

DANSK · ENGELSK

FAKTA OM
FACTS ABOUT

DRUGS

FOR UNGE FOR YOUNG PEOPLE

STOFFER

Zbaleb, 31 years old: People who take drugs lose interest. They destroy everything for themselves. They lose their apartments, partners – everything.

Zbaleb, 31 år: Dem, der tager beroin, bliver ligeglade med deres liv. Og de ødelægger altting for sig selv. Måter leflighed, kæreste - altting.

Nisreen 17 years old: As far as I know hash is not as dangerous as heroin or other types of hard drugs. But smoking hash makes you silly. One of my friends smokes hash all day long and he couldn't care less about anything.

Nisreen, 17 år: Så vidt jeg ved, er hash ikke så farligt som beroin og andre slags hårde narkotika. Men alligevel, man bliver dum af det. En af mine venner ryger hash døgnet rundt, og han er totalt ligeglad med alt.

Ali 18 years old: If you feel that you don't have a future you can just while the time away by smoking hash.

Ali, 18 år: Hvis man ikke tror, at man har en fremtid, så kan man bare drive den af ved at ryge hash.

George 21 years old: You have to watch out if you hang around with people who take drugs regularly. If you begin to take hard drugs with them, it's an absolute certainty that you'll get hooked.

George, 21 år: Man skal være på vagt, hvis man går sammen med typer, der tager stoffer jævnligt. Hvis man først begynder at tage hårde stoffer sammen med dem, så er det næsten helt sikkert, at man bliver væk. Lær med rygeberoin, som ikke virker så farligt i første omgang.

“In my opinion people take drugs because they're bored and because they cannot relate to their parents. You Og fordi man har problemer med sine forældre. Det kan often take drugs to be one of the crowd, to be the same også bare være for at være sammen med vennerne og as the others and not to be considered an “outsider”. ” ikke være en “outsider”. ”

BULENT 17 AR

BULENT 17 YEARS OLD

**Drugs
are illegal
Stoffer er
forbudt**

Narkotika og hash er forbudt. Politiet bruger mange ressourcer på at bekæmpe den illegale handel med stoffer. Alligevel findes stofferne i vores samfund. Hver dag får mange unge tilbudt stoffer. Nogle unge siger "nej tak" fra starten, andre prøver en enkelt gang, andre prøver igen og igen - og opdager for sent, at de er blevet narkomaner.

Narcotics and hash are illegal substances. The police use a variety of means to combat illegal drug trafficking. In spite of police efforts, however, drugs are available in our society. Young people are approached by drug pushers every day. Some say "no thank you" from the outset. Others try them once. But some return to drugs again and again, finding out too late that they have become misusers.

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H A S H O G H Å R D E S T O F F E R

Man kan blive afhængig af både hash og hårde stoffer, men det er væsentligt at skelne imellem dem. Hashmisbrug er meget skadeligt for ens evne til at lære og til at fungere aktivt sammen med andre mennesker, men brug af hårde stoffer er livsfarligt og direkte ødelæggende for hele ens tilværelse.

Les mere om de enkelte stoffer i afsnittet: Stofleksikon.

Narkoman i behandling

Man tænker kun på sig selv, når man er på stoffer. Hvis man har penge, så er man ligeglad med, om ens kone og børn har mad eller mangler noget. Har man 1000 kr., så går man hen og køber 1/2 gram heroin. Efter 2 timer tænker man igen: "Hvor skal du nu finde penge til at købe stoffer?"



H A S H A N D H A R D D R U G S

You can become dependent on both hash and hard drugs. However, it is important to distinguish between them. Hash misuse can hamper your ability to learn and function actively with other people. The use of hard drugs on the other hand is dangerous and can destroy your entire existence.

You can read more about the various drugs in the chapter: Drug Classification.

What is a drug misuser?

A drug misuser is a person **dependent** on narcotics. These include heroin, opium, amphetamine, cocaine (crack and freebase).

A drug misuser suffers **withdrawal symptoms** if he does not take the drug.



Hvad er en narkoman?

En narkoman er **afhængig** af narkotika ("dope"). Det kan være heroin, opium, amfetamin eller kokain (crack, freebase).

En narkoman får **abstinenssymptomer**, hvis han ikke tager stoffet.



A F H Æ N G I G AF stoffer

Man bliver afhængig af stoffer på to måder:

KROP

Ens krop vænner sig til stoffet og kræver mere og mere for at opnå samme virkning. Hvis misbrugeren ikke får stof, vil han få abstinenssymptomer.

HUMØR

En misbruger er besat af tanken om at få stoffer. Han synes ikke, han kan klare sit liv uden at være på stoffer.

Afhængigheden er der allerede i det øjeblik, hvor man synes, det er svært at lade være med at tage mere stof.

ABSTINENS

Abstinenssymptomer er kroppens reaktion på pludselig ikke at få det stof, som den har vænnet sig til at få. Symptomerne kan være meget ubehagelige, og de er med til at lokke misbrugeren til at tage mere stof. Misbrugeren ved, at stoffet vil få symptomerne til at forsvinde.

Hvis man holder sig helt fra stoffer, vil symptomerne forsvinde af sig selv efter en periode. Læs mere om symptomer på abstinens under: Stoffleksikon.

D R U G DE pendency

People become dependent on drugs in two ways:

THE HUMAN BODY

The human body becomes accustomed to drugs and demands increasing amounts of the substance to achieve the same effect. If a drug misuser does not take the drug he suffers withdrawal symptoms.

MOOD



A drug misuser is obsessed with drugs. In his opinion life cannot be lived without them.

A state of dependency has already been reached when the user feels that it is difficult to refrain from taking drugs.

WITHDRAWAL

Withdrawal symptoms is the body's reaction to the sudden withdrawal of a substance that the user has become accustomed to. Withdrawal symptoms can be extremely unpleasant and can in fact tempt the misuser to take more drugs. The misuser is aware that withdrawal symptoms will disappear when he takes the drug. If the misuser refrains from drugs altogether withdrawal symptoms will disappear of their own accord over a period of time. Read more about withdrawal symptoms in the chapter: Drug Classification.





Smoking or injecting

New drug users often prefer to smoke an illegal substance than inject it. Some believe incorrectly that smoking is less harmful. However, a drug's effect on the body is the same no matter how it is administered. A user can become a misuser regardless of whether the route of administration is smoking or injecting.

Ryge eller sprøjte



Nye stofmisbrugere foretrækker ofte at ryge stoffet frem for at bruge sprøjte. Mange tror ikke, at det er lige så farligt. Men virkningen af stoffet er den samme, uanset hvordan man indtager det. Man bliver narkoman, uanset om man ryger eller bruger sprøjte.

Sprøjter kan give sygdomme



Narkomaner, der sprøjter stoffet ind i deres blodbaner eller muskler, får ofte betændelse i deres sår. Hvis de deler sprøjte med andre, kan de blive smittet med HIV (AIDS-virus) og leverbetændelse.

Misusers who inject drugs into the bloodstream or muscles often develop septic sores. If they share needles and syringes with others they run the risk of contracting HIV (the AIDS virus) and hepatitis.

Injection can lead to illness

STÆRKE STOFFER

Narkotika og hash sælges på det illegale marked, og derfor er der ingen kontrol med, hvor stærke stofferne er. Forhandlerne fortynder med fyldstoffer, og det gør det umuligt at vide, hvor stærkt pågældende stof er. Det er heller ikke sikkert, forhandleren selv ved det. Det er især farligt, når det gælder stoffer, hvor en for stærk dosis kan være dødelig (heroin og kokain).



Narkoman i behandling: For to år siden, da jeg var på stoffer, blev min søn født. Min familie var taget på hospitalet med min kone. Jeg havde været på gaden hele dagen, så jeg var træt og var gået hjem for at sove. Min bror ringede og sagde, at jeg havde fået en søn. Jeg sagde, at jeg var ligeglad. Min kone var på hospitalet i 3 dage, men jeg gik ikke derhen. Jeg så slet ikke min søn. Jeg var bare ligeglad.

Ambat, 18 år: Jeg kan se, at nogle af mine venner, der ryger hash, er begyndt at glemme en hel masse ting, som de har oplevet før. Når man spørger: "hey - kan du huske dengang, vi lavede det og det" - så står de der og kigger helt åndssvagt på én.

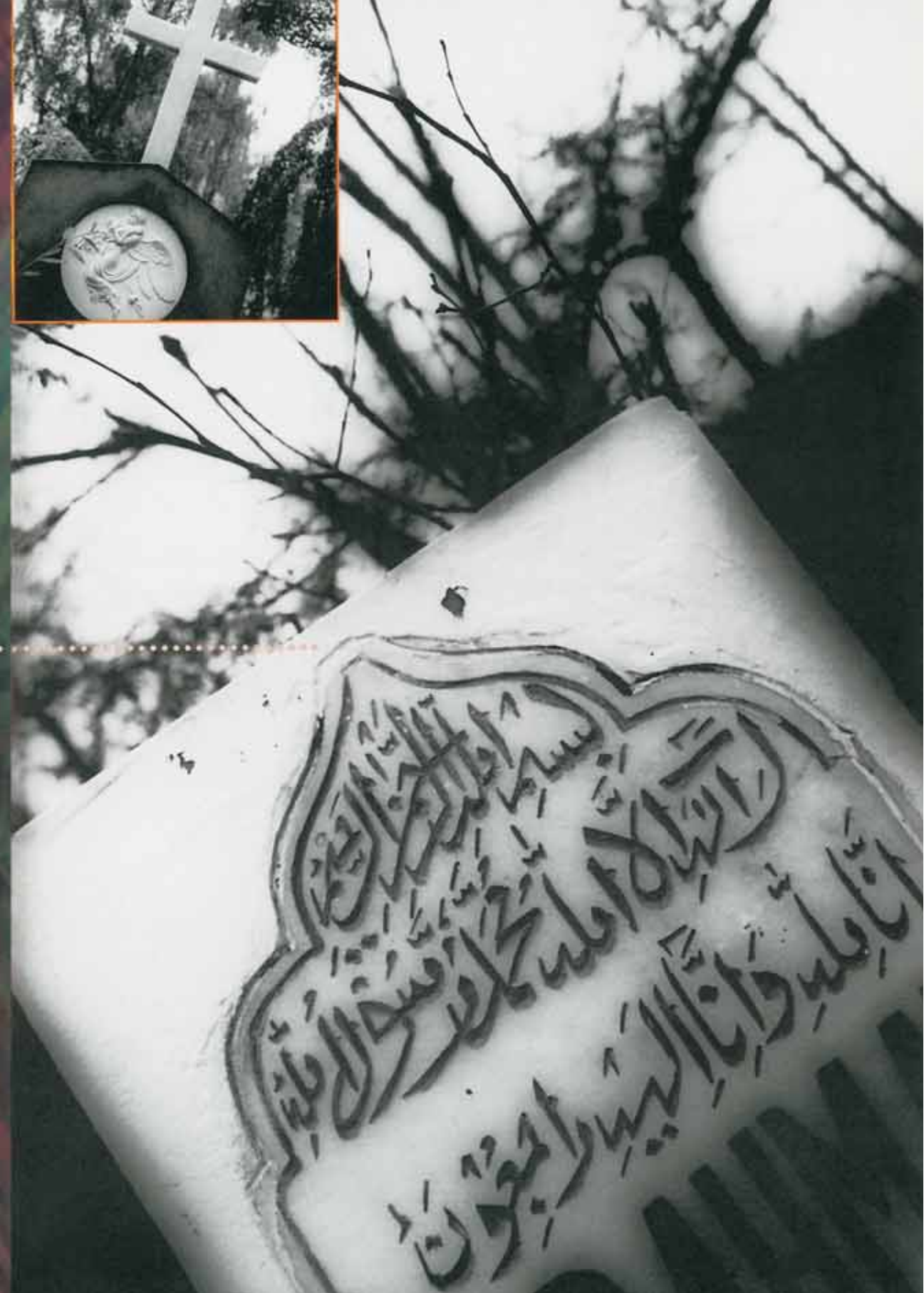
DRUG STRENGTH

Narcotics and hash are sold on the black market. Consequently drug strength cannot be determined, as dealers usually dilute drugs with fillers. Dealers themselves are often unaware of the strength of the substances they are pushing. This is particularly dangerous in the case of drugs where an overdose can be fatal (such as heroin and cocaine).

Drug misuser undergoing treatment: Two years ago when I was on drugs my son was born. My family accompanied my wife to the hospital. I had been on the street all day so I was tired and had gone home to sleep. My brother phoned to tell me that I had a son. I told him I couldn't care less. My wife stayed in hospital for about three days but I didn't go to visit her. I didn't see my son at all. I didn't care.



Ambat, 18 years old: I've noticed that some of my friends who smoke hash are beginning to forget things. When you ask them "Hey, do you remember the time we did this and that ...", they just stand and stare.



Ikrum, 21 år

Mange af mine barndomstvenner er blevet narkomaner. Nogle af kvinderne er narkoprostituerede, og mange af mine gamle venner er blevet pushere. Flere af dem er "yuppie-typer", som sælger til "jet-settet". Men en ting er sikkert: Uanset hvor meget de sælger, så har de aldrig nogen penge. De bliver altid nødt til at bedrage og stjele fra andre mennesker. De lever et meget ensomt liv, vennerne forkaster dem, familien forkaster dem, og det ender altid med, at de har det skide dårligt.

Fatib, 15 år:

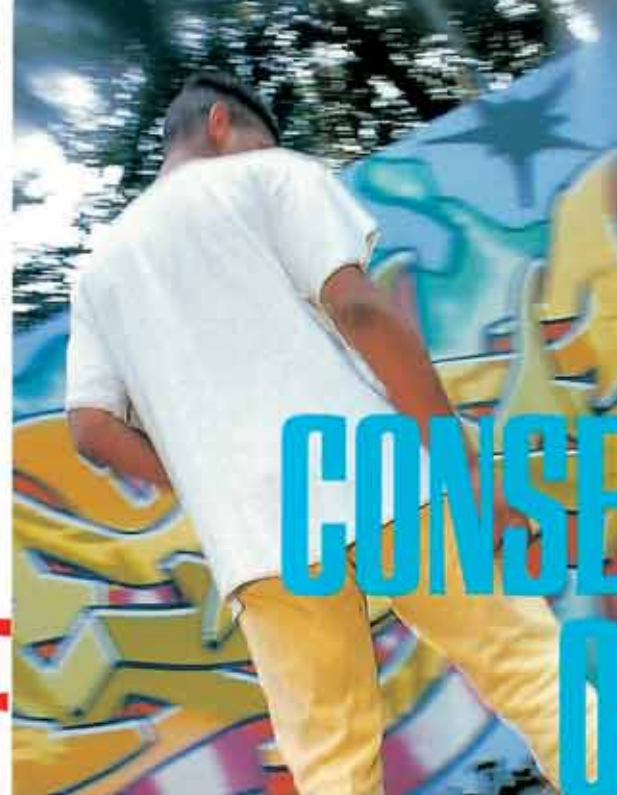
De eneste mennesker, der har respekt for dem, der laver kriminalitet, det er de andre kriminelle. Og den respekt forsvinder også, fordi kriminelle bliver altid uvenner. De tænker kun på sig selv.

Fatib, 15 years old:

The only people who respect those who get involved in crime are other criminals. And that type of respect doesn't last long because criminals always fall out. They only think of themselves.

Ikrum, 21 years old

Many of my school friends have become misusers. Some of the girls have turned to prostitution and many of my old friends are pushers. Many of them are yuppie types who sell to the jet set. But one thing is sure. No matter how much they sell they never have any money. They always have to cheat and steal. They live lonely lives. Their friends have abandoned them. Their families have abandoned them and it always ends with them feeling terrible.



CONSEQUENCES OF DRUG MISUSE IS

Crime

KONSEKVENSER AF

STOEMISBRUG Kriminalitet

En narkoman skal bruge mange penge for at dække sit daglige behov for stoffer. Han har brug for mere og mere stof, og det er svært for ham at klare et arbejde, fordi han er påvirket. Narkomaner skaffer penge ved at stjele, begå indbrud, lave overfald, ved at prostituere sig eller ved at sælge stoffer.

Spiser ikke

Når man er på hårde stoffer, interesserer man sig ikke for mad - kun for stoffer.

Ligeglad med familien

Når man er på hårde stoffer, tænker man ikke på andre mennesker - kun på stoffer.

Ligeglad med sig selv

Når man er på hårde stoffer, er man ligeglad med, om man ødelægger sit eget liv.

A drug misuser needs a lot of money to cover the expense of his daily drug consumption. The misuser needs increasing amounts of the substance. Keeping down a steady job becomes difficult when the misuser is under the influence of drugs. The misuser then turns to crime such as theft, housebreaking, mugging and prostitution or begins to push drugs to get money.

Stops eating

When you're on hard drugs interest in food disappears. The misuser's only interest is drugs.

Disinterested in the family

When you're on hard drugs you lose interest in other people. The misuser's only interest is drugs.

Disinterested in oneself

When you're on hard drugs that fact that you are destroying your life becomes irrelevant.



A drug misuser's wife

When my husband was a misuser we had a lot of problems. So one day I took my little baby and went to a women's shelter. I told my husband: "If you don't take care of your family you can get out and keep your drugs."

Her husband

I thought, if I don't stop taking drugs my wife and son will never come back again. I began to think that not seeing my son again wasn't such a good idea, so I decided to present for treatment.

His wife

The only time my son and I saw my husband was when he came home to sleep. He was out all day long and only came home late at night. I asked him to stop on numerous occasions. It didn't help. It was only when he decided to stop himself that anything happened.

Narkomanens kone

Dengang min mand var narkoman, havde vi mange problemer. Så en dag tog jeg mit lille barn og gik hen til et kvindehjem. Jeg sagde til min mand: "Du skal passe din familie, eller du skal gå din vej med narkoen."

Hendes mand

Jeg tænkte, at hvis jeg ikke stopper med stoffer, så kommer min søn og kone ikke tilbage mere. Så tænkte jeg, at det var ikke en god ide, hvis jeg ikke skulle se min søn mere. Så gik jeg i behandling.

Hans kone

Min søn og jeg så aldrig min mand hjemme. Kun når han sov. Hele dagen var han ude. Han kom kun om natten. Jeg sagde mange gange til min mand, at han skulle stoppe. Det hjalp ikke - først da han selv besluttede at stoppe, hjalp det.

WARNING !

Beware of smokable heroin

Smokable heroin is a hard drug with the same effect on the body as the heroin one injects into the body.

Beware of skunk

Skunk is a new cannabis type, three times as strong as ordinary cannabis.

Dangerous to mix drugs and alcohol

The risk of overdosing increases if drugs are taken **in conjunction with** alcohol or medication. The effect of this mixture is unpredictable.

Pregnant women can seriously damage their unborn baby if they take drugs during pregnancy.

ADVARSEL!

Pas på rygeheroin

Rygeheroin er hård narkotika, der virker på samme måde som den heroin, man sprøjter ind i kroppen.

Pas på skunk

Skunk er en ny slags hash, der er 3 gange stærkere end almindelig hash.

Farligt at blande alkohol og stoffer

Risiko for overdosis bliver større, hvis man drikker alkohol eller tager medicin **samtidig med**, at man tager stoffer. Virkningen ved blanding er helt uberegnelig.

Gravide kvinder kan give deres ufødte børn varige skader, hvis de indtager stoffer under graviditeten.



Elbam, 22 år

“ Misbrugere kommer hurtigt til at se forfærdelige ud. Mister deres hår eller bliver gråhårede og ser trætte og gamle ud. De sårer deres familie og skylder alle folk penge. ”

“ Man kommer bagud i sit liv, når man tager stoffer. De år, jeg var på stoffer, er forsvundet. Hvis jeg fx går til tandlægen nu, så har jeg måske ikke været der i 2-3 år. Jeg har måske ikke betalt min regning. Nu skal jeg til at lære at leve et normalt liv igen og lære at passe alle mine aftaler. ”

“ Your life comes to a standstill when you take drugs. The years I've wasted on drugs are lost. I haven't been to the dentist for 2-3 years and maybe I haven't paid my last bill. I have to learn to live a normal life again. ”



Elbam, 22 years old

“ Misusers' physical appearance deteriorates quickly. They look awful. They either lose their hair or turn grey. They look so tired and old. They hurt their families and owe money to everyone. ”

Nigla, 19 år

“ Man skal holde sig fra de "venner", der er på stoffer. Min veninde begyndte at gå med nogle, der røg meget hash. Jeg sagde, at jeg ville sige det til hendes far, hvis hun ikke holdt op - og så blev hun stik tosset. Men jeg tror, hun vil takke mig senere. ”

Nigla, 19 years old

“ You should keep away from "friends" who take drugs. My friend began to hang around with someone who smoked hash. I said I would tell her father if she didn't stop. She became really angry. But I'm sure she'll thank me later. ”

“ It's difficult for our families to understand why we can't just stop taking drugs. ”

“ Det er svært for vores familier at forstå, hvorfor vi ikke bare holder op med at tage stoffer. ”

THERE IS A WAY OUT!

DER ER EN VEJ UD!

Treatment ?

You can be helped out of drug misuse. The earlier you seek help the easier it will be to stop misuse. Try to persuade your family to support you. Your doctor will be able to tell you of the treatment alternatives available in your area.

Heroin misuse and the misuse of other hard drugs can be treated. A medication called methadone is available and can be taken over a period to replace heroin. When the patient has grown accustomed to doing without the drug the medication is gradually reduced until the patient is completely drug free. Medication, however, is only one element of the treatment. The length of time during which methadone is administered varies from case to case. In some cases methadone treatment lasts only a few weeks, in others it can last for years.

Hash misuse can be treated. There is no medication available for the treatment of hash misuse. On the other hand hash withdrawal is not as unpleasant as withdrawal from harder drugs. Counselling and psychotherapy, however, are available to hash misusers to help them get through the mood swings, insomnia and restlessness experienced by most hash misusers who give up.

Behandling?

Du kan få hjælp til at komme ud af et stofmisbrug. Jo før du søger hjælp, jo nemmere er det at komme ud af misbruget. Prøv at få din familie til at støtte dig. Din læge kan fortælle, hvilke muligheder der er for behandling i din kommune.

Misbrug af heroin ("dope") og andre hårde stoffer kan behandles. Der findes medicin (metadon), som misbrugeren kan få i stedet for heroin i en periode. Når patienten har vænnet sig til at undvære stoffet, trapper man medicinen ned, indtil patienten er helt stoffri. Medicin udgør kun en del af behandlingen. Det er forskelligt, hvor lang tid en metadonbehandling varer. I nogle tilfælde er det få uger, og i andre flere år.

Misbrug af hash kan behandles. Her findes ingen medicin, men abstinenserne er heller ikke så ubehagelige som ved misbrug af hårde stoffer. Det er muligt at få rådgivning og psykologhjælp til at komme igennem de perioder med dårligt humør, søvnløshed og rastløshed, som misbrugeren vil opleve, når han holder op med at ryge hash.

Misuser undergoing treatment

"I decided to go for treatment because I couldn't take any more. My money had run out. One of my friends told me where I could get help and he came along with me."

Narkoman i behandling

"Når jeg er på metadon, så kan jeg godt tænke på min familie. Når jeg er på stoffer, tænker jeg ikke på familien. Kun på stoffer. Måske går jeg og stjæler for at få penge til stoffer, eller jeg tænker på, hvor jeg skal købe stoffer - jeg tænker ikke på andet."

Zbale, 26 years old

"I will never stop trying to help a friend who is a misuser. Support and friendship can give them hope. They are really going through a bad time. Many are too embarrassed to talk about it. I always say: at least talk to your doctor."

Narkoman i behandling

"Jeg gik i behandling, fordi jeg ikke kunne klare mere. Jeg havde ikke flere penge. En af mine venner viste mig, hvor jeg kunne få hjælp. Han tog med mig derhen."

Zbale, 26 år

"Jeg vil aldrig opgive at hjælpe en ven, der er misbruger. Omsorg og venskab kan give dem håb. Fordi de har det rigtig dårligt. Mange er for flove til at snakke med nogen om det. Jeg siger altid: Snak i det mindste med din læge."

Misuser undergoing treatment

"When I'm taking methadone I can take care of my family. When I'm on drugs I couldn't care less about them, I only think of drugs. I often steal to get enough to buy drugs or else I'm obsessed with the idea of buying the stuff - I can't think of anything else."

Misuser undergoing treatment

"My family helped me to get treatment. It was the only thing they could do. They didn't know how to help a drug misuser. They can't give you methadone but they can tell you where to get treatment and encourage you to keep it up."

Narkoman i behandling

"Min familie hjalp mig med at komme i behandling. Det var også det eneste, de kunne gøre. De vidste ikke, hvordan man skal hjælpe en narkoman, og de kan ikke give dig metadon. Men de kan fortælle dig, hvor du kan få behandling, og sige, at du skal holde din behandling."



Skab et nyt liv i v Starting afresh

Det sværeste ved at komme ud af et misbrug er at sætte noget andet i stedet for stofferne. At give sit liv en ny mening og få venner, der heller ikke bruger stoffer.



Ikram, 21 år:

Hvis man skifter til et miljø, hvor stoffer ikke er smart, eller hvor det er yderst sjældent, det sker, så holder man automatisk op, fordi man laver noget andet sammen. Men hvis man bliver ved med at komme i samme kredse, hvor alle ens venner ryger konstant - hele tiden, hver dag, så kan man sige nej en dag, to dage, tre dage, men så på et eller andet tidspunkt falder man i igen. Derfor skal man prøve at lave noget alternativt, hvis man vil ud af det. Man kan dyrke noget sport eller prøve at komme i nogle organisationer - det kan enten være af sportslig, kulturel, politisk eller religiøs art. Man kan også tage en uddannelse eller tage på kursus eller højskole - udnytte nogle af de muligheder, der er for at skifte omgangskreds.

The hardest aspect of getting away from drug misuse is setting a new perspective to replace drugs, to give life new meaning and to make new friends away from the drug taking environment.



Ikram, 21 years old:

If you change to an environment where drug taking isn't the thing to do or where it seldom happens, you stop automatically because you're busy doing something else together. But if you continue to hang around in the same circles where all your friends smoke constantly - all the time, every day, you can maybe say "no" once or twice but at some point you will start again in earnest. So it's important to find an alternative if you really want to stop. You can take up some kind of sport or join some type of organisation - sport maybe or culture, politics or religion. You could also go on a course or to a folk high school - just use some of the possibilities available to change your environment.

STO ELEKSIKON DRUG CLASSIFICATION

Ulovlige rusmidler

Her er en oversigt over de mest almindelige ulovlige stoffer i Danmark. Det er forbudt at indføre, udføre, sælge, købe, forarbejde og besidde alle de stoffer, der omtales i denne oversigt.

- Straffen går fra advarsel eller bøde (for besiddelse til eget forbrug) til op til 10 års fængsel (indsmugling, forhandling)

BEROLIGENDE, BEDØVENDE STOFFER:

Opium / Heroin (opiat)er

Opium udvindes fra opiumsvalmuen. Opium har været brugt som smertestillende medicin i årtusinder og bruges stadig i lægeordineret medicin.

- Alle de stoffer, der er udvundet af opium kaldes opiat: heroin, morfin, kodein og råopium. Heroin er det stærkeste opiat.
- Rygeheroin er en speciel form for heroin, der kan ryges. Rygeheroin påvirker kroppen på samme måde som heroin.
- Rusen fra opium/heroin giver langsom tale, sløvhed og nedsat koncentrationsevne. Rusen giver en oplevelse af lykkelig ligegyldighed. Hverdag og virkelighed bliver fjern. Angst, vrede og selvkritik forsvinder. Opium/heroin dæmper også følelse af smerte og sult.
- Pupillerne trækker sig sammen og bliver meget små og man kan få kvalme og opkastninger. Rusen varer 3 - 4 timer.

Illicit drugs and substances

This is an outline of the most commonly used illicit drugs and substances in Denmark. It is illegal to import, export, sell, purchase, manufacture or possess any of the drugs listed in this outline.

- Penalties range from a caution or fine, in cases of possession for own use, to up to ten years imprisonment for smuggling and dealing.

SEDATIVE, ANALGESIC SUBSTANCES

Opium / Heroin (Opiates/Opioids)

Opium is a derivative of the opium poppy. Opium has been used in medicine as an analgesic and hypnotic for thousands of years and is still in use today in prescriptive medicine.

- All drugs and substances derived from the opium poppy are called opiates/opioids: heroin, morphine, codeine and raw opium. Heroin is the strongest opiate.
- Smokable heroin is a specially processed type of heroin that can be smoked. Smokable heroin effects the body in the same way as heroin.
- Intoxication with opium/heroin results in slurred speech, listlessness and reduced concentration. A state of contentment and indifference is experienced. Everyday reality becomes remote. Anxiety, anger and self-criticism disappear. Opium/heroin curbs pain and hunger pangs.
- The pupils contract becoming very small and nausea and vomiting are common. Effects last from three to four hours.



LIVSTRUENDE FORGIFTNING:

Opium/heroin hæmmer vejtrækningen. Ved en for stærk dosis (overdosis) kan vejtrækningen standse helt. Hovedparten af alle dødsfald på grund af heroinmisbrug skyldes at åndedrættet er blevet lammet.

- Ved mistanke om forgiftning skal man straks søge hjælp på nærmeste skadestue.

AFHÆNGIGHED:

Der er meget stor risiko for at blive afhængig af opium og heroin. Kroppen vænner sig hurtigt til stoffet og kræver mere og mere stof for at få samme virkning. En tilvænnet narkoman bruger op til 100 gange så meget stof dagligt, som da han begyndte at tage stoffet.

ABSTINENS SYMPTOMER:

Hvis man bruger heroin dagligt vil man hurtigt få abstinenssymptomer. Fem dages regelmæssigt brug kan være nok. Symptomerne er: mavekramper, diarré, kvalme, opkastninger, feber, muskelsmerter, løbende øjne og næse, svedeture, urolig søvn, udvidede pupiller, rysteture, gæsehud og depression.

- Abstinenssymptomerne kan være voldsomme og varer normalt ca. 1 uge. Oftest vil abstinenssymptomerne være som en kraftig influenza.

Hash

Hash udvindes af hampeplanten (cannabis sativa). Fra hampeplanten udvikles og findes også hasholie (stærkere) og marihuana (mildere).

- Den nyeste form: "Skunk" eller "Nedoweet" ligner af udseende marihuana, men er 2-4 gange så stærkt som almindelig hash. Styrken er opnået ved specialdyrkning og planteforædling.
- Hash har især en sløvende effekt. Det nedsætter hukommelsen, koncentrationsevnen og ændrer humøret. Man kan opleve opstemthed og lykkefølelse. Men oplevelsen kan også være angst og forestillinger om, at man bliver forfulgt.
- Forstegangsbrugere er især i risiko for at opleve anfald af stærk angst. Sansindtryk ændres under hashrusen: lyd og lys opleves anderledes og de indre

LETHAL POISONING:

Opium/heroin impedes respiration. If the dose is too strong (overdosing) respiration can cease completely. The majority of deaths associated with taking heroin can be attributed to respiratory failure.

- If poisoning is suspected medical assistance must be sought immediately at the nearest casualty department.

DEPENDENCY:

Heroin and opium use carry a high risk of dependency. The body quickly becomes accustomed to the drugs, demanding increasing amounts to obtain the same effect. A misuser uses up to 100 times as much of a substance daily than when he commenced usage.

WITHDRAWAL:

If heroin is used on a regular basis one quickly experiences withdrawal symptoms. Five days of regular use is often sufficient. Symptoms include: stomach cramp, diarrhoea, nausea, vomiting, fever, muscle cramp, running eyes and nose, sweating, disturbed sleep, enlarged pupils, tremors, goose pimples and depression.

- Withdrawal is often violent and usually lasts one week. Withdrawal symptoms often resemble a bad case of influenza.

Hash

Hash is derived from the hemp plant (cannabis sativa). Extracts from the hemp plant include hash resin – the most potent form – and marijuana, the milder form.

- The latest form – "Skunk" or "Nedoweet" – resembles marijuana but is two to four times as strong as normal hashish. The extra potency is achieved by special cultivation and processing methods.
- Hash induces listlessness. Memory and concentration are reduced and one experiences mood swings. A sense of elation and a feeling of wellbeing is experienced. However, anxiety and paranoia may also be experienced.
- First time users are particularly prone to intense fear and anxiety. Sense impressions change during hash intoxication: sound and light seem different and inner

oplevelser får en ny mening. Hallucinationer kan forekomme (falske sansindtryk: man ser ting, som ikke er der).

- Risikoen for angst og hallucinationer er større ved brug af "skunk".
- Hash kan give kvalme, svimmelhed og døsig-hed. Rusen kan kendes ved langsom, grodet tale, fnisen og røde øjne.
- Selve hashrusen varer 3-4 timer, men man er påvirket indtil et døgn efter indtagelsen. Man bliver langsom, klodset og har en nedsat evne til at tænke og lære.
- Reaktionstiden vil være nedsat i en grad, så det frarådes at køre på cykel, knallert eller føre bil. Hash kan spores i kroppen 2-4 uger efter en rus.

AFHÆNGIGHED:

Hash er vanedannende. Efter kort tids hyppig brug skal man have mere stof for at opnå samme virkning.

ABSTINENS SYMPTOMER:

Efter ca. 1 måneds daglig brug får man ubehag, når man holder op: irritation, rastløshed, dårligt humør, kvalme, sveden, diarré, kramper i muskler eller mave og søvnbesvær.

SÆRLIG FARE:

Ved jævnlig brug af hash bliver man sløv, ligeglad, initiativløs og ukoncentreret. Langvarigt hashmisbrug øger risikoen for forbigående alvorlig sindslidelse (psykose), hvor man ikke kan skelne mellem virkelighed og fantasi.

experiences take on new meaning. Hallucination is common (false sense impression: perception of an object when no object is present).

- The risks of anxiety and hallucination are greater when using "Skunk".
- The use of hash may cause nausea, dizziness and drowsiness. The intoxicated person can be identified by slow, throaty speech, fits of giggling and bloodshot eyes.
- Intoxication lasts from three to four hours. The drug's effects, however, can last up to 24 hours. The user's movements slow down and become awkward, and one's ability to concentrate, think and learn are reduced.
- Reaction time is reduced to such an extent that riding a bicycle or motorcycle or driving a car must not be attempted. Hash can be traced in the body two to four weeks following initial intoxication.

DEPENDENCY:

Hash is habit forming. After a short period of regular use an increased amount of the drug is required to achieve the same effect.

WITHDRAWAL:

After about one month's regular use discomfort is experienced when the drug is withdrawn: irritability, bad humour, nausea, sweating, diarrhoea, muscle and stomach cramps and sleeping difficulties.

PARTICULAR RISKS:

With regular use of hash one becomes listless, disinterested, lacks initiative and loses concentration. Long-term hash use increases the risk of chronic mental disorders (psychosis), where one cannot distinguish between reality and fantasy.



STIMULERENDE, OPKVIKENDE STOFFER:

Amfetamin, kokain / crack og ecstasy er stimulerende stoffer, der virker opkvikkende og øger selvtiliden.

Amfetamin

Amfetamin er kunstigt fremstillet. Amfetamin blev tidligere brugt i opkvikkende, stimulerende medicin, og mod enkelte sjældne nervesygdomme, men anvendes ikke længere som lægemiddel pga. faren for misbrug.

- Amfetamin virker opkvikkende og ned-sætter appetitten. Rusen giver følelse af selvsikkerhed og energi. Man føler at man kan klare alt og de fleste bliver aktive og udadvendte.
- Samtidig kan man let blive irriteret, vred og voldelig. Kroppens naturlige signaler for sult, tørst og træthed forsvinder. Man kan få kløe især på arme og i ansigtet.
- Amfetaminrusen er karakteriseret ved høj aktivitet, ivrig og selvoptaget snak og mange rastløse bevægelser.
- Rusen varer 4 - 6 timer. Efter rusen vender de undertrykte følelser og behov tilbage og oven i kommer abstinenssymptomer med modløshed, angst, depression, træthed og apati.

LIVSTRUENDE FORGIFTNING:

Amfetamin kan give forgiftning, der kræver hurtig behandling på nærmeste skadestue. Symptomer på forgiftning: Ophidselse, forvirring, hovedpine, brystmerter, voldsom rødmen og sveden, udvidede pupiller, uregelmæssig hjertebanken, meget høj feber, kramper og chok.

AFHÆNGIGHED:

Kroppen vænner sig til amfetamin, således at der skal mere og mere stof til at give samme virkning. Der er risiko for afhængighed.

STIMULANTS:

Amphetamine, cocaine, crack and Ecstasy are stimulant substances that quicken activity and increase self-confidence.

Amphetamine

Amphetamine is a synthetic drug.

Amphetamine was previously used in medicine as a stimulant and in the treatment of rare mental illnesses. Amphetamine is no longer used in medicine, owing to the dangers of misuse.

- Amphetamine acts as a stimulant and reduces the appetite. Intoxication gives a feeling of self-confidence and increased energy. The user feels fit for anything and most become over active and extrovert.
- The user is easily prone to irritability, anger and violence. The body's natural signals of hunger, thirst and tiredness disappear. The skin can itch especially on the arms and face.
- Amphetamine intoxication is characterised by over activity, assiduousness, self-concentrated conversation and restless movements.
- Intoxication lasts from four to six hours after which suppressed emotions and needs reappear coupled with withdrawal symptoms such as dependency, anxiety, depression, tiredness and apathy.

LIFE THREATENING TOXINS:

Amphetamine can be toxic to an extent that requires immediate medical attention at the nearest casualty department. Poisoning symptoms include: agitation, confusion, headache, chest pains, violent flushes and sweating, enlarged pupils, palpitations, high temperature, cramps and shock.

DEPENDENCY:

The body becomes accustomed to amphetamine in a manner that requires increased amounts of the substance to give the same effect. There is a risk of dependency.



ABSTINENS SYMPTOMER:

Efter kort tids brug får man abstinenssymptomer, når man holder op med at tage amfetamin. Symptomerne er: sløvhed, apati og træthed. Der kan komme så alvorlige depressioner, at misbrugerer er i fare for at begå selvmord.

- Abstinenssymptomerne kan vare op til flere måneder fra man stopper med at tage stoffet.

SÆRLIG FARE:

Brug af amfetamin giver risiko for at udvikle alvorlig sindslidelse: Forfølgelsesforestillinger og psykoser, hvor man ikke kan skelne mellem virkelighed og fantasi.

Kokain/crack

Kokain udvindes fra kokaplanten. Crack er kokain, der er forarbejdet, så det kan ryges. Stoffet "freebase" er en anden form for rygekokain, med samme virkning som crack.

- Kokainrusen ligner amfetaminrusen, men er meget kortere. Desuden er kokain lokalbedøvende. Hvis det ryges (som crack eller base) indsætter virkningen i løbet af 5 - 10 sekunder, og varer normalt 20 - 40 minutter. Hvis det indtages gennem næsen (snifning), indsætter virkningen langsomt, topper i løbet af en halv time, og varer samlet 60 - 90 minutter.
- Umiddelbart efter rusen følger en meget voldsom nedtrykt sindstilstand.
- En person på kokain/crack er overaktiv, selvcentreret, dominerende og svær at snakke ordentligt med. Pupillerne er store og musklerne spændte.

LIVSTRUENDE FORGIFTNING:

Risikoen for overdosis er større ved kokain end ved amfetamin. Fordi der er lille forskel på den mængde kokain, der giver rus og den mængde, der giver forgiftning. Risikoen for forgiftning er størst ved rygning.

WITHDRAWAL SYMPTOMS:

Even after a short period of use one will suffer withdrawal symptoms when the drug is discontinued. Symptoms include: listlessness, apathy and tiredness. Depression attacks can be so severe that the user is in danger of committing suicide.

- Withdrawal symptoms can last for months from point of withdrawal.

PARTICULAR DANGERS:

The use of amphetamine carries a high risk of developing serious mental disorders: paranoia and psychosis, where one cannot distinguish between reality and fantasy.

Cocaine and crack

Cocaine is derived from the the coca plant. Crack is cocaine processed in a manner that can be smoked. "Freebase" is another form of smokeable cocaine with the same effects as crack.

- Intoxication with cocaine is similar to that of amphetamine, although the intoxication period is shorter. Cocaine has a mild analgesic effect. If cocaine is smoked, as crack or freebase, the effect sets in in about five to ten seconds and lasts normally 20-40 minutes. If taken through the nose (sniffing) the effect is slower, topping during the first half-hour and lasting a total of 60-90 minutes.
- When the effects of the drug wear off extreme mental depression sets in.
- A person taking cocaine or crack is over active, self-centered, domineering and difficult to carry on a sensible conversation with. The pupils of the eyes enlarge and the muscles contract.

LIFE THREATENING TOXINS:

The risk of overdosing is greater with cocaine than with amphetamine. The difference between an amount of cocaine that will lead to intoxication and that which will lead to poisoning is minute. The risk of poisoning is greatest when cocaine is smoked.



- En alvorlig kokainforgiftning kan medføre at man mister bevidstheden, får krampeanfald, hjerteflimmer, hjertestop og åndedrætssvigt. Mindre alvorlige forgiftninger vil vise sig ved: koldsved, kvalme og opkastning, rysten og kraftig temperaturstigning.
- Ved mistanke om forgiftning skal man straks søge hjælp på nærmeste skadestue.

AFHÆNGIGHED:

Der er stor risiko for at udvikle afhængighed af kokain/crack.

ABSTINENSSYMPTOMER:

Når man holder op med at tage stoffet, får man "nedtur": bliver irriteret, mistænksom, angst og depressiv. Desuden bliver man nervøs, rastløs, indadvendt og mister sin appetit.

SÆRLIG FARE:

Efter længere tids brug af kokain bliver misbrugeren mistænksom, angst og depressiv hele tiden - ikke kun efter en rus. Kokain kan føre til den alvorlige sindslidelse: kokainpsykose, der blandt andet giver syns- og hørehallucinationer (man ser og hører noget, der ikke er der).

Ecstasy

Ecstasy er kunstigt fremstillet. Ecstasy er den mest brugte betegnelse for stoffet MDMA. Stoffet kaldes også E, Adam, XTC eller "love drug".

- Ecstasy har en mildt opkvikkende og sanseskærpende virkning. Til forskel fra amfetamin og kokain virker ecstasy også let hallucinerende. Sansindtryk forandres og der kan forekomme hallucinationer.
- Rusen kan give følelse af lykke og sanselighed. Andre gange kan rusen give negative oplevelser med skræmmende hallucinationer, forvirring og panik. Disse hallucinationer kan komme igen senere, uden at man har taget ecstasy (flashbacks).
- Ecstasy kan give kvalme, nedsat appetit, hjertebanken, sveden og uro. Musklene bliver spændte, ofte især kæbemusklerne. Huden kan blive særligt følsom for berøring og man kan få kløe. Rusen, der opleves forskelligt fra person til person, kan vare i flere timer.

- Serious cocaine poisoning can result in loss of consciousness, cramp, palpitations, heart failure and respiratory failure. Indications of less serious poisoning are: cold sweats, nausea, vomiting, tremors and a high rise in body temperature.
- If poisoning is suspected medical attention must be sought immediately at the nearest casualty department.

DEPENDENCY:

There is a high risk of developing dependency from cocaine/crack.

WITHDRAWAL SYMPTOMS:

Depression sets in when the person stops taking the drug. One becomes irritable, suspicious, anxious and depressed. In addition one becomes nervous, restless, withdrawn and loses appetite.

PARTICULAR DANGERS:

The long-term cocaine user is continually paranoid, anxious and depressed - not just after intoxication. Cocaine consumption can lead to serious mental disorders: cocaine psychosis, including sight and sound hallucinations (where the user sees and hears things that do not exist).

Ecstasy

Ecstasy is processed synthetically. Ecstasy is the most common description of the substance MDMA. The drug is also dubbed E, Adam, XTC and the love drug.

- Ecstasy has a mild stimulant effect where the senses become more acute. Ecstasy differs from amphetamine and cocaine in being slightly hallucinogenic. Sense impressions alter and hallucinations may be experienced.
- Ecstasy gives a feeling of wellbeing and sensuousness. On other occasions the drug can have negative effects such as frightening hallucinations, confusion and panic attacks. These hallucinations can reappear later in situations where Ecstasy is not taken (flashbacks).
- Ecstasy can lead to nausea, loss of appetite, palpitations, sweating and anxiety. The muscles contract, especially in the jaw. The skin becomes particularly sensitive to the touch and itching can result. Intoxication, which varies from person to person, can last several hours.



- Efter rusen kommer en voldsom udmattelse, der kan være ledsaget af forskellige grader af dårligt humør. Alvorlige depressioner kan forekomme.

LIVSTRUENDE FORGIFTNING:

Der er eksempler på dødsfald som følge af ecstasy forgiftning - selv ved "normale" doser.

- Tegn på forgiftning: hurtig puls, store pupiller og sved. Man kan få ekstrem høj temperatur, blive bevidstløs, få indre blødninger eller nyresvigt. Ved mistanke om forgiftning skal man straks søge hjælp på nærmeste skadestue.

AFHÆNGIGHED:

Kroppen vænner sig til ecstasy, således at der skal mere stof til at give samme virkning. Man ved endnu ikke, hvor hurtigt man bliver afhængig af ecstasy.

Khat

Khat stammer fra Khatbusken.

- Khat giver en rus, der ligner rusen ved amfetamin. En opkvikkende virkning, munterhed, lyst til at snakke og større selvtillid. Samtidig kan man let blive opfarende og vred.
- Madlyst og appetit forsvinder. Khatrusen nedsætter koncentrationsevnen, hukommelsen og evnen til at lære. Efter rusen kan der komme irritation, søvnbesvær og en nedtrykt sindstilstand.
- Omfattende brug af khat giver rastløshed og søvnproblemer. Der kan opstå kraftig forhøjelse af legemstemperaturen, i nogle tilfælde med dødelig udgang. Hos misbrugere med et stort forbrug af khat ser man ofte misfarvede (brune) tænder, betændelse i tandkød, mundhule og mavesæk.

SÆRLIG FARE:

I visse tilfælde kan khatrusen give tvangstanker og bringe misbrugeren i en forvirringstilstand, der kan ende med forfølgelsesvanvid.

- Langvarig brug af khat kan give alvorlige sindslidelser (psykoser), hvor man ikke kan skelne mellem virkelighed og fantasi.

- When Ecstasy intoxication wears off exhaustion sets in and varying degrees of ill temper are experienced. Serious depression can also result.

LIFE THREATENING POISONING:

There have been incidents of death resulting from Ecstasy poisoning, even when the dose taken was considered "normal".

- Indications of poisoning are a fast pulse rate, enlarged pupils and sweating. One can suffer an extreme rise in body temperature, lose consciousness, suffer internal bleeding and kidney failure. If poisoning is suspected medical attention must be sought immediately at the nearest casualty department.

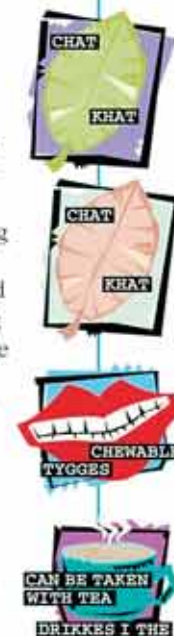
DEPENDENCY:

The body becomes accustomed to Ecstasy in a manner that requires an increased amount of the substance to achieve the same effect. It is not known at present how quickly one builds up dependency on Ecstasy.

Chat

Chat is derived from the Chat bush.

- The intoxicative effect of Chat is similar to that of amphetamine. The substance is a stimulant and leads to excessive cheerfulness, an inclination to speak and increased self-confidence. At the same time one is easily offended and quick tempered.
- Appetite is reduced. Chat intoxication reduces concentration, memory and the ability to learn. After intoxication one experiences irritability, sleeping difficulties and mental depression.
- Excessive use of Chat leads to restlessness and sleeping difficulties. Body temperature can rise dramatically, in some cases leading to death. The teeth of heavy Chat users are often discoloured (brown). Gum infections, oral cavities and gastric ulcers often result.



PARTICULAR DANGERS:

In certain cases Chat intoxication results in obsessive behaviour where one suffers confusion that can end in paranoia.

- Long-term use of Chat can lead to serious mental disorders (psychosis) where one cannot distinguish between reality and fantasy.

HALLUCINOGENE STOFFER

LSD, meska- lin og psilo- cybin/"syre"

De tre stoffer kaldes samlet hallucinogener eller "syre".

- LSD er syntetisk fremstillet delvist på basis af svampe, meskalin findes i visse kaktus og psilocybin i giftige svampe.
- Hallucinogener giver syns- og hørehallucinationer. Man får falske sanseindtryk og ser ting, der ikke er der i virkeligheden. For nogle kan oplevelserne være som et mareridt og give angst. Det kaldes "bad trip". De mareridtsagtige oplevelser kan dukke op igen i "flash backs" lang tid efter, at rusen er klinget af.
- Hallucinogener kan give udvidede pupiller, forhøjet blodtryk, hjertebanken, kvalme, skælven, sveden og temperaturstigning.
- LSD rusen varer ca. 12 timer. Rusen fra meskalin varer ca. 10 timer og psilocybinrusen varer ca. 3 - 6 timer.

FORGIFTNING:

Ved meget høje doser kan der indtræffe forgiftninger med forhøjet blodtryk, evt. kramper og forhøjelse af legemstemperatur, som kan være dødeligt forløbende.

- De fleste dødsfald efter indtagelse af hallucinogener skyldes dog ulykker under rusen og selvmord.
- Ved mistanker om forgiftning eller alvorligt "bad trip", skal man søge hjælp på nærmeste skadestue.

SÆRLIG FARE:

Der er set ændringer af personligheden og fremprovokation af sindssygdom efter brug af hallucinogener. Hallucinogener kan give langvarige depressioner og alvorlig sindsslidelse, hvor man ikke kan skelne mellem virkelighed og fantasi (psykose).



HALLUCINOGENICS

LSD, mesca- lin and psilo- cybin/"acid"

These three substances are collectively termed hallucinogenics or "Acid".

- LSD is a synthetic substance produced partly of fungi, Mescaline is derived from certain cacti and psilocybin is a poisonous fungus.
- Hallucinogenics lead to sound and sight hallucinations. False sense impressions are experienced and one sees things that do not exist in reality. For some the experience is like a nightmare and leads to anxiety. This is dubbed a "bad trip". These nightmarish experiences can reappear again as "flashbacks", a long time after the effects of the drug have worn off.
- Hallucinogenics can result in enlarged pupils, a rise in blood pressure, palpitations, nausea, trepidation, sweating and a high rise in body temperature.
- LSD intoxication lasts about 12 hours. Mescaline intoxication lasts 10 hours and Psilocybin intoxication lasts from 3 to 6 hours.

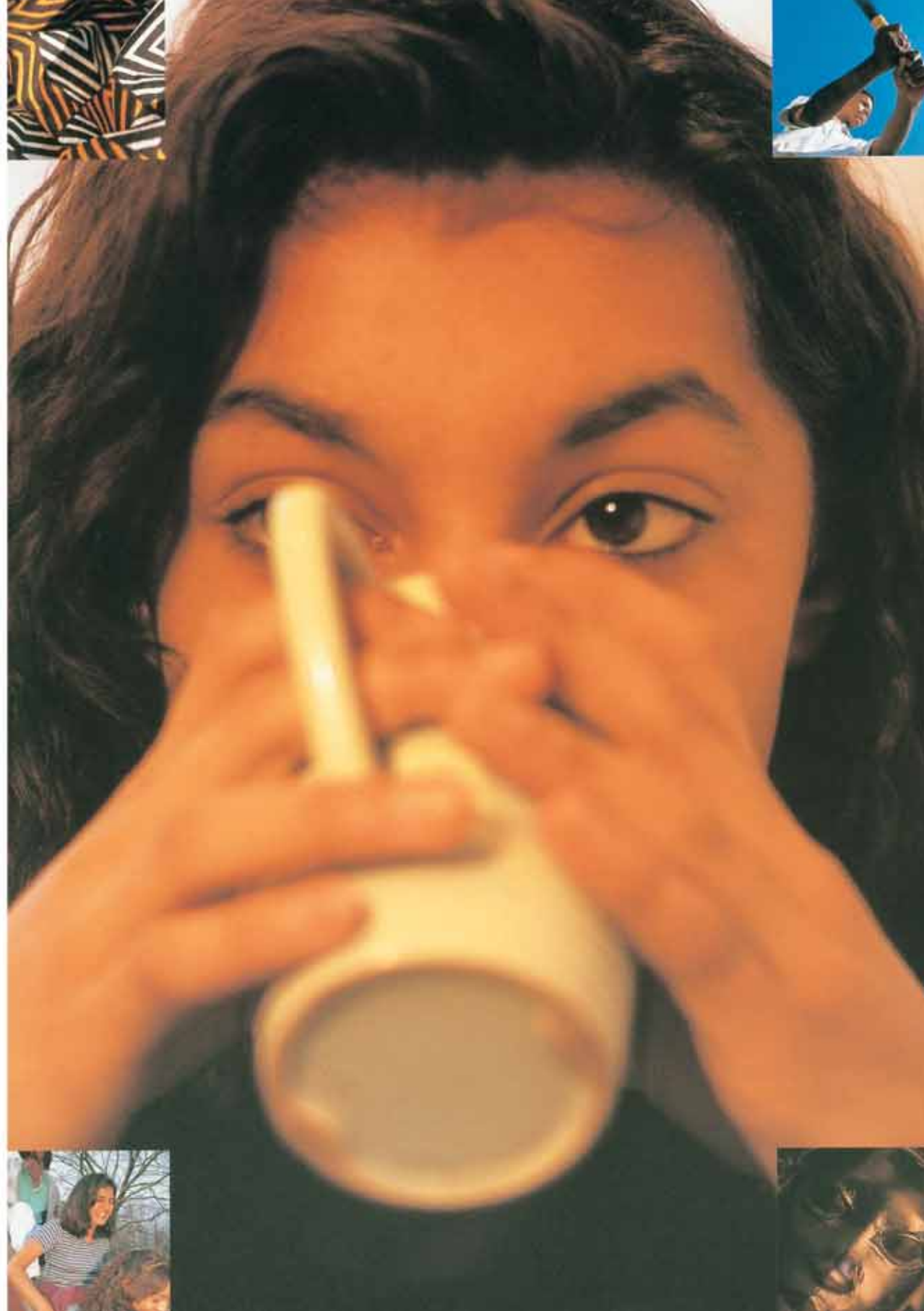
POISONING:

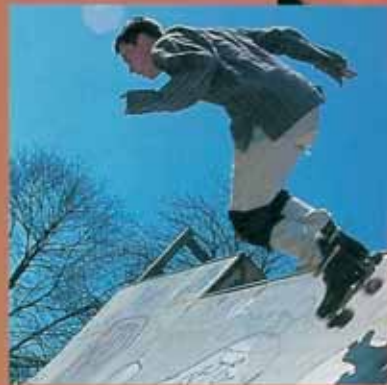
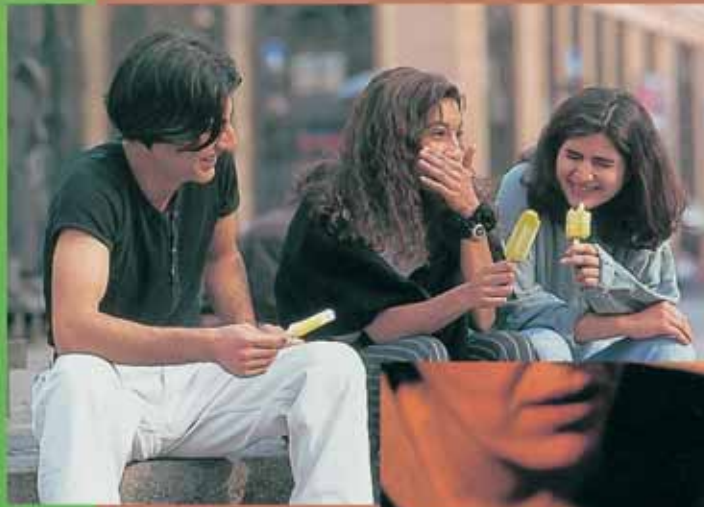
Poisoning may occur when excessive doses are taken. Indications of poisoning include high blood pressure, cramp and high body temperature, which in some cases can lead to death.

- Most hallucinogenic related deaths, however, are a result of accidents or suicide.
- If poisoning is suspected or if there are particularly bad effects medical attention must be sought immediately at the nearest casualty department.

PARTICULAR DANGERS:

Cases of altered personality and mental illness have been witnessed after the use of hallucinogenics. Hallucinogenics can lead to long-term depression and serious mental disorders where one cannot distinguish between reality and fantasy.





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