

# WHAT IS HEROIN?

Heroin (unga, smack) is derived from the opium poppy. It is made by treating morphine (an extremely potent pain killer) with a variety of chemicals, forming heroin salts (a white powder).

## TYPES OF HEROIN

Pure Heroin is a **white** powder (Thai White) which is smoked, injected. The most common form, **Brown Sugar**, is a mixture of pure Heroin mixed (or "cut") with other substances; Brooklax, talcum powder, sugar, etc. so the dealer can increase the quantity and subsequently his profits.

## METHODS OF USE

Heroin can be injected under the skin or directly into the vein (mainlining/ spiking). Directly injecting into a vein is the most dangerous method, though it gives the highest satisfaction. It can also be sniffed, smoked or inhaled. When smoked, cake Heroin or Heroin Powder is heated in tin foil, giving off a black smoke, which is then inhaled. This is called "Chasing the Dragon".

## RISKS

A user can become addicted after just a few days, which means he/she will require more and more of the drug in order to experience a "high", and will experience withdrawal symptoms upon stopping.

*Just dig the dangers:*

## POSSIBLE EFFECTS

- Fatal overdose
- Severe itching feelings
- Sensations of heaviness in hands and feet
- Suppression of pain
- Changes in respiratory system – leading to bronchitis/pneumonia



## EFFECTS (FOR SURE)

- Surge of euphoria (rush)
- Slowed breathing
- Confused thoughts
- Nausea/vomiting
- Warm flushing of skin
- Dry mouth
- Alternating feelings of alertness/drowsiness
- Clouded mental functioning
- Spontaneous abortion
- Irregular heartbeat

## LONG-TERM EFFECTS

- Collapsed veins
- Abscesses/sores
- Addiction
- Infectious diseases (HIV/AIDS, hepatitis)
- Arthritis and joint pains
- Infection of heart linings and valves
- Death from overdosing

## DANGERS

- An unfamiliar user, through injecting the Heroin, can overdose him/herself, leading to shallow breathing, resulting in insufficient oxygen to the brain. Unconsciousness follows and in the absence of medical help, breathing will stop and death follows
- A further danger is that a first-time user can suffer from nausea and vomiting, and if he/she loses consciousness the vomit can be swallowed, leading to choking.
- Heroin becomes the master of your life. Weight loss, under-nourishment follow and the user's appearance is even worse.
- Abscesses, sores and open wounds appear on heavily-addicted users.
- Once a slave to Heroin, the addict will do anything, steal from anyone, just to satisfy his/her cravings.

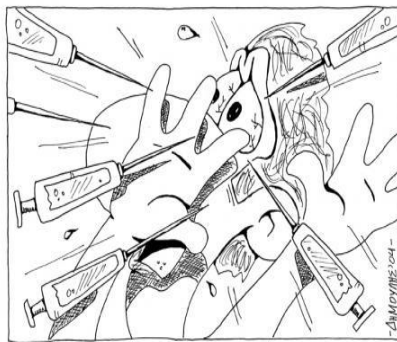
# COLD TURKEY

(Withdrawal)

Withdrawal symptoms begin 4-6 hours after the last dose in heavy users.

## SYMPTOMS

- Intense sweating
- Nausea and vomiting
- Dizziness
- Pounding heart
- Trembling and shaking
- Diarrhoea
- Muscular aches and pains
- Shortness of breath
- Cold sweat and covered in goose flesh



*Psychological addiction  
is a lifetime battle!*

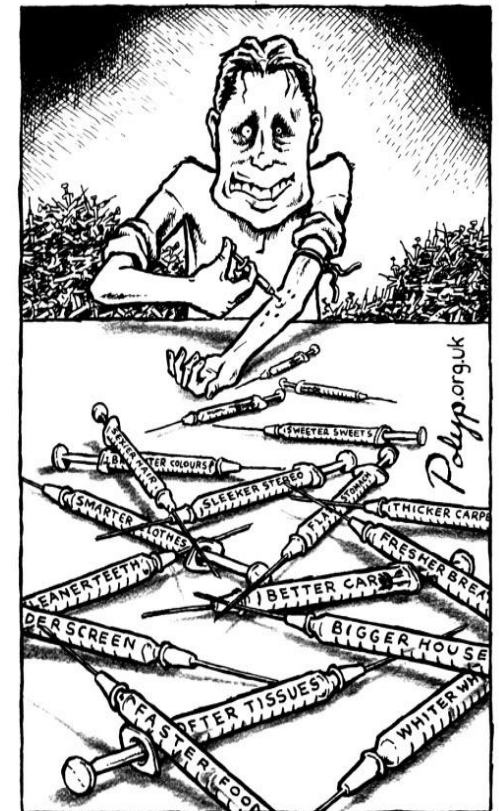
**BE SMART  
DON'T START!**



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# THE CURSE OF HEROIN



'ADDICTED'

Published in the interest of a more  
sustainable, healthy lifestyle  
rather than being a  
captive of drugs!