ABSTINENCE SYNDROME: The withdrawal symptoms that occur after abstinence from a drug, especially a narcotic, to which one is addicted.

ACQUIRED IMMUNODEFICIENCY SYNDROME: Commonly referred to as AIDS, it implies loss of immune system function caused by late-stage HIV infection. See also HUMAN IMMUNODEFICIENCY VIRUS (HIV).

ACUTE: When applied to a medical condition, this term means “of severe, sudden, but short duration”. As opposed to CHRONIC.

ADDICT: A person who is physiologically or psychologically dependent on an addictive substance.

ADDICTED: Devoted or given up to a practice or habit or to something psychologically or physically habit-forming.

ADDITION: A chronic, relapsing disease, characterized by compulsive drug-seeking and drug use and by neurochemical and molecular changes in the brain.

AIDS: See ACQUIRED IMMUNODEFICIENCY SYNDROME.

ALCOHOL: Chemically, any of a series of hydroxyl compounds that include ethanol and methanol. In lay terms, an intoxicating beverage containing alcohol.

ALCOHOL DEPENDENCE: See ALCOHOLISM.

ALCOHOLIC: A person who is suffering from alcoholism.

ALCOHOL-IMPAIRED DRIVING: Impaired driving while under the influence of alcohol.

ALCOHOLISM: Also known as alcohol dependence, a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. A disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems. Four symptoms identify alcoholism: craving, impaired control, physical dependence, and tolerance.

AMPHETAMINE: Any one of a group of drugs that are powerful stimulants of the central nervous system.

ANABOLIC/ANDROGENIC STEROIDS: So-called performance-enhancing drugs; synthetic derivatives of testosterone, a natural male hormone.

ANTABUSE: The trade name for the drug tetraethylthiuram disulfide, used in the treatment of alcoholism.

ANTEROGRADE AMNESIA: Inability to remember events experienced while under the effects of a drug, especially the drug rohypnol.

ANTIANXIETY (medication): Prescribed drugs used to treat anxiety disorders.

ANTIDEPRESSANT (medication): Any one of various substances that diminish functional
activity, usually by depressing the nervous system. Prescribed drugs used to treat depression.

**ANTIPSYCHOTIC** (medication): Prescribed drugs used to treat psychosis.

**ANXIETY**: A state of tension affecting the mind and the body. Anxiety can range from acute (short term) to chronic (long term).

**ANXIETY DISORDER**: A state of apprehension and psychic tension occurring in some forms of mental disorder.

**ARREST**: Used in a medical sense, this means a cessation or stopping of bodily activity (e.g., cardiac arrest).

**BARBITURATE**: Any one of a group of drugs that act as depressants on the central nervous system. See DEPRESSANT.

**BINGE DRINKING**: Heavy episodic drinking; the consumption of five drinks in a row for men or four drinks in a row for women.

**BLACKOUT**: Amnesia relating to events occurring while heavily intoxicated with alcohol or other sedative/hypnotic drugs.

**BLENDING**: Mixing different drugs.

**BULEMIC**: An individual who has bulimia.

**BULIMIA**: By definition, bulimia is an abnormal and excessive craving for food. Behaviorally, it is an eating disorder characterized by recurrent episodes of binge eating; the sense of a lack of control over eating behavior; self-induced vomiting; use of laxatives or diuretics; strict dieting or fasting; vigorous exercising; persistent excessive concern with body shape and weight. Body weight is usually normal.

**BULKING UP**: Increasing muscle mass through use of steroids.

**CHRONIC**: Long term. As opposed to ACUTE.

**CIRRHOSIS**: Condition of the liver where it becomes shrunken, hardened, and fails to function normally.

**COCAINE**: An alkaloid drug derived from the leaves of the coca shrub, which produces euphoric effects, hallucinatory experiences, and temporary increases in physical energy.

**CODEINE**: A pain-killing opiate included in a number of cough medicines; taken orally or injected.

**CO-DEPENDENT**: A relationship in which one person is physically or psychologically addicted, and the other person is psychologically dependent on the first in an unhealthy way.

**COGNITION**: The area of more sophisticated mental functioning (intelligence, judgment, insight, memory, and so on).

**COKEHEAD**: Slang term for a cocaine addict or habitual user. Also called coke fiend.

**COLD TURKEY**: Sudden withdrawal from drugs.

**CRACK**: Pellet-sized pieces of highly purified cocaine, prepared with other ingredients for smoking, and known to be especially potent and addictive.

**CRAVING**: A powerful, often uncontrollable desire for drugs.

**CROSS-ADDICTED**: Addicted to two or more substances simultaneously.

**CUT**: To dilute or mix a drug with another substance.

**CYCLING**: Taking multiple doses of steroids over a specified period of time, stopping for a while and starting again.

**DELIRIUM TREMENS** (the DTs): Hallucinatory episodes which may occur during withdrawal from chronic alcoholism, popularly known as the DTs. A serious state of delirium during alcohol withdrawal due to over-activity of the nervous system.

**DEMENTIA**: Partial or total loss of personality and other significant mental functions caused by mental deterioration, but without psychosis.

**DENIAL**: A range of psychological maneuvers designed to reduce awareness of the fact that the substance being used is the cause of an individual’s problems rather than a solution to those problems.
**DEPENDENCY**: Describes an ongoing need for a substance to prevent unpleasant symptoms. May be psychological or physical.

**DEPRESSANT**: A medical substance having the quality of depressing or lowering the vital activities; a sedative.

**DEPRESSION**: An unpleasant, unhappy state of mind and body with significant impairment of memory, concentration, and other mental processes. Physical activity is also slowed.

**DESIGNER DRUGS**: Altered, usually man-made, versions of illegal drugs that are created and put into use before law enforcement officials can classify them as illegal.

**DETOXIFICATION**: A process of allowing the body to rid itself of a drug while managing the symptoms of withdrawal; often the first step in a drug treatment program; often referred to as detox for short.

**DISORDER**: Disease, illness.

**DISORIENTATION**: Inability to recognize time or surroundings or identify oneself or another person.

**DOPAMINE**: A neurotransmitter involved in many behaviors, one of the most significant being the association between the release of dopamine in the brain and reward or reinforcement.

**DOPPING**: Using drugs and other nonfood substances to improve athletic performance.

**DOWNER**: A depressant or sedative drug, especially a barbiturate.

**DRUG**: A chemical substance which, after introduction into the body, alters the normal state of bodily functions. A drug may be taken orally, inhaled, transdermally (patch), or injected into the skin, muscle, or a vein.

**DRUG ABUSE**: The habitual or chronic use of any chemical substance to alter the states of body or mind for other than medically warranted purposes.

**DRUG ADDICT**: As generally used, a person who is addicted to a narcotic. Also called dope addict, dope head, dope fiend, doper, and user.

**DRUG ADDICTION**: A disease state of driven, compulsive drug use where the user is unable to stop, despite massive negative consequences.

**DRUG DEPENDENCE**: See DRUG ADDICTION.

**DRUGGED DRIVING**: Less-preferred term for operating a motor vehicle while under the influence of a controlled substance. See DRUG-IMPAIRED DRIVING.

**DRUG-IMPAIRED DRIVING**: Impaired driving while under the influence of a drug.

**DRUG WITHDRAWAL**: The process whereby a toxic substance (drug) is naturally removed from the body. Subjectively unpleasant.

**DRUNK DRIVING**: Less preferred term for operating a motor vehicle while under the influence of alcohol. See ALCOHOL-IMPAIRED DRIVING.

**DTs**: See DELIRIUM TREMENS.

**ECSTASY**: MDMA, called Adam, ecstasy, or XTC on the street, is a synthetic, psychoactive (mind-altering) drug with amphetamine-like and hallucinogenic properties.

**EMPHYSEMA**: A lung disease with loss of lung tissue. Occurs in cigarette smokers.

**ENABLING**: Allowing a behavior to continue either through encouragement or inaction.

**ERGOGENIC DRUGS**: Performance-enhancing substances.

**FENTANYL-BASED DRUGS**: See DESIGNER DRUGS.

**FLASHBACK**: Recurrence of previous hallucinations.

**FLUNITRAZEPAM**: Club drug traded under the name rohypnol produces sedative-hypnotic effects including muscle relaxation and amnesia; it can also produce physical and psychological dependence.

**FREEBASE**: To purify (cocaine) by dissolving in ether, sodium hydroxide, etc., and filtering off the precipitate.
GAMMA-HYDROXYBUTYRATE: Club drug known as GHB, a central nervous system depressant; often colorless, odorless, and tasteless. A date-rape drug. Can cause coma and seizures.

GHB: See GAMMA-HYDROXYBUTYRATE.

HABITUAL: A permanent tendency to perform certain actions. A manner, practice, use, or custom acquired by frequent repetition.

HALFWAY HOUSE: A residence for former mental patients, convicts, or recovering drug users or alcoholics that serves as a transitional environment between confinement and the return to society.

HALLOW: A false sensory perception of one or more of the senses (vision, hearing, taste, smell, touch).

HALUCINOGEN: A substance that produces hallucinations.

HARD DRUG: An addicting drug capable of producing severe physical or psychological dependence, such as heroin. An antiquated term no longer used (see Drug Terminology Suggestions, Chapter 27).

HASHISH: A concentrated form of marijuana; a street name: hash; taken orally or smoked.

HEPATITIS: Inflammation of the liver; usually caused by toxic substances such as alcohol or by viral infections such as the Hepatitis C virus.

HEROIN: A highly addictive narcotic obtained from morphine.

HIV: See HUMAN IMMUNODEFICIENCY VIRUS.

HOPHEAD: An older slang term for an opium addict. Used predominately in the 1960s and 1970s.

HUMAN IMMUNODEFICIENCY VIRUS: A virus that infects the human immune system, impeding its operation, virus that leads to AIDS.

IMPAIRED DRIVING: Operation of a motor vehicle while under the influence of a chemical substance (alcohol or drug) in such a manner that judgment, reflex, coordination, or other skills necessary to drive are at less than safe performance level.

INHALANT: A group of vapors, gases, or propellants from more than 1,000 fuels, solvents, aerosols, refrigerants, medicines, glues, household, and office products that are inhaled and sometimes abused for their intoxicating effect.

INJECTION DRUG USE: Administration of a substance into the body by injection into the vein, muscle, or under the skin.

INSOMNIA: Inability to sleep.

INTERVENTION: The process whereby a person or agency assists in obtaining therapeutic or medical assistance to assist and direct an alcoholic or addict in abstaining from the substance or substances of choice. [See PREVENTION.] Confrontation of an alcoholic or addict by others in that person’s life to convince him or her to seek treatment.

INTRA VENOUS DRUG USE: Medically, drugs that are administered by injection into a vein. See INJECTED DRUG USE.

IV DRUG USE: See INTRAVENOUS DRUG USE.

JAUNDICE: Yellow discoloration of the skin and eyes caused by liver disease.

JOY POP: The slang term for taking a narcotic drug occasionally, but without being addicted.

JUNKIE: A term used from the 1960s to 1980s for a heroin addict.

KETAMINE: Known as a club drug; a central nervous system depressant. Ketamine, also known as Special K, K, or Vitamin K, is a rapid-acting general anesthetic. It has sedative-hypnotic, analgesic, and hallucinogenic properties; generally snorted.

KORSAKOFF’S SYNDROME: Sufferers show amnesia and confabulation (filling in gaps in memory by guessing), caused by the end stage of alcoholism. Connected with
Alcohol-Related Brain Injury Syndrome.

**LSD:** Pharmacologically lysergic acid diethylamide: a crystalline solid C20H25N30, the diethylamide of lysergic acid, a powerful psychedelic drug that produces temporary hallucinations and a schizophrenic, psychotic state. Sold in liquid and gelatin forms or saturated on small pieces of paper; taken orally, absorbed through the skin or, in its gelatinous form, applied to the eyes.

**MAINLINING:** A slang term for injection drug use, used during the 1960s to mid-1980s.

**MANIA:** An elated, overactive state of mind and body, with restlessness and euphoria.

**MARIJUANA:** The dried leaves and female flowers of the hemp plant, used in cigarette form as a narcotic or hallucinogen.

**MDMA (methyleneoxymethamphetamine)** – A synthetic, mind-altering drug with properties of hallucinogens and amphetamines.

**MEGADOSING:** Taking massive amounts of steroids by injection or pill.

**METHADONE:** A long-acting synthetic medication shown to be effective in treating heroin addiction.

**METHAMPHETAMINE:** A central nervous system stimulant used clinically in the treatment of narcolepsy, hyperkinesia, and for blood pressure maintenance in hypotensive states.

**METHAQUALONE:** A depressant taken orally.

**MORPHINE:** A pain-killing opiate; administered under the trade names Roxanol and Duramorph; taken orally, smoked, or injected.

**NARCOTIC:** Any of a class of substances that blunt the senses, such as opium, morphine, belladonna, and alcohol, that in large quantities produce euphoria, stupor, or coma; when used constantly can cause habituation or addiction, and are used in medicine to relieve pain, cause sedation, and induce sleep.

**NEUROSIS:** A mental condition with many variations, but most commonly anxiety due to various causes such as stress or previous difficult life experiences. The personality is usually not severely affected.

**NICOTINE:** An alkaloid derived from the tobacco plant that is responsible for smoking’s psychoactive and addictive effects; toxic at high doses.

**OPIATE:** A group of pain-killing drugs made from the unripened seed cases of the opium poppy plant.

**OPIUM:** A drug made from the juice of the opium poppy and from which several legal and illegal drugs are derived.

**ORIENTATION:** The ability of a person to reliably establish his or her position regarding time, place, and persons.

**OVERDOSE:** Administration of an excessive amount of a drug or substance into the body.

**PANIC DISORDER:** A disorder in which inappropriate, intense apprehension and physical symptoms of fear occur so frequently as to produce significant impairment.

**PARANOIA:** A form of schizophrenia involving delusions, hallucinations, fear of persecution, and undue suspicion of others.

**PATHOLOGICAL:** Related to an abnormality or disease.

**PCP (phencyclidine):** See PHENCYCLIDINE.

**PERSONALITY DISORDER:** A behavioral disorder that is not caused by anxiety, mood disturbance, or psychosis.

**PHENCYCLIDINE (PCP):** An addictive hallucinogen that appears as a white, crystalline powder or in tablet or capsule form; smoked, taken orally, or injected.

**PHOBIA:** An irrational fear of a situation, person, or object.

**PHYSICAL DEPENDENCE:** An adaptive physiological state that occurs with regular drug use and results in a withdrawal syndrome when drug use stops; usually occurs with tolerance.
**PHYSIOLOGICAL:** Of or pertaining to physiology.

**PHYSIOLOGY:** The branch of biology dealing with the functions and activities of living organisms and their parts, including all physical and chemical processes.

**PLATEAUING:** The level at which a drug becomes ineffective.

**POLY-DRUG USER:** An individual who uses more than one drug.

**POPPING:** See SKIN POPPING.

**PREOCCUPATION:** Excessive, focused attention given to the substance, its effects, and/or its use.

**PREVENTION:** The process of stopping the potential for a substance to become an addiction problem before it occurs.

**PSYCHOLOGICAL:** Pertaining to, dealing with, or affecting the mind, especially as a function of awareness, feeling or motivation.

**PSYCHOSIS:** An extreme derangement of the mind, caused by mental illness, with total loss of judgment, memory, and insight. It may be a temporary, intermittent, or permanent condition.

**PSYCHOSOMATIC:** Bodily symptoms associated with a nervous complaint or psychological disorder.

**PSYCHOTHERAPY:** Counseling treatment for mental illness.

**PSYCHOTIC:** A person suffering from psychosis; a severe mental disorder characterized by distortion of the sufferer's concept of reality.

**PSYCHOTROPIC:** A substance that has a mind-altering effect.

**RAVE:** A party designed to enhance a hallucinogenic experience through music and behavior.

**RECOVERY:** The restoration process of returning to health from addiction. It is an ongoing, never-ending process.

**REHABILITATION:** The process of being restored to a condition of good health, the ability to work, and to reestablish the good reputation of (a person, one's character or name, etc.).

**RELAPSE:** A return of a disease or illness after partial recovery from it, to fall back into illness after convalescence or apparent recovery.

**ROACH CLIP:** Slang term for a small tweezer-like clip for holding the butt of a marijuana cigarette.

**ROHYPNOL:** or flunitrazepam: A tasteless, odorless sedative-hypnotic club drug (also known as roofies, rophies, roche) that induces muscle relaxation and amnesia, and can lead to physical and psychological dependence. A date-rape drug.

**ROID RAGES:** Uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.

**RUSH:** A surge of pleasure that rapidly follows administration of some drugs.

**SCHIZOPHRENIA:** A nervous disorder characterized by disturbances to normal thought processes.

**SEDATIVE:** A drug (medication) or agent that has a calming, soothing, or tranquilizing effect.

**SERATONIN:** A neurotransmitter that has been implicated in states of consciousness, mood, depression, and anxiety.

**SHOTGUNNING:** Taking steroids on a hit-or-miss basis.

**SIDE EFFECT:** A secondary and usually untoward effect, especially of a drug.

**SKIN POPPING:** Administration of a substance into the body by injection under the skin.

**SOFT DRUG:** A drug, usually illicit, that does not produce significant psychological or physical dependence. An antiquated term no longer in common use (see Drug Terminology Suggestions, Chapter 27).
SPEEDBALL: Any combination of a stimulant and a depressant taken together, especially a mixture of heroin and cocaine or heroin and methamphetamine injected into the bloodstream.

SPEED FREAK: A slang term for an addict or habitual user of amphetamines, methamphetamines, or similar stimulating drugs.

STACKING: Using a mixture of anabolic steroids, often in combination with other drugs.

STEROIDS: A group of chemical substances produced by the adrenal glands. May have anabolic (body building), antiinflammatory, or other properties.

STIMULANT: Any substance that causes an increase in activity in various parts of the nervous system or directly increases muscle activity.

SYMPTOM: A specific feeling or physical manifestation caused by an illness.

SYNDROME: A group of symptoms caused by a particular disease.

SYNERGY: When two or more drugs are taken together, greatly increasing the normal effect of each drug.

SYNTHESIA: A hallucinogenic or psychedelic effect, such as when one sensation is perceived as the sensation of a different sense (i.e., when a sound is perceived as a color).

TAPERING: Slowly decreasing steroids intake.

TETRAETHYLTHIURAM DISULFIDE: See ANTABUSE.

THC (tetrahydrocannabinol): Main active chemical in marijuana.

THERAPY: The treatment of disease or disorders, as by some remedial, rehabilitative, or curative process.

TOBACCO: A plant of American origin with narcotic leaves which, after drying and preparing, are used for smoking, chewing, snuff, etc.

TOLERANCE: A process whereby the body adapts to administration of a foreign substance, resulting in the need for more of the drug to achieve the same effect.

TOXIC: Temporary or permanent drug effects that are detrimental to the functioning of an organ or a group of organs.

TRIGGER: See TRIGGER MECHANISM.

TRIGGER MECHANISM: A physiological or psychological process caused by a stimulus and resulting in a usually severe action. For example, seeing a drug or its use can be a trigger that results in a craving.

TWEAKER: A slang term used in the 1970s and 1980s for an individual addicted to methamphetamines (specifically, crystal).

UPPER: A stimulant drug, especially an amphetamine.

WITHDRAWAL: See DRUG WITHDRAWAL.

WITHDRAWAL SYMPTOMS: The physical, mental, and emotional effects when the addictive substance is no longer being introduced into the system.