



**NEWS**  
Decongestant Sales  
Curbed to Halt  
Meth Trade

Baseball Faces Steroid  
Scandal

**Sports | Juiced Athletes as  
Role Models? Fans say "No!"**

As many as  
5.2 percent of  
Americans age 12  
and older have tried  
methamphetamine  
at least once in  
their life

**Sports | Human Run or  
Drugged Run?**

ERS See Drugs  
Leading to  
More Violent  
Outbursts.

Meth Lab Explodes  
Area Contaminated

**Health | White-Collar  
Addiction**

"Huffing" and Dying  
to Get High

Methamphetamine  
can be produced  
through a variety of  
chemicals and processes  
in home-based "labs"

Every pound of  
methamphetamine  
produced leaves  
behind 5 to 7 pounds  
of toxic waste

S Y H B Y L M C S G R H V E M  
O U C E L A M Y B R I O I T A X  
A R M L G A W R C M Y U S S E T H  
H J E A W R C M Y U S S E T H  
X S N N L A T I D S Y E F O D  
M C O E N A C L E S I N A E M  
U I R C G C H R B Z K O Y S U  
S X E K S S G T H T W O R G E  
C R T P F G S R O E F G E S D  
L Q S W A G R Q A P N O Q K G  
E O O T V Z W X Q Y U X E X  
S D O T A N A B O L I C H M P Y  
U S D E A T H R I S U P M Y  
X L E H K J W U R E R Z R V I  
E I T F T V D P H P D B P S A

### Steroids Search

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Methamphetamine  
causes damage to the  
body, including skin  
sores, tooth decay, poor  
hygiene, insomnia, and  
appetite loss.

High doses of  
methamphetamine  
can severely damage  
neurons. Use of the drug  
over long periods produces  
symptoms like those  
seen in people with  
Parkinson's disease

### Science in the Spotlight:

#### Beyond Addiction: The Larger Problem of Methamphetamine Use

Methamphetamine is only dangerous to the people  
that abuse it, right? Wrong!

- Methamphetamine labs can contaminate local water supplies, causing health problems for local residents
- In 2004, more than 9,000 meth labs were seized by drug enforcement agents
- Injuries to first responders, such as emergency medical technicians and police officers, can occur during clean ups from explosions and dangerous exposure to chemicals through spills, fires, and air contamination
- Depending on the size and location of the lab, it can cost between \$3,000-\$100,000 to clean up a meth lab!
- Methamphetamine is often produced in secret home-based labs. Because of the chemicals used to make meth, these labs are very dangerous to those who live and work in the area—not to mention the toxic effects these chemicals have on the environment!
- Methamphetamine use is very high in the western parts of the country—third only to alcohol and marijuana use

**BP Weekly** 

# Drugs in the News What's the Big Deal



**NIDA**  
NATIONAL INSTITUTE  
ON DRUG ABUSE

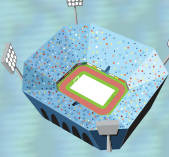
# Steroids Timeline



**1889**—French physiologist Charles Brown-Sequard markets a “rejuvenating elixir.” This is the first product known to contain testosterone.



**1935**—Testosterone is first synthesized by Johann Butenandt and Leopold Ruzicka, who earn a Nobel Prize in chemistry for their accomplishment.



**1940s**—Testosterone starts to be used by athletes in the sporting arena.



**1950s–1970s**—Steroid use spreads as more athletes begin using them.



**1975**—The International Olympic Committee bans steroid use.



**1990**—The U.S. Congress passes the Anabolic Steroids Control Act of 1990, making it illegal to sell or possess steroids without a prescription.



**2005**—The U.S. Congress invites star baseball players such as Rafael Palmiero and Mark McGwire to testify about steroid use in Major League Baseball.



**2006**—Baseball superstar Barry Bonds is accused of using steroids, jeopardizing his career, and calling into question the merit of his athletic accomplishments.

## Slang Names for Steroids

Gym Candy

Arnolds

Pumpers

## Club Drugs

Another group of drugs that make the news often is known as “club drugs,” so called because these drugs are often associated with party situations. (Methamphetamine is also known as a club drug.) Club drugs usually act within half an hour. They cause symptoms of drowsiness and memory loss that can last up to 12 hours.

**GHB (gamma hydroxybutric acid)** comes in the form of a colorless and odorless liquid, a white powder, or a pill. It can cause memory loss, drowsiness, dizziness, tremors, and nausea or vomiting. Serious effects of GHB include difficulty seeing, loss of consciousness, seizures, breathing problems, decreased heart rate, and death. Slang names for GHB include Georgia home boy and liquid ecstasy.

**Rohypnol** is a pill that easily dissolves in liquids. After ingestion, Rohypnol causes sleepiness, lowered blood pressure, and loss of muscle control. Users almost always experience memory loss while under the influence of this drug. Slang names for rohypnol include roofies and rope.

**MDMA** is a pill that can cause increases in heart rate and blood pressure, muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, and chills or sweating. In high doses, MDMA can lead to a sharp increase in body temperature (hyperthermia) that results in liver, kidney, and cardiovascular system failure. Slang names for MDMA include ecstasy, E, X, XTC, and adam.

**Ketamine** is an anesthetic that is legal only for use in veterinary surgery. It comes in liquid and powder forms. While under the influence of ketamine, users can experience hallucinations, numbness, slurred speech, and loss of coordination. Other effects include breathing problems, convulsions, vomiting, and aggressive or violent behavior. Slang names for ketamine include K, special K, vitamin K, and ket.

Weight Trainers

Juice

Stackers

# BP WEEKLY

A PUBLICATION OF BRAIN POWER! CHALLENGE | Free

## Steroids Background

- Anabolic steroids are artificial versions of the hormone testosterone
- Testosterone is found in both males and females
- Steroids change the messages sent by the hypothalamus, the place where testosterone is made
- Steroids are very dangerous—they can weaken the immune system, damage the liver and reproductive system, stop bone growth, and lead to cancer
- Steroids can also cause scalp hair loss, acne, growth of body and face hair, and a deepening of the voice

## Steroids Side Effects

**Deepened voice in girls and woman**  
**Narrowing of the arteries and heart attack or Stroke**  
**Development of breasts in boys and men**  
**Rage**  
**Mood Swings**  
**Acne**  
**Liver Cysts**  
**Baldness**

## Club Drugs: Stats and Facts

- One dose of MDMA (ecstasy) has the ability to decrease the levels of serotonin, an important neurotransmitter, for up to 2 weeks
- A dose of rohypnol as small as 1 milligram can impair a person for 8 to 12 hours
- A legal form of ketamine is used as anesthesia for animals during veterinary surgeries

## Methamphetamine Background

- Methamphetamine is an illegal stimulant used to speed up the brain's functioning
- It is produced as pills, powders, or chunky crystals called “ice”
- Other street names for methamphetamine include meth, chalk, speed, uppers, crystal glass, copilots, Christmas tree, and crank
- Methamphetamine creates a false sense of energy; it increases the heart rate, blood pressure, and risk of stroke
- An overdose of methamphetamine can result in heart failure; long-term physical effects, such as liver, kidney, and lung damage, can also be fatal

## Meth Mix-up

Unscramble the words below. Then copy the letters in the numbered squares into their corresponding boxes at the bottom of the puzzle.

EINMADPO

7	1						
---	---	--	--	--	--	--	--

DITONADIC

5								10
---	--	--	--	--	--	--	--	----

HINLEA

--	--	--	--	--	--

LALLEGI

--	--	--	--	--	--

ABL

13			15
----	--	--	----

ALSYTCR

--	--	--	--	--	--

RANCK

--	--	--	--	--	--

VINOEMMETRN

--	--	--	--	--	--	--	--	--	--	--

MEACHCLA

--	--	--	--	--	--	--	--

1	2	3	3	4	5	6	7	8	9	10	11	13	12	13	14	15
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