

## CHEMICAL HEALTH TREND CORNER:

### LSD "Acid" is making a comeback among our Hutchinson students!

LSD is sold in pills, capsules or in liquid form. Most of the time, the liquid is soaked into specially prepared blotting paper that is often imprinted with cartoon characters and perforated. Each tiny square is one dose of LSD. The blotting paper is held in the user's mouth until all the drug has been absorbed. The latest trend is to use the liquid drops on candy. Our students favorites are; Sour Patch Kids, Sweet Tarts, Gummy Bears, Altoids and sugar cubes. Most students that eat these candies do not have them laced with the drug.

#### Signs and Symptoms of LSD Abuse

While LSD can be a dangerous drug, and one that is mostly abused by young people, it may be an advantage that the signs are LSD abuse are so distinctive, as this makes them easier for parents or loved ones to detect this type of drug abuse.

Within an hour or so of consuming this drug, a person's perceptions and sense of reality begin to change. This may frighten a person who is going through it for the first time, or someone who is emotionally unstable. But to a person who knows what is coming, this is considered a desirable change.

LSD creates sensory perception that is interpreted as an expansion of consciousness, or a religious experience that transcends the normal boundaries of awareness and existence.



A person using LSD may feel relaxed and more sociable. Going through the experience of using LSD is called a "trip."

On the other hand, "bad trips" are quite possible, meaning that the person becomes frightened and panicky. But if the person panics, there is no escape from the altered universe he finds herself in.

Shifted perceptions can include:

- Distortions of time, depth, space, size and shape
- Hallucinations of things that are not there or that stationary items are moving - in most cases, the person is aware of the unreality of these effects but in those situations where this is not true, injury or death can occur
- Altered perceptions of speed

- A blended sensory experience, in other words, "hearing" colors or "seeing" music
- Intensified senses of sound, touch or sight - visual hallucinations may range from color intensification or flashes of light to moving geometric or other patterns that can be seen with eyes open or shut
- The sensation that a person has left his or her body or that their body has changed shape



A person going through an LSD trip usually feels that he or she is gaining some special understanding or insight that was not available while sober. An effort to understand life better or continue these insights may drive a person to repeat the experience.

Physical signs of LSD use can be:

- Dilated pupils
- Salivation or dry mouth
- Tingling fingers or toes

- Weakness
- Negative effects including emotional distress, anxiety, depression, disorientation or paranoia
- Dizziness, nausea, rapid heart rate and convulsions
- Sweating or chills
- Blurred vision
- Inability to perform complex tasks like driving or operating machinery

An LSD trip may last as long as twelve hours. The person on an LSD trip may experience increased body temperature, heart rate and blood pressure. They may not feel tired and may not want to eat.

Article by: [Narconon](#)

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### Prevent Underage Drinking With "Talk. They Hear You."

As the summer ends and the school year begins parents may want to connect with their children to have meaningful talks. SAMHSA's app "[Talk. They Hear You.](#)" can help parents prepare for one of the most important conversations they may ever have. This free app, available through the [App Store](#)<sup>SM</sup>, [Google Play](#)<sup>TM</sup>, the [Windows Store](#), and [Windows Phone Store](#), features an interactive simulation that uses avatars to help parents practice bringing up the topic of alcohol, learn the questions to ask, and get ideas for keeping the conversation going.

The app is part of SAMHSA's "Talk. They Hear You." Underage Drinking Prevention National Media Campaign, which encourages parents and

caregivers to talk with children early about the dangers of alcohol. Access additional resources and information about the campaign and underage drinking prevention [click here](#)

### Could e-cigarettes be a gateway drug toward smoking traditional cigarettes?



For teens and young adults, the answer may be yes, according to a new paper published by JAMA Pediatrics. The study, which tracked the habits of nearly 700 young people over a year, revealed that young nonsmokers who showed no interest in smoking were more likely to take up the habit if they had used electronic cigarettes. To see whether there was a link, researchers from the University of Pittsburgh, Dartmouth University and the University of Oregon surveyed young people from around the U.S. who had never smoked traditional cigarettes and who were not susceptible to smoking at the time.

For more information, [click here](#)

### Youth Tobacco Use

We have made progress in reducing tobacco use among youth; however, far too many young people are still using tobacco. Today, more than 600,000

middle school students and 3 million high school students smoke cigarettes. Rates of decline for cigarette smoking have slowed in the last decade and rates of decline for smokeless tobacco use have stalled completely.

- Every day, more than 1,200 people in this country die due to smoking. For each of those deaths, at least two youth or young adults become regular smokers each day. Almost 90% of those replacement smokers smoke their first cigarette by age 18.
- There could be 3 million fewer young smokers today if success in reducing youth tobacco use that was made between 1997 and 2003 had been sustained.
- Rates of smokeless tobacco use are no longer declining, and they appear to be increasing among some groups.
- Cigars, especially cigarette-sized cigars, are popular with youth. One out of five high school males smokes cigars, and cigar use appears to be increasing among other groups.
- Use of multiple tobacco products-including cigarettes, cigars, and smokeless tobacco-is common among young people.



- Prevention efforts must focus on young adult's ages 18 through 25, too. Almost no one starts smoking after age 25. Nearly 9 out of 10 smokers started smoking by age 18, and 99% started by age 26. Progression from occasional to daily smoking almost always occurs by age 26.



Tobacco use by youth and young adults causes both immediate and long-term damage. One of the most serious health effects is nicotine addiction, which prolongs tobacco use and can lead to severe health consequences. The younger youth are when they start using tobacco, the more likely they'll be addicted.

- Early cardiovascular damage is seen in most young smokers; those most sensitive die very young.
  - Smoking reduces lung function and retards lung growth. Teens who smoke are not only short of breath today, they may end up as adults with lungs that will never grow to full capacity. Such damage is permanent and increases the risk of chronic obstructive pulmonary disease.
  - Youth are sensitive to nicotine and can feel dependent earlier than adults. Because of nicotine addiction, about three out of four teen smokers end up smoking into adulthood, even if they intend to quit after a few years.
  - Among youth who persist in smoking, a third will die prematurely from smoking
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### Why Do People Get Addicted To Drugs and Alcohol?

Addiction is a painful disease, and also a confusing one. Family and friends of an addict wonder why their loved one continues to abuse drugs and alcohol when it's clear they're destroying their life. "Why don't they just stop?" is a question constantly asked. In many cases, the addict is asking themselves the very same question. The truth is, anyone can become a drug addict or alcoholic, but some are more vulnerable than others. The greater question is, "why do people get addicted to drugs and alcohol?"

The science of addiction has come a long way in the last 50 years. Alcoholics and substance abusers were once thought to be weak-willed individuals with no moral center. We now know [addiction is a chronic and complex brain disease](#) that alters the brain's chemistry in such a way that it fosters compulsive drug seeking and relapsing behaviors, despite common sense or the will to live otherwise. In recent years, research has shown that there are several factors that make some people more vulnerable than others as it relates to addiction. Click the link below to read more about the risk factor of genetics, age of first use, mental illness, early childhood trauma, and adult trauma: [click here](#)



### Smart Drugs... A Growing Trend

"Smart drugs" that first entered the market in the mid-20th century, often through army experiments to keep fighters alert, have now reached saturation point [in education](#), the start-up scene and many of the most demanding industries. Studies have shown improved [memory and focus](#), while establishing few negative side effects [click here](#)