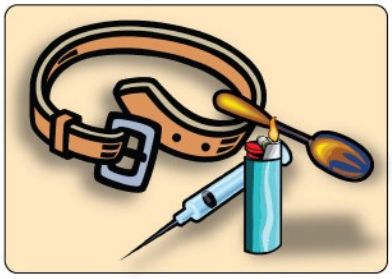
Cocaine Abuse

PROBLEMS FROM USING COCAINE:

- Highly addictive.
- Illegal.
- Risk of sudden death.
- Heart disease.
- Irregular heart beat.
- High blood pressure.
- Damage to nose and lungs.
- Severe agitation.
- Hallucinations.
- Violent behavior.
- Paranoia.
- Sexual dysfunction.

Most cocaine users deny that they have a problem with addiction. The biggest problem is admitting that you are dependent on cocaine. Those trying to quit using it may experience depression and withdrawal symptoms. Other withdrawal symptoms include fatigue, suicidal thoughts, sleepiness, restlessness, anxiety, and increased craving for cocaine.



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There are medications available to help prevent depression associated with stopping cocaine. Most users will find a support group or treatment program helpful in coming off and staying off cocaine. The best chance to cure cocaine addiction is to go into group therapy and to be in a drug-free environment. It is very important to develop healthy relationships and avoid socializing with people who use or deal drugs.

Eat well, and give your body the proper rest and healthy exercise it needs. You may need medication to help treat withdrawal symptoms. Call your caregiver or a drug treatment center for more help.
You may also want to call the National Institute on Drug Abuse at 800-662-HELP in the U.S.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE

- Severe chest pain.
- Shortness of breath.
- Extreme agitation.

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