Choices and Consequences:
Drug Abuse, Domestic Violence, STD’s and HIV

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CAUTION

THIS SIGN HAS
SHARP EDGES

DO NOT TOUCH THE EDGES OF THIS SIGN

ALSO, THE BRIDGE IS OUT AHEAD
Increased Lifetime Frequency of Use

A study of public high school students in the ninth to twelfth grades in Massachusetts found:

- Gay, lesbian, and bisexual orientation was associated with an increased lifetime frequency of use of:
  - cocaine,
  - crack,
  - anabolic steroids,
  - inhalants,
  - “illegal” drugs
  - injectable drugs

- Gay, lesbian, and bisexual youth were more likely to report using tobacco, marijuana, and cocaine before 13 years of age
Patterns of Alcohol and Other Drugs by College Students

- 39% binged on alcohol
- Whites are highest binge drinkers followed by blacks and then Asians
- Clear evidence exists between the amount of alcohol consumed and grade-point average
- High percentage of drinkers (approx. 50%) had altercations with law enforcement officials while consuming extraordinary amounts of alcohol
- High rate of victimization (sexual assault or date rape while using alcohol)
Drug Use in College Students

- Overall, full-time college students are less likely to use any illicit types of drugs.
- Alcohol was the only licit drug that was more frequently used when compared to other college-aged individuals not in college.
Major Reasons Cited by College Students for Their Drug Use*

- To have fun (78.9%)
- To relieve stress (63.9%)
- To ease social interactions (53.8%)

*Sample survey of 1232 male and female college students and their use of alcohol and other drugs
Women and Alcohol

- Alcohol is the drug most widely used and abused by women in the U.S.
  - Women aged 15–44:
    - 49.3% used alcohol in the past month and
    - 19.4% reported binge drinking
Athletes and Drug Abuse

• Studies have shown that athletes are not more likely than non-athletes to use drugs of abuse such as marijuana, alcohol, barbiturates, cocaine, and hallucinogens.

• However, athletes are much more likely than other populations to take drugs (ergogenic drugs) to enhance performance.
Drugs Used by Athletes

• **Anabolic steroids** consist of a group of natural and synthetic drugs that are chemically similar to cholesterol and related to the male hormone testosterone.

• Naturally occurring male hormones, or **androgens**, are produced by the testes in males.
Abuse of Anabolic Steroids by Athletes

- Under some conditions, androgen-like drugs can increase muscle mass and strength.
- It is estimated that as many as 1 million Americans have used or are currently using these drugs to achieve a “competitive edge”.
- Two percent of college-age men
  - 6.7% of male high school athletes
  - 1% of female high school athletes
Steroid Use by Adolescents

- 52,000 American children and adolescents are using anabolic steroids.
- One study in the journal by Begley et al. (1999, p. 54) found that in Massachusetts middle schools, 2.7% of athletes were using steroids.
- Another source found that males are much more likely to use and abuse steroids than females (NIDA, 2001).
Effects of Anabolic Steroids

- Increase strength
- Gain in lean body mass
- Increase “bad” blood cholesterol
- Increased risk of liver disorders
- Psychological effects (irritability, outbursts of anger—“roid rage,” mania, psychosis, and major depression)
- Psychological and physical dependence with continual use of high doses
Effects of Anabolic Steroids

• Withdrawal symptoms—craving, fatigue, depression, restlessness, loss of appetite, insomnia, diminished sex drive, headaches

• Alterations in reproductive systems and sex hormones (breast enlargement in males, breast reduction and hair growth in females, infertility, and atrophy—shrinkage of penis and testicles in males and enlargement of external genitalia in females)

• Change in skin and hair (severe acne, male pattern baldness, and increased body hair)
Effects of Anabolic Steroids

- Stunted growth in adolescents, deepening of voice in females, water retention
- Change in skin and hair (severe acne, male pattern baldness, and increased body hair)
- Stunted growth in adolescents, deepening of voice in females, water retention
- Persistent unpleasant breath odor
- Swelling of feet and limbs
- Other changes
Drugs Used by Athletes

- Stimulant
- Clenbuterol
- Erythropoietin
- Human growth factor (HGF) and human growth hormone (HGH)
- Beta-adrenergic blockers
- Gamma-hydroxybutyrate
Drug Use Patterns

- Recent surveys comparing male and female drug use patterns confirm that differences exist among the licit and illicit drug-using populations.

- Most drugs of abuse are used more frequently by males than females.
  
  - An exception to this trend is the higher daily use of cigarettes by female college students than their male counterparts.
Club Drugs

- Alcohol
- Ecstasy
- Methamphetamine
- Inhalants
- LSD
- GHB
- Rohypnol
- Ketamine
Alcohol

What is it and how does it work?

• Ethyl alcohol or ethanol.
• Natural product of fermenting sugars. It is usually made from grains such as hops, barley or rice and/or fruits.
• Central nervous system depressant.
• Passes from the stomach into the small intestine, where it is rapidly absorbed into the blood and distributed throughout the body.
Alcohol

- **Effects**: Feelings of relaxation, lowered inhibitions, increased sociability, dizziness, kills pain, nausea, slurred speech, slower reflexes, sleepiness, bad judgment, dehydration and a hangover the next day.

- **Serious Risks**: Loss of motor control, black-outs, temporary coma, brain/liver damage, death.
Alcohol

Cautions:

• Taking other medications and being fatigued can increase the alcohol’s effects.
• Highly addictive - tolerance develops quickly.
• Consuming too much alcohol at once can cause death.
• Long term use can damage the liver, brain and other organs.
Alcohol

Reducing Risks:
• Know your own limits and pace yourself.
• Know the alcohol content. A standard drink is:
  ➢ 12 oz. of beer.
  ➢ 5 oz. of table wine.
  ➢ 1.5 oz. of liquor.
• EAT - food delays blood alcohol concentration.
• Avoid driving - designate a driver.
• Avoid mixing, particularly with other depressants.
Ecstasy

What is it and how does it work?

- MDMA
  (3,4-methylenedioxymethamphetamine)
- An amphetamine analogue that produces euphoria, feelings of closeness to others and stimulant effects.
- Acts as a short term antidepressant by releasing large amounts of Serotonin (a neurotransmitter).
Ecstasy

- **Names**: XTC, X, E, Adam, Clarity, Lover’s Speed, hug-drug, E-bombs.
- **Method Used**: Swallowed: tablet or capsule. Normal dosage -- 100-125 mg.
- **The “High”**: Positive feelings and empathy for others, feelings of being close to others, decrease in anxiety, euphoria, decreased appetite, decreased thirst or need for sleep.
Ecstasy
Ecstasy

- **Effects**: Increased energy, nausea, hallucinations, chills, sweating, shaking, blurred vision, rapid heart beat, high blood pressure, muscle cramping.

- **Serious Risks**: Heat stroke, severe dehydration, possible changes in brain functioning, memory problems, serious depression.
Ecstasy

Caution:

• Mixing Ecstasy with Ritonovir (HIV med) can cause death.

• Mixing X with other drugs can lead to adverse reactions.

• Be aware that other drugs are sold as Ecstasy, but they are not (DXM, PMA).

• Eventually, you “run out” of Serotonin, regardless of how much you take.
Ecstasy

Reducing Risks:

• Make sure you know what you are taking (use a test kit, if possible).
• Taking more may not give you a greater high and may only increase negative side effects.
• Watch for overheating and dehydrating. Drink water and cool off!
Methamphetamine

- **Names**: Speed, tina, ice, crystal, meth, crystal meth, crank, fire, glass.
- **Method Used**: Snorted, smoked, injected, swallowed.
- **The “High”**: Increased energy, elevated mood, increased sexual arousal, confidence and pleasure, appetite suppressant.
Methamphetamine
Methamphetamine

- **Effects:** Anxiety, rapid heart beat, sweating, energy.

- **Serious Risks:** Violence/aggression, hallucinations, paranoia, heart attack, HIV and other transmittable diseases, nerve damage, chronic depression, tooth loss, gum disease.
Methamphetamine

Cautions:

• Using a lot of meth can lead to serious emotional and physical problems.
• Smoking and injecting meth is the most dangerous.
• Meth contains a lot of dangerous chemicals.
Crash, Burn, Repeat

Meth makes you feel like
The king of the world---fearless,
Ecstatic, and full of energy.

Users often binge, staying high
For days without sleep or sustenance.

As the drug wears off, you feel
Drained, helpless and deeply depressed.

Long-term use erodes both body and mind.
Long Term Losses

LONG-TERM LOSSES Brain scans of people who have used meth for 10 years show tissue destruction in regions responsible for memory and emotion.

Limbic System:
- Regulates emotion. Damage may lead to depression and anxiety.

Hippocampus:
- Aids memory. Losses are similar to early Alzheimer’s.

The Longer you use...

The more you lose...

And it continues as Long as you use.
Your Brain on Meth

The drug boosts chemical signals in parts of the brain that regulate feelings of pleasure.

1. NORMAL: The chemical dopamine jumps between brain cells, producing pleasurable sensations.

2. ON METH: Cells release extra dopamine, strengthening pleasure signals.

3. REPEATED USE: Brain cells lose receptors for dopamine. Less able to process the chemical, users have trouble feeling any enjoyment when not using the drug.
Your Brain on Meth:

Normal

The chemical dopamine jumps between brain cells, producing pleasurable sensations.
Your Brain on Meth:

On Meth

- Cells release extra dopamine, strengthening pleasure signals
Your Brain on Meth: Repeated Use

Brain cells lose receptors for dopamine.

Less able to process the chemical, users have trouble feeling any enjoyment when not using the drug.
Your Body on Meth

YOUR BODY ON METH
Beyond the psychic toll, which can include paranoia and hallucinations, long-term risks are stroke, liver damage, extreme weight loss plus increased exposure to HIV and hepatitis.

SKIN SORES: This IV user almost lost his arm to infection. Obsessive scratching also scars.

METH MOUTH: Corrosive smoke and constant grinding can disfigure the teeth of heavy users.
Methamphetamine

Reducing Risks:

• Know your source.
• Eat and drink plenty of water before, during and after use.
• Don’t stay up longer than 2-3 days.
• Take some quite/relaxation time.
• Be aware of your own risk-taking behavior.
• If injecting, use brand new equipment.
LSD

- **Names**: Acid, boomers, liquid sunshine, blotters.
- **Method Used**: Sucking on a “blotter” on the tongue, sugar cube.
- **The “High”**: Visual hallucinations.
LSD
LSD

- **Effects**: Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors, numbness, weakness, or trembling, nausea, hallucinations, laughing.

- **Serious Risks**: Possible “flashbacks”; poor judgement leading to accidents (crashes, jumping off high places).
LSD

Reducing Risks:

• Use with those you know.
• Use in a safe environment.
• Do not drive!!!
Inhalants

- **Gases**: Lighter fluid, aerosols, embalming fluid (sherms).

- **Solvents**: Glue, degreasers, paint thinner.

- **Nitrites**: Poppers, snappers, rush, bold bullet, locker room.

- **Method of Use**: Sniffed, huffed, bagging.

- **The High**: Dizziness, sexual arousal, floating, sleepy, hyper---the high varies.
Inhalants

Poppers

Solvents
Inhalants

- **Effects**: Nausea, sneezing, fatigue, coughing, nose bleeds, rapid pulse, headaches, involuntary release urination or feces, impaired judgement.

- **Serious Risks**: Violent behavior, loss of consciousness, loss of feeling in hands and feet, Kidney damage, brain damage, loss of smell, hearing, memory and bone marrow; hepatitis.
Inhalants

Cautions:

• Huffing or using plastic bags increases your risk of overdosing/death.
• Inhalants can cause serious damage to lungs and brain.
• Poppers and Viagra can lower blood pressure, cause heart or brain damage and lead to death!!!
Sherms
(Embalming Fluid)

- **Names:** Sherms, Fry, Wet Sticks, Happy Sticks.
- **Method Used:** Cigarettes, cigars, joints soaked and smoked.
- **Content:** Embalming Fluid: Formaldehyde, methanol, alcohol or other solvents and sometimes PCP.
Sherms

• **The “High”:** Hallucinations: seeing colors, designs. A different reality.

• **Effects:** Paranoia, panic, anger, increased forgetfulness, vomiting, depression, swelling, change in depth perception.

• **Serious Risks:** Loss of consciousness, fever, heart attack, kidney damage, stops development, gets into spinal cord, coma, death.
Sherms

Reducing Risks:

• If you use, don’t use alone.
• Avoid streets, cars or areas where you can get hurt.
• Avoid “huffing”.
Date Rape Drugs

Avoid Becoming Victim!
What is it and how does it work?

- Gamma-hydroxy-butyrate
- It acts as a “depressant” (slows heart, breathing, decreases release of NTs).
- Formally used as an “anti-depressant”.
- Also used in body building (muscle builder).
GHB

- **Names:** Liquid X, Grievous Bodily Harm, Georgia Home Boy, Cherry Meth, Scoop, Easy Lay, “G”, Salty Water, Soap.

- **Method Used:** Clear liquid (dissolved in drinks), white powder, tablet and capsule.

Blue Nitro and Renewtrient, liquid and pill form, have been removed from the market.
GHB

Onset: 10-20 minutes
Coming Up: 15-30 minutes
Plateau: 45 min - 1 1/2 hours
Coming Down: 15-30 minutes
After Effects: 2-4 hours
GHB

- **Effects:** Nausea, vomiting, headache, loss of consciousness, coma, seizures, convulsions, difficulty breathing.

- **Serious Risks:** Sexual assaults, death.
  - Mixing GHB with alcohol and other drugs is dangerous.
  - Dose safety range is narrow.
  - Don’t drive on GHB!!!
  - Overdosing by a small amount can lead to unconsciousness and vomiting.
GHB

Reducing Risks:

• If someone is unconscious or vomiting, lay them on their side and call for help.
• Don’t mix GHB with other drugs, especially alcohol.
• Start by taking a small dose and wait.
• Be aware of any strange taste (salty) in your drink.
Rohypnol

What is it and how does it work?

• Flunitrazepam- a prescribed sleeping pill 10X stronger than Valium.
• It is a sedative.
• Has a “paralysis” type effect in some people.
Rohypnol

• **Names:** Roofies, Rophies, Rope, Roach, “trip and fall”, the “Forget Pill”, “Date Rape Pill”.

• **Method Used:** Mixed in drink, swallowed, snorted.

• **The “High”:** Sleepy, dizzy, relaxed-drunk feeling. Duration of 10 minutes to 8 hours.
Rohypnol tablets are white and are single- or cross-scored on one side with "ROCHE" and "1" or "2" encircled on the other. 
(Graphics courtesy of the U.S. Dept. of Justice)
Rohypnol

- **Effects:** Amnesia, can’t speak, loss of motor control, slurred speech, confusion, gastrointestinal problems, dizziness, urinary retention, blackouts, seizures.

- **Serious Risks:** Sexual assaults. Mixing with alcohol or other drugs can be very dangerous and lead to death.
Avoid Becoming a Victim!

- **Drug Induced Rape Prevention Act of 1996:**
  Increases penalty for use of ANY controlled substance to aid in a sexual assault.
- **If you think you could have been poisoned, seek help immediately!**
- **GHB:** Test within *four to eight hrs*,
  12 hrs for urine tests (it leaves the system very rapidly).
- **Rohypnol:** Stays in system for up to 48 hrs.
Avoid becoming a victim!

Reducing risks:

• Be wary of drinks from anyone you don’t know or trust.
• If you accept a drink, make sure it’s from an unopened container.
• Don’t leave drink unattended.
• If you think that you have been a victim, notify authorities.
Ketamine

What is it and how does it work?

- Ketamine-hydorochloride
- Dissociative Anaesthetic.
- PCP, DXM, nitrous oxide (laughing gas) are also dissociative anaesthetics.
- It is an animal tranquilizer.
- Sometimes used as an anesthetic on young children and the elderly.
Ketamine

- **Names:** Special K, Vitamin K, Ketalar, Kit-Kat, K, Cat Valium.
- **Method Used:** Snorted, swallowed, smoked, injected (usually IM).
Ketamine HCl
photo copyright Erowid
Ketamine

- **Effects:** Lack of coordination, confusion, seizures, high blood pressure, depression, numbness in legs.

- **Serious Risks:** Sexual assault, respiratory collapse-death, kidney damage, difficulty moving, death.
Reducing Risks:

• Avoid mixing Ketamine with other drugs, especially alcohol and other depressants.
• Start by taking a small dose and wait.
• Avoid injecting.
• If injecting, use clean, sterile equipment.
The Consequences...
Domestic Violence: Who Is Affected?

Could be anyone…

- Most reporting are women
- Lesbian
- Bisexual
- Transgender
Domestic Violence

- Pattern of coercive tactics
  - Physical abuse
  - Psychological abuse
  - Sexual abuse
  - Economic abuse
  - Emotional abuse
- Perpetrated against an intimate partner
- Power and control
Health Care Manifestations of Domestic Violence
Physical Abuse

- Bruises and lacerations to breasts or abdomen
- Delay in seeking prenatal care
- Use of cigarettes, drugs or alcohol
- Poor nutrition
- Hemorrhaging, placental separation
- Miscarriage, stillbirth
- Pre-term labor
Psychological Abuse

- Depression
- Suicidal or homicidal ideation
- Substance abuse
- Anxiety, hypertension
- Psychosomatic illness
Sexual Abuse

- STDs, HIV
- Multiple pregnancies
- Injuries to abdomen, breasts and genitalia
- Spontaneous abortion
Economic Abuse

- Reluctance to schedule additional tests, appointments or accept needed prescriptions
- Depression
- Headaches, Migraines
- Anxiety
Emotional Abuse

- Depression
- Hypertension
- Substance abuse
- Suicidal or homicidal ideation
- Psychosomatic illness
Sexually Transmitted Disease
Abstinence-Only Does Not Work

April 14, 2007

WASHINGTON (Reuters) - Abstinence-only education programs meant to teach children to avoid sex until marriage failed to control their sexual behavior, according to a U.S. government report.
Prevention Methods

Male Condoms

• Consistent/correct use of latex condoms are effective in preventing sexual transmission of HIV infection and can reduce risk of other STDs

• Likely to be more effective in prevention of infections transmitted by fluids from mucosal surfaces (GC, CT, trichomonas, HIV) than those transmitted by skin-skin contact (HSV, HPV, syphilis, chancroid)
Prevention Methods
Spermicides

• N-9 vaginal spermicides are not effective in preventing CT, GC, or HIV infection
• Frequent use of spermicides/N-9 have been associated with genital lesions
• Spermicides alone are not recommended for STD/HIV prevention
• N-9 should not be used as a microbicide or lubricant during anal intercourse
Herpes
Syphilis
Chancroid
October 28, 2004

CDC Reports:
Rare Infection a Risk to Gay & Bisexual Men in US

Lymphogranuloma Venereum

A recent outbreak of the disease in gay and bisexual men in the Netherlands has brought about a concern that it will be overlooked in the US as doctors are not required to report these infections to local health departments in US.
Lymphogranuloma Venereum

Chronic lymphogranuloma venereum in female.
Genital elephantiasis
Granuloma Inguinale
Neisseria gonorrhoeae

Gonococcal urethritis

Gonococcal cervicitis

Disseminated gonorrhea - skin lesion

Bartholin’s abscess
Papillomavirus
“My daughter is not ready yet. Would you like to join me in watching a Short video on AIDS?”
Global Estimates: End of 2006

• 39.5 million people are living with HIV
  – 17.7 million women
  – 2.3 million children under age 15
• 2.9 million AIDS deaths
• 3.8 million were newly infected

Source - http://www.avert.org/worldstats.htm
Epidemiology of HIV in US

- 17% increase in prevalence 2001-2004

- Main risk factor: Sexual contact for both men and women
  - Women: 71% heterosexual; 27% IDU

- Disproportionate impact on Blacks & Hispanics
  - 48% of HIV+; 13% of US Black population
  - Hispanics slightly over 4 times higher than whites

Campsmith M, et al. XVI IAC Toronto, Canada, Aug. 13-18, 2006; Abst. MOPE0551
AIDS is 10 Yrs. After exposure

Reported AIDS Cases, by Age and Sex Cumulative through 2005—United States and Dependent Areas

- Males N* = 769,635
- Females N* = 186,383

* Excludes 1 person of unknown sex.
A Wake Up Call...
Are you at Risk?

Get a Rapid HIV Test!
Rapid Testing

OraQuick

UniGold

Reactive Test Result

Non-Reactive Test Result
STRESS CLINIC

Today is the first day of the rest of your life -- but relax! So is tomorrow!
Key Messages...

1. Our concern is for health and safety.
2. If you are personally in danger, get help.
3. Drugs/Alcohol…Not using is safest.
4. If you do use, there are ways to reduce harm.
5. There is less risk with less use, more risk with more use.
5. Mixing drugs increases risk for harm.
6. Everyone responds differently to drugs.
7. If you do use, learn as much as you can:
   - About your body.
   - About your supplier.
   - About the drug.
8. Use with trusted others, possibly even experienced others.
Remember...things are not always what they seem