

# GHB

(GAMMA-HYDROXYBUTYRIC ACID)

Known as a party or club drug, this illegal substance, contrary to popular belief, is addictive both physically and psychologically. Not only is it addictive, it is so potent that it can cause overdose death in smaller doses with even first-time use. For those who have fallen victim to the addictive nature of this substance, drug addiction help is available and successful through treatment at The Wellness Retreat Recovery Center.

Mostly abused by people 18-25 years of age.



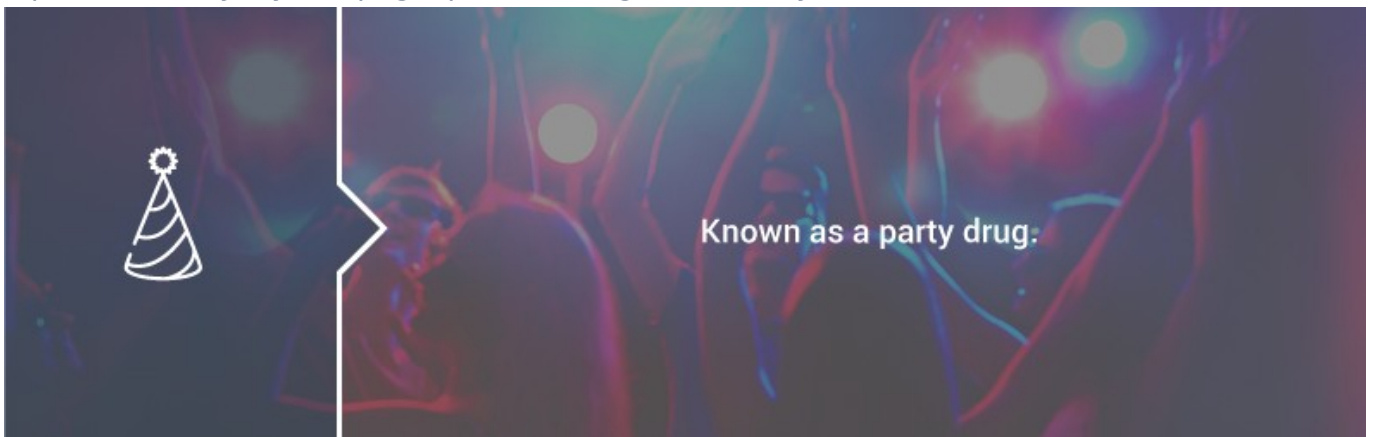
## What Exactly is GHB?

GHB, or gamma-hydroxybutyric acid, was first synthesized in 1874 but not used in the medical field until the 1960s for insomnia and anesthetic purposes. Because it is a central nervous system suppressant, mixing with other drugs like alcohol and misuse of the drug can lead to horrifying and tragic side effects, including death. Once the number of incidents from misuse of GHB started to increase without ceasing, the federal government finally classified

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the drug as a Schedule 1 substance, meaning its use and purchase are now considered a federal offense. Today, the only medically approved use of GHB is outside of the United States for the treatment of alcoholism and narcolepsy in patients who have not had success with other less-risky treatments.

Forms of the drug purchased on the street include liquid, tablets, and powder. Because GHB presents effects of drowsiness, many recognize it for its use as a “date rape drug”. The scentless and tasteless drug is usually slipped into party beverages unnoticed and is an accomplice to horrifying crimes. Common street names for GHB may include Gamma 10, liquid E, G, easy lay, soap, goop, and Georgia home boy.



### **What are the Side Effects of Using GHB?**

If you think that a loved one may be using GHB, there are a few effects of the drug you can look out for. Obviously, the drug is used for its potential to present positive feelings like euphoria, mood changes, impaired inhibitions, tranquility, and increased sex drive. But, because the drug is a dangerous depressant that is commonly mixed with other drugs, negative side effects are eventually or immediately going to be portrayed by users including:

- Decreased heartbeat
- Decreased breathing
- Seizures
- Nausea and vomiting
- Dizziness
- Exhaustion
- Loose bowel movements
- Passing out
- Memory loss
- Lowered bodily temperature
- Coma



### **Dependence and Addiction to GHB**

Just like other central nervous system depressants, tolerance, dependence, and addiction may all form from long-term use of GHB. Tolerance begins when the user has to up their dose to experience the symptoms they desire. After a while, they start experiencing cravings for the drug when they aren't using, known as psychological dependence. Finally, GHB addiction is present when an individual stops using and experiences adverse effects, known as withdrawal symptoms. Withdrawal symptoms from ceasing use of GHB after addiction is formed may include:

- Heavy sweating
- Anxiety
- Depression
- Paranoia
- Aggression
- Audio hallucinations
- Sleeplessness
- Body aches
- Shaking
- Pain in the chest region
- Abnormal heart rate
- Increased blood pressure



### **Drug Addiction Help for GHB Abusers**

Wellness Retreat Recovery Center offers help for many types of addictions, including GHB. First, patients can detox comfortably in the safe and guided medical environment which offers monitoring around the clock. Once detox is complete, individuals can benefit from numerous therapies and programs including family counseling, dual diagnosis, pain management, individual and group therapy, and aftercare services. Don't wait until it's too late, get the drug addiction help that you need **NOW**.