

DRUG FACTS

With so many voices and opinions out there, all you need is the knowledge to make your own decisions.

CLASS NOTES ► BATH SALTS

THE LOWDOWN

Though the name may sound harmless, bath salts are a dangerous synthetic stimulant that carry the risk of easy overdose, hallucinations and even death.⁹

AKA:

Brand names include Blizzard, Blue Silk, Charge+, Ivory Snow, Ivory Wave, Ocean Burst, Pure Ivory, Purple Wave, Snow Leopard, Stardust, Vanilla Sky, White Dove, White Knight and White Lightning

WHAT IS IT:

A synthetic, stimulant powder product that contains amphetamine-like chemicals, including mephedrone, which may have a high risk for overdose. Because the drug is new and some of the contents unknown, using it in any way is highly dangerous.¹⁰ Right now, bath salts are illegal in a growing number of U.S. states, as well as foreign countries like Canada, Australia and Great Britain.¹¹

THE RISKS:

Between January and February 2011, there were over 250 calls to U.S. poison centers related to bath salts. This is well over the 236 calls received for all of 2010.¹⁰ Bath salts are a dangerous drug whose full risks and effects are still unknown. What doctors at poison centers have reported is that bath salts can cause rapid heartbeat, high blood pressure, chest pains, agitation, hallucinations, extreme paranoia and delusions.¹⁰

LONG-TERM EFFECTS:

Bath salts are a relatively new drug, so it's hard to know the full long-term effects, but they seem to have many similarities to methamphetamine (meth). Taking a lot of it for a long time can lead to emotional and physical "crash-like" feelings of depression, anxiety and intense cravings for more of the drug.

THE BOTTOM LINE:

Since it contains amphetamine-like chemicals, bath salts will always carry the risk of stroke, heart attack and sudden death. It may be legal in some states, but so is rat poison, and you probably wouldn't want to ingest that either.

SOURCES

9: U.S. Drug Enforcement Agency. *Teen Arrested in NY Bath Salts Round Up* (<http://www.justice.gov/dea/pubs/states/newsrel/2011/nyc062811.html>). Published June 2011. Retrieved August 2011.

10: National Institute on Drug Abuse. *Message from the Director on "Bath Salts" – Emerging and Dangerous Products* (<http://www.drugabuse.gov/about/welcome/MessageBathSalts211.html>). Retrieved July 2011.

11: MSNBC. *Drugs Sold as Bath Salts Now Illegal in Louisiana* (<http://www.msnbc.msn.com/id/40954094/ns/health-addictions/>). Published January 2011. Retrieved July 2011.

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PRESSURE METER

The pressure drops when you keep track of the facts.

In addition to the stimulants, the chemical composition of bath salts is largely unknown; that's why abusing it is extremely dangerous.¹⁰

Doctors at U.S. poison centers say that ingesting or snorting bath salts can cause chest pains, increased blood pressure, increased heart rate, hallucinations, paranoia and delusions.¹⁰

SOURCES

10: National Institute on Drug Abuse. *Message from the Director on "Bath Salts" – Emerging and Dangerous Products* (<http://www.drugabuse.gov/about/welcome/MessageBathSalts211.html>). Retrieved July 2011.