

Stand Firm! Knock Drugs Out

Anti-drug knowledge



Different kinds of commonly used psychotropic substances

Ketamine



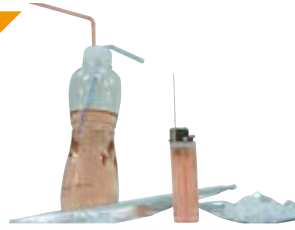
Medical Use:
Anesthetic for surgical operation

Major effect and danger:

- Cognitive difficulties
- Marked discomfort in passing urine
- Frequent visits to toilet
- Renal failure
- Incontinence

Street name: "Special K", "K", "Kit Kat", "Vitamin K"

Amphetamine: Methylamphetamine



Medical Use:
Appetite suppressant, stimulant, treatment of narcolepsy

Major effect and danger:

- Inability to sleep
- Toxic psychosis
- Convulsions
- Brain haemorrhage and death can occur

Street name: "Ice"

Cough Medicine



Medical Use:
Cough suppressant

Major effect and danger:

- Memory loss
- Brain damage
- Intoxication
- Tooth decay

Street name: "Robo", "DXM"

Cannabis



Medical Use:
none

Major effect and danger:

- Impaired memory and judgment
- Depression
- Short temper
- Conjunctivitis

Street name: "Marijuana", "hash", "grass"

Methylenedioxymethamphetamine (MDMA)



Medical Use:
none

Major effect and danger:

- Convulsions of muscles
- Confusion
- Sleep problem
- Anxiety

Street name: "Ecstasy", "E", "XTC", "Adam"

Cocaine



Medical Use:
Local or topical anesthetic surgery

Major effect and danger:

- Feeling of persecution
- Impotence
- Delirium
- Convulsions

Street name: "coke", "crack", "coco"

Ways to refuse drugs



Tips: three core elements of anti-drug preventive education

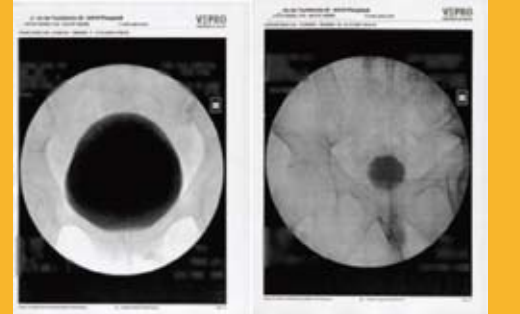
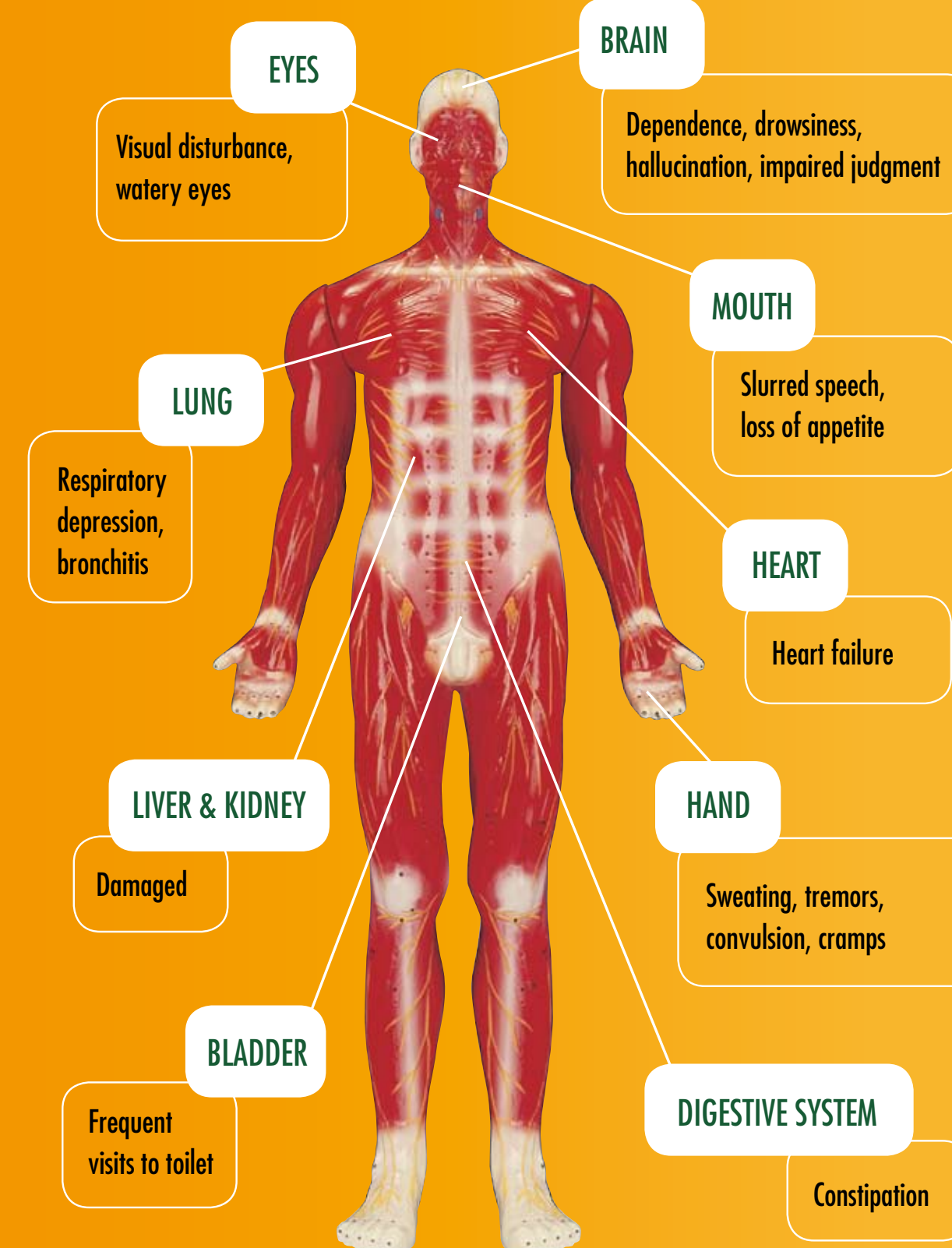
Value and attitude
(e.g. say 'No' to refuse drugs assertively with self-respect and discipline)

Skills
(e.g. refusal skills)

Preventive education: core elements

Knowledge
(e.g. different types of drugs and their properties, causes of addiction and harmful effects of drugs)

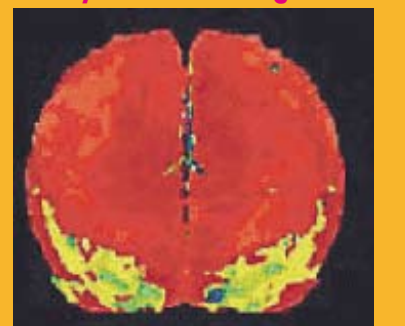
Drug abuse is hazardous to health



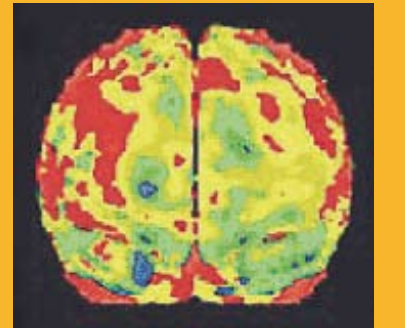
Continual daily Ketamine abuse leads to dramatic decrease in bladder capacity down to 30ml after 3 years of abuse, which is less than one-tenth of normal capacity (500ml).

(Photo: courtesy of Tuen Mun Hospital)

Scatty brain of drug addict



Normal brain



Drug addict's brain

(Upper) A brain scan of normal person. Red indicates normal brain function. (Lower) A brain scan of drug addict less than 12 years of age, showing damages to cerebrum which is responsible for memory. Normal region of the brain (in red) diminishes significantly. Region with poorest brain function is in blue. The drug addict describes himself as scatty.

(Source: Ming Pao, 8 January 2010)

Other Drugs - immensely harmful

Drugs	Street Name in English	Medical Use	Major Effects of Abuse
Benzodiazepines: Flunitrazepam (Rohypnol)	"Cross"	Hypnotic	Drowsiness, in-coordination, impaired cognitive & neuromotor functioning
Heroin	"white powder", "No.4", "American money", "HK money"	none	Dependence, withdrawal syndrome (e.g. watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills, sweating, cramps)
Organic Solvents	"thinner", "glue"	none	Impaired perception, loss of coordination & judgment, respiratory depression, brain damage

Seeking help

Tung Wah Group of Hospitals - CROSS Centre

Website: <http://crosscentre.tungwahsd.org>
Central Western, Southern and Islands District Office 2884 0282
Eastern and Wanchi District Office 2884 0282

Hong Kong Lutheran Social Service

Website: www.cheerevergreen-lutheran.org.hk
Evergreen Lutheran Centre (Kwun Tong) 2712 0097
Rainbow Lutheran Centre (Wong Tai Sing and Sai Kung) 2330 8004
Cheer Lutheran Centre (Tai Po and North) 2660 0400

Hong Kong Christian Service

Website: www.hkcs.org/gcb/ps33/ps33.html
PS33 - Tsimshatsui Centre (Kowloon City and You Tsim Mong) 2368 8269
PS33 - Sham Shui Po Centre (Sham Shui Po) 3572 0673

Caritas HUGS Centre

Website: www.hugs.org.hk
Tuen Mun 2453 7030

Evangelical Lutheran Church Hong Kong Enlighten Centre

Website: www.elchk.org.hk/service/Other/New_info/programme/teenlong.html
Yuen Long 2446 9226

Hong Kong Sheng Kung Hui Welfare Council Neo-Horizon

Website: <http://neoh.skhwcc.org.hk>
Shatin 8202 1313

Hong Kong Children and Youth Services Sane Centre

Website: www.sanecentre.net
Tsun Wan and Kwai Tsing 2402 1010

Anti-drug Telephone Enquiry

186186

www.nd.gov.hk

To learn more

Hong Kong Jockey Club Drug InfoCentre

Address: Roof Floor, Low Block, Queensway Government Offices
66 Queensway, Hong Kong (Admiralty MTR Station Exit C1)

Telephone: 2867 2831

Opening Hours: 10 am – 6pm (Closed on Sundays & Public Holidays)



Narcotics Division,
Security Bureau



Action Committee
Against Narcotics