

THE EAP CONNECTION

A publication from E.A.S.E., Inc. • 1650 NW Front Avenue, Suite 220 • Portland, OR 97209

For Confidential Assistance Call (800) 654-9778 or (503) 228-3223

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Crack Cocaine

WHAT IS IT

Names: crack, rock, readyrock, french fries (three-inch sticks)

Type: central nervous system stimulant

Form: dried chunk or shaving of cocaine combined with baking soda or ammonia in water; a freebase prepared with ether

Usage: smoked as a vapor

Legal Status: illegal

Other Forms: leaf of cocoa bush (ritual form); white crystalline powder or lump ("rock") as cocaine hydrochloride; vapor as cocaine freebase; solution diluted in water; for medicinal purposes, used in solution as a surface anesthesia

Combinations: with heroin "dynamite," "speedball," or "whiz-bang;" with morphine, also "whiz-bang"

WHAT THEY FEEL LIKE

immediate and overwhelming high or euphoria lasting three to five minutes, followed by intense low with depression, worry, inability to concentrate

WHAT IT DOES

To Your Mind: stimulates intense alertness and excitement

To Your Body: speeds up all systems, increasing heart rate and blood pressure, constricts blood vessels, alters breathing, creates dry mouth, dilates pupils, exaggerates movements

Special Characteristics:

increased risk of overdose due to uncontrollable, higher concentration in bloodstream. Increased risk of heart attack in otherwise healthy users; severe breathing and lung effects; liver damage, malnutrition, overstimulation of all body systems, destruction of brain neurotransmitters

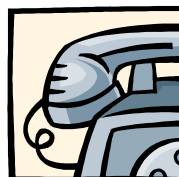
*FACT:
Cocaine may be the most
addictive drug of all.*

HOW IT CAN HURT YOU

- Eating and sleeping disorders
- Impaired sexual performance
- Shaking, muscle twitches, seizures and severe anxiety
- Paranoia, psychosis and hallucinations
- Addiction
- Unborn children of using mothers may be affected by mental retardation, deformities, heart defects and delayed development
- Death from overdose, suicide, homicide and fatal accidents while under the influence

WHEN TO GET HELP

- Do you use crack?
- Do you use it in the morning or at regular intervals?
- Do you think about crack often?
- Do you lie about how much you use?
- Are you spending more on crack than you can afford?
- Are you having problems at work, school, with family and friends?
- Are you willing to do anything to get crack?



Your Employee Assistance Program can help, for more information or further assistance please call (800) 654-9778