What happens when you take stimulants?

Both cocaine and methamphetamine are classified as stimulants, and each one can affect your body differently.

Cocaine

- Is made from leaves of the Coca plant and has a high potential for addiction.
- How it makes you feel: Alert, Euphoric, Anxious, Paranoid
- Why you feel that way: Cocaine stimulates your sympathetic nervous system, constricts blood vessels, and hijacks the brain region involved in reward.

True or False?

"Nobody dies from cocaine anymore."

**FALSE!** Drug overdose deaths involving cocaine increased from 3,822 in 1999 to 15,883 in 2019 (source: NIDA Trends/Stats).

Methamphetamine

- Is a completely man-made drug and is incredibly addictive due to its long acting stimulant effects in the body.
- How it makes you feel: Energized, Confused, Anxious, Irritable
- Why you feel that way: Meth increases the amount of dopamine in your brain, similar to cocaine, and chronic use can change your perception of reward.

True or False?

"Those before- and-after pictures are only rare and extreme cases of meth abuse."

**FALSE!** Meth abuse can lead to dangerous physical AND psychological dependence, with symptoms ranging from anxiety to lasting brain damage.

Why should you care?

Substance use disorder can happen to anyone, including you. 85% of overdose deaths involved illicitly manufactured fentanyl, heroin, cocaine, or methamphetamine (alone or in combination) during January-June 2019 (source: CDC).