

**CRACK**  
**Cocaine**



**NEED HELP WITH A DRUG PROBLEM**

For Further Information Contact:

**National Council on Drug Abuse**



**Head Office:** 2-6 Melmac Avenue,  
Kingston 5, Jamaica  
Tel: (876) 926-9002-4  
Fax: (876) 960-1820

**William Chamberlin Rehabilitation Centre**

53 Lyndhurst Road,  
Kingston 5,  
Tel:(876) 922-4030

**Rise Life Management**

57 East Street,  
Kingston,  
Tel:(876) 967-3777

**Western Office:** RADA Building,  
Westgate, Montego Bay, St. James

Tel: (876) 940-2240  
Fax: (876) 971-1538

**Patricia House (Richmond Fellowship Ja.)**

6 Upper Musgrave Avenue,  
Kingston 10,  
Tel:(876) 978-1670 / 978-2324

**Jamaica Teen Challenge**

10 Shaw Park Road,  
Ocho Rios, St. Ann.,  
Tel:(876) 795-2695 / 795-3368 / 390-6262

[www.ncda.org.jm](http://www.ncda.org.jm)

**Toll Free: 1-888-991-4244**  
**Text line: 564- HELLP(4357)**

**Addiction Treatment Services Unit**

University Hospital of the West Indies Mona,  
Kingston 7,  
Tel:(876) 977-0705

**Ward 21**

University Hospital of the West Indies Mona,  
Kingston 7,  
Tel:(876) 927-1620

**TESTIMONIALS**

*".....So many years of degrading jobs, unhygienic lifestyles, eating out of and from desolate places, losing families and friends, a car, furniture, clothes and most of my pride. It was then I saw a reflection of myself in a store glass door, I decided to hate crack cocaine with every strength I had..... To date the battle to stop using is in full effect.*

**Dobson, M**

*"Reason for me taking drugs I was undergoing some **hard times** that lead me to become a **victim**, but getting the right help makes me realise that there is other ways of dealing with stress and problems... "*

**Brown, N**

*"In this historic period in my life (I am tired of ) using drugs, smoking, **living on the street, telling lies to gain money**, smoking night and day....."*

**Mitchell, O**

*"...it was good the first time so I continue, but after (seeing the) effects on a friend. **I start to seek help...."***

**Campbell, C**

**C**rack cocaine is the crystal form of cocaine, which normally comes in a powder form. It comes in solid blocks or crystals varying in color from yellow to pale rose or white.

Crack is heated and smoked. It is so named because it makes a cracking or popping sound when heated.

Crack, the most potent form in which cocaine appears, is also has the most risk. It is between 75% and 100% pure, far stronger and more potent than regular cocaine.

## WHY IS CRACK COCAINE SO HIGHLY ADDICTIVE?

Crack cocaine is one of the most powerful illegal drugs when it comes to producing psychological dependence. It stimulates key pleasure centers within the brain and causes extremely heightened sensations. Compulsive crack use develops soon after the person starts using, because it enters the blood stream rapidly. Tolerance to crack develops quickly, the addict soon needs more of the drug to experience the same high.

## HOW DO I KNOW IF I HAVE A PROBLEM?

- Your use causes you to miss important obligations at home, school or work*
- You lose interest in personal care and food*
- You have recurrent legal problems as a result of use*
- You have repeated social and relationship problems as a result of use*
- You need to increase the amount you take to get the same high/effects*
- You have persistent desire to take the drug and have tried unsuccessfully to reduce the amount you use.*
- You have sudden changes in behaviour eg. anxiety, aggressiveness, delusions*
- You find it difficult to sleep at times and at other times will sleep for days*
- You have burns on your hands and or mouth are unable to control urination or bowel movements*

## SHORT TERM EFFECTS

- \* Loss of appetite
- \* Increased heart rate, blood pressure, and body temperature
- \* Dilated Pupils
- \* Hyper-stimulation
- \* Bizarre, erratic, sometimes violent behaviour
- \* Hallucinations, hyper-excitability, irritability
- \* Tactile hallucination that creates the illusion of bugs burrowing under the skin
- \* Anxiety and paranoia
- \* Depression
- \* Panic and psychosis
- \* Convulsions, seizures and sudden death from high doses
- \* Increased breathing rate

## LONG TERM EFFECTS

- \* Liver, Kidney and lung damage
- \* Increased frequency of risky behaviour
- \* Infectious diseases and abscesses if infected
- \* Malnutrition, weight loss
- \* Sexual problems, reproductive damage and infertility (for both men and women)
- \* Delirium or psychosis
- \* Severe tooth decay
- \* Permanent damage to blood vessels in ear and brain. High blood pressure leading to heart attacks, strokes and death
- \* Severe depression

