

**DRUG
DEMAND
REDUCTION**

Did You Know?

Bath Salts

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Bath salts are highly addictive and apparently elicit intense cravings similar to methamphetamines. They act on the brain like other stimulants, and are sometimes referred to as a "cocaine substitutes." Also known as "White Rush, Cloud Nine, Ivory Wave, Ocean Snow, Charge Plus, White Lightning, Scarface, Hurricane Charlie, Red Dove, White Dove, and Sextasy," their most common side effects are agitation, fast heart rate, and hallucinations and delusions, seizures, high blood pressure, and paranoia, according to the CDC. Deaths have also been linked to the drug.



The American Association of Poison Control Centers reported 6,072 calls in 2011 about human exposures to bath salts, compared with 303 the previous year. "Bath salt" stimulant products are sold in powder form of 200 and 500 milligrams under various brand names. Mephedrone is a fine white, off-white, or slightly yellow-colored powder. It can also be found in tablet and capsule form. "Bath salts" are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins. People who abuse these substances have reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks. Users have also reported effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly.

Affect on body:

Severe paranoia that can sometimes cause users to harm themselves or others. Effects reported to Poison Control Centers include suicidal thoughts, agitation, combative/violent behavior, confusion, hallucinations/psychosis, increased heart rate, hypertension, chest pain, death or serious injury. The speed of onset is 15 minutes, while the length of the high from these drugs is 4-6 hours.

Drugs causing similar effects

Drugs that have similar effects include: amphetamines, cocaine, Khat, LSD, and MDMA.

Overdose effects

These substances are usually marketed with the warning "not intended for human consumption." Any time that users put uncontrolled or unregulated substances into their bodies, the effects are unknown and can be dangerous.

