

Cocaine Facts

Cocaine looks like a white powder. Cocaine can also be made into small white rocks, called crack.

How can cocaine **affect your** health?

- You may feel happy, excited and full of energy when you are high on the drug.
- You may feel nervous, scared, or angry when you "crash" or the drug wears off.
- It can make you not want to eat. You might lose a lot of weight.
- It raises your blood pressure and makes your heart beat faster than normal. This raises your risk of heart attack and stroke.
- You can get HIV or hepatitis (a type of liver disease) if you share needles with others or have unsafe sex while high on the drug.
- If you snort cocaine:
 - You can get nosebleeds.
 - You can lose your sense of smell.
 - Your nose may be runny all the time.
- If you inject cocaine:
 - You will have needle marks that can scar.

What are signs of **cocaine use** and addiction?

- You need to take bigger doses of cocaine to get high.
- You use cocaine more often to keep feeling good.
- When you try to quit using cocaine, you might:
 - Act nervous and restless
 - Feel very sad and tired
 - Have bad dreams
 - Be suspicious of people and things around you
 - Feel a strong need to take the drug, sometimes years after you recover

Call your provider if you think you suffer from cocaine abuse. You can recover!

Self-Help:

Narcotics Anonymous: https://www.na.org National Drug and Alcohol Treatment Hotline: (800) 662-HELP

Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you. English and other languages: **(888) 275-8750** Español: **(866) 648-3537** TTY/TDD: **711**

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