



American Drug Testing

Drug-Free Workplace Programs

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DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

Signs and Symptoms of Drug Use

There are many signs, both physical and behavioral, that indicate drug use. Each drug has its own unique manifestations but there are some general indications that a person is using drugs:

- Sudden change in behavior
- Mood swings; irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members or employees
- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities
- Changed sleeping pattern; up at night and sleeps during the day
- Red or glassy eyes
- Sniffly or runny nose

The following are some of the signs and symptoms of specific drug use:

Methamphetamine Effects:

"Wired"--sleeplessness for days and weeks at a time, total loss of appetite, ex-

treme weight loss, dilated pupils, excited, talkative, deluded sense of power, paranoia, depression, loss of control, nervousness, unusual sweating, shaking, anxiety, hallucinations, aggression, violence, dizziness,

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ness, mood changes, blurred vision, mental confusion, agitation.

Cocaine Effects:

Impaired thinking, confused, anxious, depressed, short tempered, panic attacks, suspiciousness, dilated pupils, sleeplessness, loss of appetite, decreased sexual drive, restlessness, irritability, very talkative, scratching, hallucinations, paranoia.

LSD (Acid) Effects:

Dilated pupils, skin discoloration, loss of coordination, false sense of power, euphoria, distortion of time and space, hallucinations, confusion,

paranoia, nausea, vomiting, loss of control, anxiety, panic, helplessness, and self destructive behavior.

PCP Effects:

Sometimes violent or bizarre behavior (suicide has often occurred), paranoia, fearfulness, anxiety, aggressive or withdrawn, skin flushing, sweating, dizziness, total numbness, and impaired perceptions.

Inhalant Effects:

Short-lasting euphoria, giggling, silliness, dizziness. Then come the headaches and full-blown "faintings" or going unconscious. Longterm Use: Short-term memory loss, emotional instability, impairment of reasoning, slurred speech, clumsy staggering gait, eye flutter, tremors, hearing loss, loss of sense of smell,



and escalating stages of brain atrophy. Sometimes

these serious longterm effects are reversible with body detoxification and nutritional therapy; sometimes the brain damage is irreversible or only partially reversible.

Heroin Effects:

Chemically enforced euphoria. "Nodding,"

which is a dreamlike state, near sleep, drifting off for minutes or hours. For long-time abusers, heroin may act like a stimulant and they can do a normal daily routine; however, for others, it leaves them completely powerless to do anything.

Marijuana Effects:

Compulsive eating, bloodshot red eyes that are squinty (they may have trouble keeping them open), dry mouth, excessive and uncontrollable laughter, forgetfulness, short term memory loss, extreme lethargy, delayed motor skills, occasional paranoia, hallucinations, laziness, lack of motivation, stupidity, sickly sweet smell on body, hair, and clothes, and strong mood changes and behaviors when the person is "high".

For additional information, see the "client area" www.AmericanDrugTesting.net or call 843-747-4111.



The Drug-Free Workplace Advisor is published by American Drug Testing, a leading drug-free workplace administrator and testing company. Call (843) 747-4111.

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