

A NEW THREAT

It's all the rage in Europe. It's a cheap, readily available designer drug. It's manufactured in China or clandestine laboratories. You can buy it in convenience stores, on the street or over the Internet. In many cases it's legal. It's sold as bath salts or plant food. It has caused well over 100 deaths in Europe and has made its way across the ocean to North America.

What is it? Mephedrone.

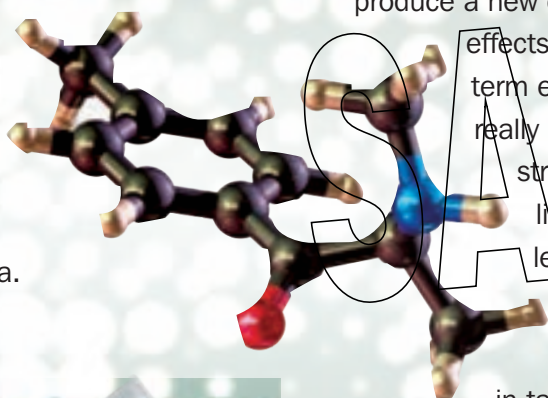
Mephedrone (4-methylmethcathinone), also known as "Meow Meow," "Meph," "Cat," "Bubbles," "Drone" or "M-Cat" is a potentially addictive, extremely dangerous synthetic stimulant in the amphetamine family. Mephedrone is close in chemical structure to the drug cathinone, found in the "khat" plant of East Africa.



BREWING TROUBLE

Designer drugs are close copies of other drugs. Unethical chemists make slight changes to the molecular structure of the parent drug to produce a new compound that shares the same effects. However, the short- and long-term effects of the new drug are never really known – until the drug hits the street and people start risking their lives in "unclinical trials" that may lead to brain damage or death.

Mephedrone is usually sold as a white powder, crystals or in tablet form and can be snorted, smoked, ingested or injected. Most people start off by snorting or smoking the drug. However, snorting mephedrone is painful and causes nose bleeds and smoking it can lead to extremely sore throats. At this point, those hooked on the drug usually resort to injecting it.



RESOURCES

Information on substance abuse and treatment options:

<http://www.teen-drug-abuse.org>

Drug facts, activities and real stories:

<http://teens.drugabuse.gov>

Information on substance abuse and good decision-making:

<http://www.sadd.org>

SAMPLE COPY

in the know

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MEPHEDRONE

death cat





SHORT-TERM EFFECTS

Shortly after taking mephedrone, users feel euphoric, energetic, talkative, open and friendly. However, other short-term effects may include:

- Confusion
- Depression
- Sleep Problems
- Nausea
- Anxiety
- Chills and Sweating
- Teeth Clenching
- Heart Palpitations
- Paranoia
- Racing Heart
- Blurred Vision
- High Blood Pressure

A mephedrone high doesn't last long. When the effects start to wear off, all a user can think about is getting more. This compulsive re-dosing often results in the user taking dangerously high levels of the drug.

When the users finally runs out of the drug, the after effects of a mephedrone high can take several days to go away. Users report having withdrawal symptoms similar to coming off of heroin, including vomiting and flu-like symptoms. For days and even weeks after, users may experience neurological and heart-related symptoms.

LONG-TERM EFFECTS

There simply hasn't been any reliable medical research into the long-term consequences of mephedrone abuse. Users report moderate to severe nerve damage, tingling and numbness, as well as headaches and dizziness. Some users have panic attacks and paranoid delusions that can reoccur days or weeks later. There have also been many deaths associated with the drug.

drug of abuse

COMING DOWN

similar to heroin

ADDICTION

With no medical research into the effects of mephedrone, it's not clear if it's addictive or not. However, plenty of users "act" like they are addicted: taking more and more of the drug despite the consequences; doing anything to find another hit; chasing after their lost high; suffering withdrawal symptoms that become too painful to endure. Medical research can't say that mephedrone is addictive. Users who have had their lives destroyed by the drug suggest that it is highly addictive.

LEGAL HIGH?

Don't let the term "Legal High" confuse you. "Legal" does not mean "safe." Currently, mephedrone is not a schedule illegal substance in the United States or Canada. But this doesn't mean it's legal. As a designer drug, it falls under the "analog" clause, meaning that since mephedrone is derived from another illegal drug, it too is illegal. Right now, it is possible to purchase

mephedrone over the counter or online, however individual states are moving to make the drug illegal.

JUST A BAD IDEA

Legal or not, taking any drug is a bad idea unless you're sick. Taking mephedrone is a terrible idea. Not only is there no reliable information about effects on the human mind and body, there's no way to tell that what you're taking is what you think you're taking. There is no quality control in mephedrone production. And just because you've taken it before doesn't mean that it'll be okay the next time. There's also no way to know the strength of the dose before it's taken.

Do yourself and those who love you a huge favor. Stay away from mephedrone. The people who cook up and sell mephedrone are only out to make a quick buck. Don't make yourself a human guinea pig and allow these pushers to experiment on your mind and body.

nerve damage

