

# Facts About Stimulant Use & Opioid Use Disorders

Substance use disorders (SUDs) are medical conditions that can be diagnosed by a healthcare professional when continued use of a drug causes distress, harm, health problems and/or failure to meet responsibilities at work, school, or home.

## What is a stimulant?

*Stimulants* (often referred to as “uppers”) increase alertness, attention, and energy, as well as elevate blood pressure, heart rate, and respiration.

### Most Common Stimulants

- |               |                                 |
|---------------|---------------------------------|
| Prescription: | Illegal:                        |
| • Adderall    | • Cocaine (Coke, Crack, Blow)   |
| • Dexedrine   | • Methamphetamine (Meth, Speed) |
| • Ritalin     | • MDMA (Ecstasy, Molly, E, X)   |
| • Concerta    |                                 |

### Signs of Stimulant Use Disorder

Stimulant use disorder (StUD) is the continued use of amphetamine-type substances, cocaine, and other stimulants that can impact health. Symptoms include:

- Elevated heart rate, blood pressure, breathing, and body temperature
- Paranoia (feeling like someone is going to harm you even though they aren't)
- Anxiety
- Withdrawal (fatigue, depression, sleep problems)

## What is an opioid?

*Opioids* are a class of naturally occurring (opiates) and manufactured chemicals (opioids) that are frequently prescribed to relieve pain.

### Most Common Opioids

- |  |                           |
|--|---------------------------|
| Prescription:                            | Illegal:                  |
| • Morphine                               | • Heroin                  |
| • Codeine (Lean)                         | • Illegally made fentanyl |
| • Hydrocodone (Vicodin)                  |                           |
| • Oxycodone                              |                           |
| • Oxycodone (OxyContin, Percs, Percocet) |                           |

### Signs of Opioid Use Disorder

Opioid use disorder (OUD), sometimes referred to as “opioid addiction”, is a chronic brain disease characterized by continuing opioid use despite harmful consequences. Symptoms include:

- Loss of control over opioid use
- Craving
- Tolerance to opioids

*Note: Opioids can be addictive even if only taken for a short period of time.*

## What is Prescription Medication Misuse?

Prescription medication misuse is using medications:

- Without a prescription
- In ways other than prescribed by a doctor
- Just to feel their effects

### Disposing of Medications Safely

Keeping unused medication creates a serious health risk, especially if teens or children live with or visit you. To reduce the chance of accidental or intentional medication misuse, remember to:

- Not share your prescription medication with others
- Store your medication out of sight and reach of children or teens in your home
- Dispose of unused medication safely when there is no longer a medical need for them

*To dispose of medication, ask yourself these questions:*

1. Is a medicine take-back option readily available? If so, this is the preferred option.
2. If not, is the medicine on the FDA “flush list”? If it is, flush it down the toilet.
3. Otherwise, throw it away in the household trash, following the directions at [www.FDA.gov/DrugDisposal](http://www.FDA.gov/DrugDisposal).

## Recognizing and Preventing an Overdose

An overdose (OD) is a biological response to when the human body receives too much of a substance or mix of substances. An overdose can be intentional or accidental.

### Signs of a stimulant OD:

- Jerking or rigid limbs
- Irregular or shallow breathing
- Sudden onset of high fever
- Rapidly increasing pulse
- Loss of consciousness
- Chest pain
- Severe headaches
- Excessive sweating
- Irritability and/or agitation
- Disorientation or mental confusion
- Stroke
- Cardiac arrest

### Signs of an opioid OD:

- Small, constricted “pinpoint pupils”
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

### Tips for Seeking Help

If you or someone you know is struggling with StUD, OUD, or any other SUD, know you and your loved one are not alone, treatments are available, and recovery is possible.

## For More Information

Email us at [info@napafasa.org](mailto:info@napafasa.org) or call our toll-free number at (833) 568-2639. Visit our website: <http://napafasa.org>

Follow us on social media!

IG: @hh.rosemead

FB: @HealthyHousingRosemead

中文版即將發布，聯繫我們獲取更多信息。

Por favor contáctenos para obtener esta información en español.