

POINTERS FOR PARENTS

What You Should Know About Club Drugs

(NAPS)—A little knowledge may help many parents protect their teens from the dangers of club drugs.

“Club drugs” are commonly used at dance clubs and “rave” parties, but even teens who don’t go to clubs can be at risk. The drugs have become common in schools across the country.

“Even though people may believe these drugs provide them with a harmless high, they are wrong,” said Larry Alexander, M.D., of the American College of Emergency Physicians (ACEP). “In emergency departments, we are seeing young people on club drugs with a wide range of unwanted effects such as hallucinations, paranoia, amnesia, and even death.”

ACEP explains everyone reacts differently to these drugs so there is no way to predict how an individual will behave under the influence. People have been known to have fatal reactions the first time they use club drugs. Since these drugs are illegal and not regulated they often are impure, which makes them even more dangerous. So does mixing them with other drugs or alcohol.

- Ecstasy produces both stimulant and psychedelic effects that last from four to six hours. Street names include “X,” “E,” “Adam,” “the love drug,” “XTC” and “MDMA.” Chronic abuse can damage the brain’s ability to think and regulate emotion, memory, sleep and pain. Short term effects include confusion, depression, sleep problems and paranoia.



Parents can warn their youngsters about the harmful effects of so-called club drugs.

Users also may experience dehydration and exhaustion.

- GHB (gamma-hydroxy-butyrate) is a tasteless, odorless depressant that sedates and intoxicates users. Also known as “G,” “liquid ecstasy,” or “Georgia home boy” it is often sold by the capful. Overdose can occur quickly, and lead to: drowsiness, nausea, vomiting, headache, loss of consciousness, loss of reflexes, impaired breathing, and death. Rapists use GHB to subdue their victims.

- Common names for Rohypnol are “roofies,” “roachies,” “Mexican valium” and “the forget pill.” Rohypnol may destroy memory and cause low blood pressure, drowsiness, dizziness, confusion, and stomach upset.

- Ketamine, also known as “Special K,” “K,” “Vitamin K,” and “Cat Valiums,” can cause delirium, amnesia, impaired motor function, high blood pressure, depression and fatal respiratory problems.

Visit www.acep.org for more information.