glue can kill, even on the first go.
- Sniffing solvents reduces breathing and heart rate and can cause damage to the nasal membrane.
- Spraying solvents down the throat may lead to instant death.
- Users risk suffocation if inhaling solvents from a plastic bag over the head.
- Users (when high) are more prone to accidents because their senses are affected.
- Long-term abuse can damage the brain, liver and kidneys.
- Repeated use of leaded petrol can cause lead poisoning.
- Sniffing gases, glues or aerosols kill one person every week.

For further information, please contact us at saferccb@caerphilly.gov.uk
Viagra

Otherwise known as: Blue, Mr Blue, little blue pill
Chemical name: Sildenafil citrate

Background:
Launched by Pfizer in 1998, Viagra is a prescription drug used to help men with erection difficulties (known as impotence, or erectile dysfunction).

Taken in pill form, it works by promoting the flow of blood to the penis during arousal. It is not an aphrodisiac.

The effects:
▫ Simple alternative to other impotence treatments (such as injections, vacuum flasks and penile implants – which can be off-putting of obvious reasons).
▫ Helps impotent males achieve erections for longer durations.
▫ Taken as a single pill, with effects kicking in 30 minutes later.

The risks:
▫ Some users report temporary side effects, ranging from headaches to flushed skin, stomach upsets, blurred vision and muscle ache. See your GP if problems persist.
▫ Viagra relaxes the muscles in blood vessels, thus increasing blood flow potential. This means it isn’t recommended for impotence sufferers with cardiovascular problems.
▫ Combining drugs is always dangerous. Using Viagra with other nitrate drugs such as poppers is especially risky as it can lower blood pressure to dangerous levels.

For further information, please contact us at saferccb@caerphilly.gov.uk