

I want to inquire about... Cocaine

I came to know that...

Cocaine is a drug derived from coca plant. The scientific name of this plant is **ERYTHROXLON COCA**.

Cocaine is a stimulant. This means it stimulates an amount of false energy. Cocaine can be found in a form of white powder or crystals. Some street names for Cocaine are coke, C, Charlie, white dust etc. Crack and stones are used when Cocaine is in a form of crystals. Cocaine is snorted, smoked or injected intravenous. No matter what my age is, Cocaine is an illegal substance to possess or to use, no matter what my age is.

I'm aware that young people start using Cocaine out of...

- Curiosity.
- Peer pressure.
- Low self esteem.
- The belief that one performs better in sex.
- The belief that the majority are doing it.

But this is far from the truth. On the contrary Cocaine has its immediate consequences and long term effects.

Instant effects are more related to the physical, legal and social effects.

- The heart beats irregularly which might trigger a heart attack.
- Blood pressure rises which might trigger a stroke.
- Days after taking Cocaine, one feels a great deal of tiredness and fatigue. Therefore it can cause problems regarding one's performance at school or at work.
- One can suffer from a condition called 'Crack lung' suffering from pneumonia or chronic bronchitis.
- After taking Cocaine one can have serious suicidal sentiments.
- Problems with the law.

Long-term effects

Long term effects are more related to psychological, legal and social effects.

Psychological Effects

One becomes...

- Dependent on the drug very easily and it's very difficult to control even if one believes s/he can.
- Paranoid.
- Anxious.
- Very nervous.

One can also experience hallucinations - hear or see things or experience the 'Cocaine bugs' which is when one thinks and feels he has bugs running under their skin.

Sexual Effects

It is a myth that sexually one performs better with Cocaine. On the contrary Cocaine can cause impotence in males.

Social Effects

- Lack of motivation which stops you from participating in sports or hobbies.
- Problems with the law.
- Relationship problems.
- Aggressiveness.
- Always short of money which can lead to big loans or theft.

If you think you can control use of Cocaine, by using in the weekends or occasionally, this is not true. Experience shows that one may assume that such control can be exercised. However in reality, control is lost after a short while and one ends up using the drug again to avoid feeling down. This sets up the vicious cycle.

It is also very dangerous to use Cocaine with alcohol or any other drug. Using two or more substances together is putting your life more in danger.

Best way to avoid these risks and problems is by staying away from these drugs and enjoy life in a positive and a healthy way.



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**NIXTIEQ
INKUN NAF
AKTAR DWAR...**

il-Kokaina



Jiena naf li...

Il-Kokaina hija droga li ġejja mill-pjanta msejha *coca* u l-isem xjentifiku huwa:

ERYTHROXYLON COCA

Il-Kokaina tkun forma ta' trab abjad u meta din tissajjar tiehu

l-forma ta' kristallini żgħar. Fost l-ismjiet popolari bl-Ingliż insibu: *Coke, C, Charlie, Stones* eċċ. Tissejjaħ *Crack* meta tkun forma ta' kristallini.

Il-Kokaina hija **STIMULANT**, jiġifieri tagħtini ċerta enerġija falza. Jien sirt naf ukoll li l-Kokaina tista' tittiehed b'diversi modi. Nista' nissniffjaha, inpejjiha jew inkella bil-labra. L-użu u l-pussess tal-Kokaina huwa dejjem **ILLEGALI**, ikolli kemm ikolli età. Il-Kokaina mhix bħax-xorb jew sigaretti, li jekk għandi età nista' nużahom... għalkemm xorta nkun qiegħed nagħmel ħsara lil saħħti.

Xi wħud minn shabi bdew jieħdu l-Kokaina biex...

- Jaqtgħu l-kurżità.
- Ikomplu ma' shabhom.
- Jaħsbu li jkollhom aktar attività sesswali fit-tul.
- Għaliex mingħalihom kulhadd jagħmel hekk.

Fir-realtà sirt naf li dan mhu minnu **XEJN**.

Anzi. Sirt naf li l-Kokaina thalli effetti fuqi **ISSA** u **'L QUDDIEM**.



Issa

L-effetti li jkolli f'qasir żmien huma marbuta aktar mal-aspetti fiżiċi, legali u soċjali. Fost dawn insibu:

- L-apetit għall-ikel jiġi affetwatt b'mod negattiv.
- Qalbi tibda thabbat aktar u dan jista' jwassal għal attakk tal-qalb.
- Tiżdied il-pressjoni tad-demem b'riskju li tingata vina fir-ras.
- Titla' t-temperatura tal-ġisem.
- L-għada li nieħu l-Kokaina, nispiċċa bla saħħa u allura jista' jkolli problema fl-iskola jew fuq il-post tax-xogħol.
- Inbati minn *Crack lung* fejn nibda nbati minn pnemonja/bronkite.



'Il quddiem

L-effetti li jkolli 'l quddiem huma aktar marbuta mal-aspetti psikoloġiċi, legali u anke soċjali. Fost dawn insibu:

- Insir dipendenti mill-Kokaina b'tali mod li diffiċli noqgħod mingħajrha.

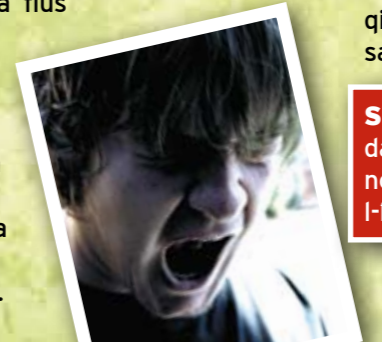
- Paranoja, jiġifieri nahseb li kulhadd huwa kontrija u għandu għaliġa.
- Ansjetà kbira fejn jista' jkolli attakk ta' paniku.
- Insir nervuż fejn kollox u kulhadd jibda jdejjaqni.
- Allucinazzjonijiet, jiġifieri nibda nisma' jew nara affarijiet li fir-realtà mhumiex vera. Fost dawn hemm dik imsejha *Cocaine bugs* - meta nibda nahseb u anke nħoss li hemm xi dud jiġru fija.

Effetti sesswali

Jien naf ukoll li għalkemm ħafna jaħsbu li l-Kokaina tagħti aktar saħħa għal attività sesswali fit-tul, imma fir-realtà twassal għal inkapaċità għas-sess b'mod partikolari fl-irġiel.

Effetti soċjali

- Nieqaf nipprattika xi sport għaliex ma jkollix aptit u saħħa.
- Ikolli problemi mal-pulizija u mal-liġi.
- Ikolli problemi fir-relazzjonijiet ma' nies li nħobb.
- Żieda ta' aggressività.
- Nuqqas ta' flus b'riskju li jew nibda nisraq jew nibda nissellef u nispiċċa vittma tal-użura.



Sirt naf ukoll li hija **HRAFA KBIRA** li nahseb li nista' nuża l-Kokaina fil-weekends biss jew xi darba meta rrid. L-esperjenza turini li għalkemm fil-bidu jista' jkun hekk, imma wara ċertu żmien (li għal xi wħud jista' jkun perjodu twil jew qasir) nispiċċa nitlef kull kontroll fuqi nnifsi b'tali mod li ma noqgħodx mingħajrha.

Sirt naf ukoll li meta nhallat l-Kokaina ma' xorb alkoholiku jew ma' drogi oħra, inkun qiegħed inżid il-ħsara jew il-periklu għal saħħti.

Sirt naf li l-aħjar mod kif ma jkollix dawn il-problemi kollha huwa billi noqgħod 'il bogħod minnha u ngawdi l-ħajja b'mod pożittiv u attiv.

