

CONTACT:

Dr. Sharon Harris

516-676-2008

safeglencove@yahoo.com

Press Release

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FOR IMMEDIATE RELEASE**Facts About Cocaine**

The Community Committee of the SAFE Glen Cove Coalition serves as a think tank to examine community needs assessment data, implement alcohol and substance abuse awareness campaigns, educate the public regarding ongoing and emerging alcohol and substance abuse trends and pursue viable funding streams to address gaps in community services.

According to a Community Survey of 1408 Glen Cove residents conducted by the Coalition in 2016, Cocaine was an area of concern. According to the National Institute on Drug Abuse (NIDA):

- Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America
- Cocaine is an illegal drug. It is the second most trafficked illegal drug in the world. As a street drug, cocaine looks like a fine, white, crystal powder
- People snort cocaine powder through the nose, or they rub it into their gums. Others dissolve the powder in water and inject it into the bloodstream. Some people inject a combination of cocaine and heroin, called a Speedball.
- Another popular method of use is to smoke cocaine that has been processed to make a rock crystal (also called "freebase cocaine"). The crystal is heated to produce vapors that are inhaled into the lungs. This form of cocaine is called Crack, which refers to the crackling sound of the rock as it's heated
- People who use cocaine often take it in binges—taking the drug repeatedly within a short time, at increasingly higher doses—to maintain their high

The Brain and Cocaine:

- Cocaine increases levels of the natural chemical messenger *dopamine* in brain circuits controlling pleasure and movement. This flood of dopamine ultimately disrupts normal brain communication and causes cocaine's high.
 - Short-term effects include: constricted blood vessels, nausea, faster heartbeat, extreme happiness and energy, irritability paranoia
 - Long-term effects include: nosebleeds, severe bowel decay, higher risk of contracting HIV, hepatitis C, and other bloodborne diseases, malnourishment Restlessness, severe paranoia with auditory hallucinations
- A person can overdose on cocaine, which can lead to death
- For most age groups, men have higher rates of use or dependence on illicit drugs and alcohol than do women. However, women are just as likely as men to become addicted

Treatment:

- Behavioral therapy may be used to treat cocaine addiction; In order to reduce cravings as part of therapy, and to ensure treatment compliance, drugs such as naltrexone have been used to reduce cocaine use
- While no government-approved medicines are currently available to treat cocaine addiction, researchers are testing some treatments as it has been demonstrated that chronic abusers who become abstinent develop uniform depression-like symptoms albeit transient

For more information about SAFE and its other initiatives please contact the office at: 516-676-2008 or visit the website at <http://www.safeglencove.org> or our Facebook page at <http://www.facebook.com/safeglencovecom>

For more information about Cocaine please visit the New York State Office of Alcoholism and Substance Abuse Services (OASAS) at www.oasas.ny.gov, National Institute on Drug Abuse (NIDA) www.drugabuse.gov, or the Substance Abuse and Mental Health Services Administration (SAMHSA) at www.samhsa.gov.