

THE TRUTH ABOUT COCAINE

Blow
Flake Snow
Charlie
Sniff

A deadly
road to
personal ruin

“SAY NO TO DRUGS, SAY YES TO LIFE”

WHY THIS BOOKLET WAS PRODUCED

Drugs destroy millions of lives every year, yet the most disturbing aspect of this problem is the damage drug abuse does to our young people and to the future of our country. With more and more young people being introduced to drugs, we must provide educational materials with factual information about their dangers.

This booklet is dedicated to those individuals, groups and organisations working to salvage others from the ravages of drug abuse. Society owes them a debt of gratitude for their cooperative efforts and we hope this booklet will assist them.

Sadly, some in society seek to promote and spread drug use for profit or gain — a fact that has been exposed too many times for anyone to be fooled.

WHAT IS COCAINE?

The word cocaine encompasses the drug in its common powder form (cocaine) and a crystal form (crack). The powder is usually diluted with inert substances such as corn starch, talcum powder and/or sugar or other drugs such as procaine (a chemically related local anaesthetic) or amphetamines.

Extracted from coca leaves, cocaine was originally developed as a painkiller. It is most often sniffed, with the powder absorbed into the bloodstream through nasal tissues. It can also be ingested or rubbed into other mucous tissues such as the gums.

To more rapidly absorb the drug into the body, abusers inject it, however, this substantially increases the risk of overdose. Inhaling it as smoke or vapour speeds absorption with less health risk than injection.

A DEADLY WHITE POWDER

Cocaine is one of the most insidious drugs known to man. Once a person begins taking the drug, it has proven almost impossible to become free of its grip physically and mentally. Physically it stimulates key receptors (nerve endings that sense changes in the body) within the brain that, in turn, create a euphoria that users quickly develop a tolerance to. Only higher dosages and more frequent use can bring about the same effect.

While considered a “rich man’s drug,” it is

actually sold at prices so low that even teens can afford to buy it — at first. The truth is that once a person is addicted the expense skyrockets in direct ratio to the increasing amount needed to support the habit.

Today, cocaine is a worldwide, multibillion-dollar enterprise. Users encompass all ages, occupations and economic levels, and include schoolchildren as young as eight years old.

Cocaine consumption can lead to death

from respiratory failure, stroke, cerebral haemorrhage or heart attack. Children of cocaine-addicted mothers come into the world as addicts themselves. Many suffer birth defects and a host of other problems.

Despite its dangers, cocaine use continues to flourish—likely because users find it so difficult to escape from the first steps taken down the long dark road that inevitably leads to addiction.


"You believe that coke will increase your perceptions, that it will allow you to surpass yourself, that you will be able to control things. It's bloody nonsense. After a while you don't pay your bills any more, you don't wash yourself any more, you give up your friends, your family. **YOU WILL BECOME DEFENCELESS AND ALONE.**" - NIGEL



STREET NAMES:

Of the dozens of street terms for cocaine in use today, the most common are:

- Aunt Nora
- Ball
- Bernice
- Blow
- C
- Charlie
- Coke
- Dust
- Flake
- Mojo
- Nose Candy
- Paradise
- Sneeze
- Sniff
- Snow
- Toot
- White



"With coke, you are like a moth stuck on a light. It attracts you more and more and you can't stop it. It's not physical. It's in your head. The more you have it, the more you take it. I have injected it in myself every 10 minutes. I borrowed money from the bank to buy it. One day I became unemployed. It was worse. I used to shoot up all the time. **THIS THING MADE ME INSANE. I KNEW IT, BUT I CONTINUED. I BECAME A TOTAL FAILURE.**"

- MARILYN

INTERNATIONAL STATISTICS

Use of cocaine is an escalating problem in Europe, where, Interpol reports, 13% of global seizures of cocaine in 2003 took place.

In its 2004 annual report, the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) graphed a marked increase in cocaine use over the past decade in Denmark, Germany, Spain, the Netherlands and the United Kingdom. EMCDDA's 2005 report states that in these countries, the number of young males (15-34) getting high on cocaine at least once in their lives was found to be as high as 13%.

The EMCDDA also noted that, next to heroin, cocaine is the most commonly reported drug problem in specialist treatment centres in the Netherlands and Spain, representing 38% and 26% of all treatment admittances, respectively.

Surveys show that 40 to 60% of those going to European dance clubs have used cocaine.



Surveys show that roughly every other European dance club patron has been high on cocaine.

In the United States, the 2004 National Survey on Drug Use and Health found that approximately 34.2 million Americans 12 years of age and older have tried cocaine at least once. The survey also revealed that 8.1% of 17- to 18-year-olds had used cocaine at some point in their young lives.

In the United States, cocaine continues to be the most frequently mentioned illegal drug reported to the Drug Abuse Warning Network by hospital emergency departments. In 2002, 199,198 visits to emergency departments were reported in which cocaine was involved, according to the Drug Abuse Warning Network.

"My friend was on drugs for four years, three of which were on hard drugs such as cocaine, LSD, morphine and many antidepressants and painkillers. Actually anything he could get his hands on. He complained all the time of **TERRIBLE PAINS IN HIS BODY AND HE JUST GOT WORSE AND WORSE** till he finally went to see a doctor.

"The doctor told him that there was nothing that could be done for him and that due to the deterioration of his body, he would not live much longer. Within days — he was dead."

-WAYNE

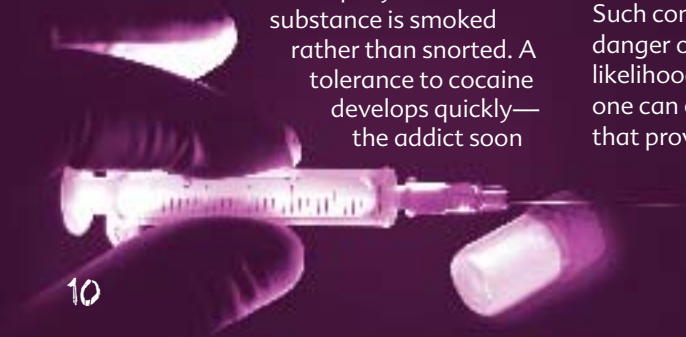
WHY IS COCAINE SO HIGHLY ADDICTIVE?

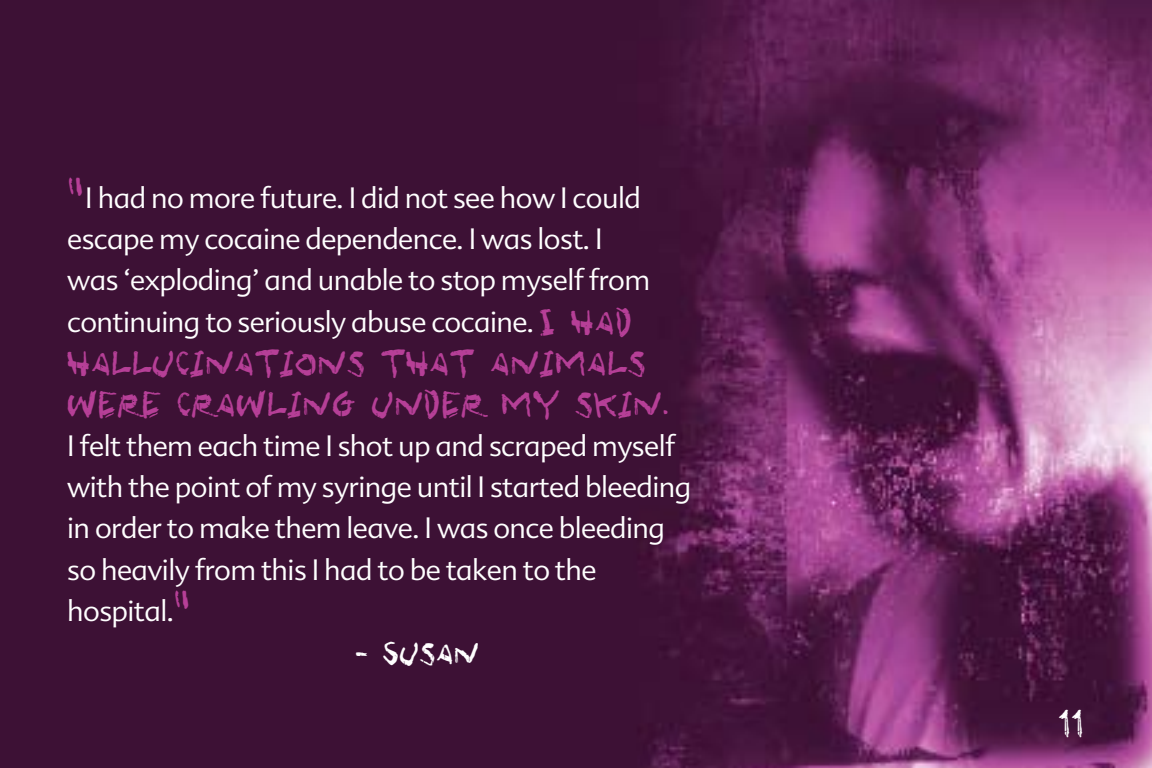
Next to methamphetamine, cocaine creates the greatest psychological dependence of any drug. It stimulates key pleasure centres within the brain and causes extremely heightened euphoria.

Compulsive cocaine use develops much more rapidly when the substance is smoked rather than snorted. A tolerance to cocaine develops quickly—the addict soon

fails to achieve as much pleasure as he or she did from the same amount of cocaine earlier.

DEADLY COMBINATION OF DRUGS
Cocaine is sometimes taken with other drugs, including tranquillisers, amphetamines, marijuana and heroin. Such combinations greatly magnify the danger of using cocaine. In addition to the likelihood of developing a two-drug habit, one can easily create a mixture of narcotics that proves fatal.





"I had no more future. I did not see how I could escape my cocaine dependence. I was lost. I was 'exploding' and unable to stop myself from continuing to seriously abuse cocaine. I HAD HALLUCINATIONS THAT ANIMALS WERE CRAWLING UNDER MY SKIN. I felt them each time I shot up and scraped myself with the point of my syringe until I started bleeding in order to make them leave. I was once bleeding so heavily from this I had to be taken to the hospital."

- SUSAN

EFFECTS OF COCAINE

Cocaine causes a short-lived, intense high that is immediately followed by the opposite — intense depression, edginess and a craving for more of the drug. People who use it often don't eat or sleep properly. They can experience greatly increased heart rate, muscle spasms and convulsions. The drug can make people feel paranoid, angry, hostile and anxious — even when they aren't high.

Regardless of how much of the drug is used or how frequently, cocaine increases the likelihood

that the user will experience a heart attack, stroke, seizure or respiratory failure, any of which can result in sudden death.

WHAT ARE THE LONG-TERM EFFECTS OF COCAINE?

The phrase “dope fiend” was originally coined many years ago to describe the negative side effects of constant cocaine use. As tolerance to the drug increases, it becomes necessary to take greater and greater quantities to get the same high. Prolonged daily use causes sleep deprivation and loss of appetite. A person can become psychotic and begin to experience hallucinations.

As cocaine interferes with the way the brain processes chemicals, one needs more and more of the drug just to feel normal. People who become addicted to cocaine (as with most other drugs) lose interest in other areas of life.

Coming down from the drug causes depression so severe that a person will do almost anything to get the drug — even commit murder.

And if he or she can't get cocaine, the depression can get so intense it can drive the addict to suicide.

"Don't touch cocaine. I spent two years in jail because of this drug. **AND WHEN I GOT OUT, LIFE WAS SO HARD I STARTED TAKING THE DRUG AGAIN.** I know 10 girls who became prostitutes because of coke. It's much more extreme and degrading than we believe. At the time we don't realise to what degree it destroys us."

-SHAWNE

SHORT-TERM EFFECTS

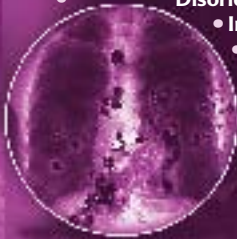
- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Constricted peripheral blood vessels
- Increased rate of breathing
- Dilated pupils
- Disturbed sleep patterns
- Nausea
- Hyper-stimulation
- Bizarre, erratic, sometimes violent behaviour
- Hallucinations, hyper-excitability, irritability
- Tactile hallucination that creates the illusion of bugs burrowing under the skin
- Intense euphoria
- Anxiety and paranoia
- Depression
- Intense drug craving
- Panic and psychosis
- Excessive doses (even one time) may lead to convulsions, seizures and sudden death



DUST TO ASHES: heart, kidney, brain and lung damage mark cocaine's trail of destruction and death.

LONG-TERM EFFECTS

- Irreversible damage to blood vessels of heart and brain
- High blood pressure, leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory failure if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Severe tooth decay
- Auditory and tactile hallucinations
- Sexual dysfunction, reproductive damage and infertility (for both men and women)
- Disorientation, apathy, confused exhaustion
 - Irritability and mood disturbances
 - Increased frequency of risky behaviour
 - Delirium or psychosis
 - Severe depression
 - Tolerance and addiction (even after just one use)



CHILDREN: THE MOST INNOCENT VICTIMS OF COCAINE



One often hears the statement, “Yes, I take drugs, but that’s my business!”

But drug use always has its innocent victims, from those who become prey of addicts seeking through desperate means to finance their drug habit, to those who die in traffic accidents caused by drivers under the influence.

The most tragic victims of cocaine are babies born to mothers who use the drug during pregnancy. In the United States alone, tens of thousands of cocaine-exposed babies are born in a year.

Those not addicted are often plagued with a variety of physical problems which can include premature birth, low birth weight, stunted growth, birth defects and damage to the brain and nervous system.

Low birth-weight babies are 20 times more likely to die in their first month of life than normal-weight babies, and face an increased risk of lifelong disabilities such as mental retardation and cerebral palsy.

The impact on society of this human tragedy has yet to be fully measured.

COCAINE: A SHORT HISTORY

Coca is one of the oldest, most potent and most dangerous stimulants of natural origin. Three thousand years before the birth of Christ, ancient Incas in the Andes chewed coca leaves to get their hearts racing and to speed their breathing to counter the effects of living in thin, mountain air.

Native Peruvians chewed coca leaves only during religious ceremonies. This taboo was broken when Spanish soldiers invaded Peru in 1532. Forced Indian labourers in Spanish silver mines were kept supplied with coca leaves because it made them easier to control and exploit.

Cocaine was first synthesized in 1859, but it was not until the 1880s that its effects were recognised in the medical community.

Psychoanalyst Sigmund Freud, who used the drug himself, was the first to broadly promote cocaine as a tonic to cure depression and sexual impotence.

In 1886, the popularity of the drug got a further boost when John Pemberton included coca leaves as an ingredient in his new soft drink, Coca Cola. The euphoric and energising effects on the consumer helped to skyrocket the popularity of Coca Cola by the turn of the century.

From the 1850s to the early 1900s, cocaine and opium-laced elixirs (magical or medicinal potions), tonics and wines were broadly used by people of all social classes. Notable figures who promoted the “miraculous” effects

The coca plant's euphoric effects come at a tremendous cost.



of cocaine tonics and elixirs included inventor Thomas Edison and actress Sarah Bernhardt. The drug became a mainstay in the silent film industry and the pro-cocaine messages coming out of Hollywood at that time influenced millions.

Cocaine use in society increased and the dangers of the drug gradually became more evident. Public pressure forced the Coca Cola company to remove the cocaine from the soft drink in 1903.

By 1905, it had become popular to snort cocaine and within five years, hospitals and medical literature had started reporting cases of nasal damage resulting from the use of this drug.

In 1912, the United States government reported 5,000 cocaine-related fatalities in one year and by 1922, the drug was officially banned.

FREUD AND THE "MAGIC" OF COCAINE

In the 1970s, cocaine emerged as the fashionable new drug for entertainers and business people. Cocaine seemed to be the perfect companion for a trip into the fast lane. It “provided energy” and helped people stay “up.”

The drug gained that reputation partially thanks to Sigmund Freud. In 1884, he published an article entitled “Über Coca” (About Coke) which extolled the “benefits” of cocaine, calling it a “magical” substance.

Freud, however, was not an objective observer. He used cocaine regularly, prescribed it to his girlfriend and his best friend and recommended it for general use.



Freud's study of cocaine was severely flawed:

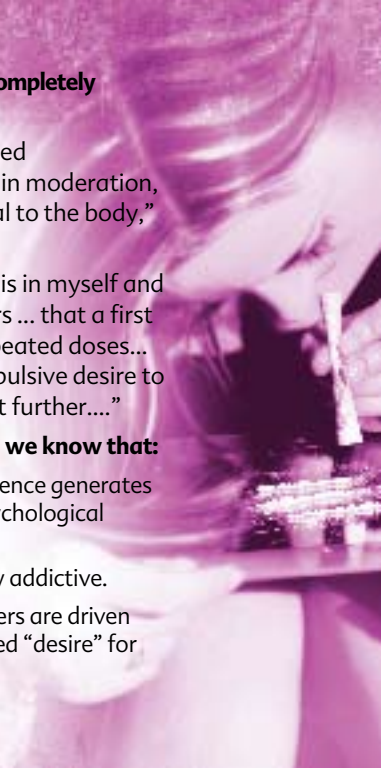
- Freud did not perform the necessary experiments to confirm his hypothesis of the therapeutic benefits of cocaine.
- While noting that cocaine had led to “physical and moral decadence,” Freud kept promoting cocaine to his close friends, one of whom ended up suffering from paranoid hallucinations with “white snakes creeping over his skin.”
- Freud also believed that “For humans the toxic dose (of cocaine) is very high, and there seems to be no lethal dose.” Contrary to this belief, one of Freud's patients died from a high dosage he prescribed.
- Albrecht Erlenmeyer, an authority on drug addiction at the time of Freud, accused him of unleashing “the third scourge of humanity.” As it turned out, this prophecy was not far from the truth.

Freud drew two completely false conclusions:

- Cocaine “... if used protractedly but in moderation, is not detrimental to the body,” and
- “I discovered this in myself and in other observers ... that a first dose, or even repeated doses... produce no compulsive desire to use the stimulant further....”

Today, however, we know that:

- Cocaine dependence generates physical and psychological disorders.
- Cocaine is highly addictive.
- Long-time abusers are driven by their continued “desire” for cocaine.



The Truth About Drugs

Drugs are essentially poisons. The amount taken determines the effect.

A small amount acts as a stimulant (increases activity). A greater amount acts as a sedative (suppresses activity). A still larger amount poisons and can kill.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. By reactivating incidents from a person's past, below his conscious awareness, they can distort

the drug user's perception of what is happening around him. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the relief of pain, they also wipe out ability, alertness and muddy one's thinking. Long-term drug use robs life of the pleasures and joys which are the only reasons for living anyhow.

**The real solution, however,
is not to begin using
drugs in the first place.
Taking drugs is not
an answer.**



In the end, one has a choice between being dead with drugs or being alive without them.

As terrifying as the consequences of drug use are and as hopeless as they can seem to the addict, there are solutions to the drug problem and, on a broader scale, the war on drugs can be won.

The first step is to understand why a person becomes trapped by drugs. In May 1969, when the international drug crisis was reaching its peak, author and humanitarian L. Ron Hubbard wrote: "When a person is depressed or in pain and where he finds no physical relief from treatment, he will eventually discover for himself that drugs remove his symptoms.

"In almost all cases of psychosomatic pain, malaise or discomfort the person has sought some cure for the upset.

"When at last he finds that only drugs give him relief he will surrender to them and become dependent upon them often to the point of addiction."

Growing up and living in this world can be very hard. Simply taking a long walk to look at things until one can focus one's attention outward and again feel relaxed can work wonders. Talking problems over with a friend or a minister or trusted family member can also help.

And for the person with a drug problem, there are also real solutions to addiction. Narconon, a drug rehabilitation programme

that utilises the methods of L. Ron Hubbard, has a success rate of more than 75%. (www.narconon.org)

The best solution, however, is not to begin using drugs in the first place. Taking drugs is not an answer. As difficult as it can be to confront one's problems, the consequences that come with drug use are always worse than the problem one is trying to avoid when he or she begins to take drugs.

And the long slide into hell that comes as a result of taking drugs is even worse.

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Tulane University
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PHOTO CREDITS: Cover and page 2: Corbis/party shot; page 18: Alamy.

“Say No to Drugs, Say Yes to Life” is a community drug education and drug prevention programme initiated by the Church of Scientology International. It educates children and youth about the dangers of drugs and challenges them to remain drug free and to set a good example to their friends and family.

The programme acts through clubs by and for young people. These clubs reinforce a positive message of drug-free living through the distribution of educational literature that provides facts about illicit drug use and the effects of drugs on the spirit, mind and body; through group activities to popularise drug-free living; and through the support of civic leaders and members of other groups with similar aims.

Experience has taught us that people in general, and youth in particular, who understand the destructive effects of drugs, and who are provided with positive role models and the support of their peers to remain drug free, inevitably come to the conclusion: “I don’t want to take drugs” – which is, of course, the ultimate purpose of the programme.

“**SAY NO TO DRUGS, SAY YES TO LIFE**”

This booklet is presented as a public service by the Church of Scientology International. It is part of a series of booklets to educate young people on the truth about drugs. The booklets in this series provide the facts about cannabis, crack and cocaine, crystal methamphetamine, Ecstasy, heroin, LSD, prescription painkillers and other addictive drugs, allowing the reader to decide for himself to live a drug-free life.

To obtain more copies of this or the other booklets in this series, or to learn more about the discoveries of L. Ron Hubbard and his workable technologies that rid people of the harmful effects of drugs, visit:

www.drugsalvage.com.au

Or Contact: **Say No to Drugs, Say Yes to Life Coordinator**

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