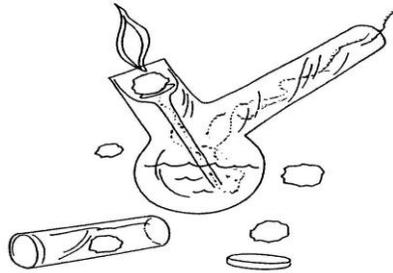


cocaine



Crack

The Silent Killer



A Christ-Centered 12-Step Recovery Group addressing addictions
and those affected by them

A Brief History

The use of cocaine was very popular in the late nineteenth century. However, by the turn of the century, use was declining because of the devastating side effects. The Harrison Narcotic Act of 1914 made cocaine illegal and recreational use did not become popular again until late 1960. People wanted to find substances that were both pleasurable and “safe”. One expert referred to the discovery as an “amazing case of cultural amnesia”. Cocaine again became accepted, though its dangers were known. Some medical experts even declared it a “safe” drug. Cocaine has limited medical use as an anesthetic and belongs to a class of drugs known as stimulants, which tend to give a temporary illusion of limitless power and energy.

The Source

Cocaine is derived primarily from the South American Coca Plant, which is processed to a crystalline powder, mixed into solutions, and further processed to a base substance, which can be snorted, shot up, rubbed in, smoked, etc. “Crack” is a crystallized derivative of cocaine, processed for smoking, that makes a crackling sound when heated (thus the name). Crack usually resembles lumps or shavings of soap and is sometimes pressed into tablets. Smoking crack is believed to be the fastest method of getting cocaine to the brain. It has been said that, “Crack is the most powerful form of the most psychologically addicting drug known”. The rise of crack addicts committing serious crimes, often involving fatal results, has reached epidemic proportions.

The Risk

Whichever form or method one chooses, cocaine is one of the most dangerous and unpredictable drugs out there! Touted by many professionals as being “The Drug That Is Too Good”, cocaine will devastate most of the people who try it. Unlike most other drugs that affect the neurotransmission process, cocaine use reduces the production of neurotransmitters and prevents the re-uptake process (a form of recycling or reusing). The “high”, regardless of method of use, is relatively short, about fifteen minutes or less, so the need to use returns again and again and again. The imbalance caused by use creates a euphoric state followed always by a deep depression, thus causing a profound need to use again. The user, in order to satisfy that feeling of well-being, must find help, or once again, use.

A laboratory study involving rats revealed startling results of the dangers of cocaine use. Several subjects were used, each was given water, food and a place to sleep and groom themselves. The cages were cleaned regularly and all was well, until drugs were introduced. Each was given a different type of drug and only that type. A lever in front of each item controlled the amount administered and as they pushed a lever the subject could get water, food or the drug. All, except the cocaine subjects, would stop using the drugs long enough to eat, drink, sleep or groom themselves. The subject with cocaine would continue to push the lever forsaking all other needs until his own death occurred. What power this drug has!

Some short-lived “benefits” of cocaine use might be exhilaration, euphoria, bursts of energy, increased mental abilities and an increased sexual stimulation and excitation. Brief periods of time when the user may feel these benefits are always followed by deep depression, which will, over time, become chronic. The continued use of this powerful drug will cause and aggravate symptoms such as: various kinds of accidents, problems on the job, anxiety, irritability, violence, apathy, laziness, lethargy, confusion, memory problems, nervousness and restlessness, disinterest in relationships (family or friends), extreme agitation, panic attacks, compulsive repetitive behavior, concentration problems, paranoia, personal neglect, suspiciousness of those close, and a psychotic state resembling paranoid schizophrenia, complete with delusions and hallucinations. The obsession becomes so great that often the users will lose their families and jobs. A survey of those using cocaine reveals that 90% had financial problems, 40% were dealing drugs and 30% stole to support their habits.

The effects of cocaine may be so cumulative and long lasting that after periods of abstinence, a small amount can bring on profound symptoms. Sudden Cocaine Death is a term used because the same dose taken regularly over a period of time can become *the fatal dose!*

Evidence shows that cocaine kills not only the user but an alarming number of non-users. The number of babies born to cocaine-using mothers is staggering. Mothers run the risk of a miscarriage, premature labor and complications. Babies born to mothers, who use cocaine, are at risk for shakes, bouts of inconsolable crying, lethargy, malformations, brain damage and retardation.

Get Help

Psychologist Carl Jung once described alcoholism as “*a spiritual disease that has at its base a drive for wholeness*”. Whether the drug is alcohol, cocaine or any other mind or mood altering substance, the premise remains the same: there are no easy answers. However, a combined approach of awareness, intervention, prevention and education is a solid approach.

Complete abstinence and reliance on God seems to be the only viable answer for effective and lasting recovery. 12-Step fellowships offer the support of others who have been set free from the bondage of addiction. There is help available for cocaine addicts and their loved ones as a starting point on their **recovery**.

GET HELP NOW!

“MY FRIEND, COME SIT BY ME, I HAVE A STORY TO TELL. I WILL PUT MY WHITE LIPS OF SATIN TO YOURS, I WILL CONFUSE AND DEPRESS YOU, I WILL MAKE YOUR FRIENDS GO AWAY; I WILL DESTROY ANY LIFE YOU HAVE. YOU WILL WAIT FOR ME, STEAL FOR ME, LIE AND CHEAT FOR ME.

I WILL PROMISE YOU NOTHING. YOU WILL NOT WANT ANYBODY BUT ME. I WILL NOT ALLOW YOU TO DIE, FOR I WILL POSSESS YOU. I WILL DRAIN YOU TILL YOU ARE A PARANOID FOOL. YOU WILL BE AFRAID OF SHADOWS AND PEOPLE WHO LOVE YOU. THE WORLD WILL REVOLVE AROUND ME ALONE AND THEN WHEN YOU FEEL LIKE YOU CANNOT LIVE WITHOUT ME I WILL LEAVE YOU FOR I AM NOT YOUR FRIEND, I CARE NOT FOR YOU OR ABOUT YOU.

YOU WILL ALWAYS REMEMBER ME BECAUSE THE SCAR I LEAVE ON YOUR SOUL WILL GO TO THE GRAVE WITH YOU.

I AM A SILENT KILLER, THEY CALL ME COCAINE”

Anonymous

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:3-4 (NLT)

Cocaine Anonymous www.ca.org

Narcotics Anonymous www.canaacna.org

Overcomers Outreach uses the 12 Steps of Alcoholics Anonymous and the Holy Bible to discover the wisdom of God and apply His teachings to our daily lives. We claim Jesus Christ as our “higher power” and share our trials and victories with one another in a confidential and secure environment. We meet weekly in loving support of one another, not as a substitute for, but rather a supplement to other 12-Step groups. We are non-professional and non-profit, and we welcome anyone who is not opposed to our general method of recovery, whatever his or her presenting problem.

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