What are the dangers of using bath salts?

The most immediate dangers from using bath salts include **heart attacks**, **strokes** and **overheating.**

Like meth, long term abuse of bath salts may cause brain damage and increase risk of developing **Parkinson's disease**.

Most bath salts have never been tested in humans, so we may not know about all the risks. You are serving as a **guinea pig** if you use these drugs!

Are bath salts addictive?

Yes! While it is still being studied, some bath salts may even be **more addictive** than meth and cocaine.

An addiction to bath salts may even drive someone to become addicted to other drugs such as **alcohol** and **sleeping pills**.

For more information please visit **www.drug-abuse.gov**

If you or someone you know needs help with an addiction to any drug of abuse please call **1-800-622-HELP** or visit **www.samhsa.gov**

Bath Salts
A Dangerous Legal High

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What are bath salts?

Bath salts are "legal highs" sold on the Internet, in some stores and on the streets.

Some other names for them are: plant food, jewelry cleaner, and phone screen cleaner.

Because they are legal, people assume they are safe. But they are actually just as **addictive** and **dangerous** as many illegal drugs.

What do they do in the brain?

Bath salts are very similar to **cocaine** and **meth-amphetamine** in their effects on the brain.

These drugs increase levels of chemicals in the brain called **neurotrans-mitters.**

Bath salts strongly effect 3 neurotransmitters:
- Dopamine
- Serotonin
- Adrenaline (Norepinephr-ine)

What are the effects of using bath salts?

Many effects from bath salts are similar to an **adrenaline rush.**

These include:
- Increased heart rate
- Increased blood pressure
- Increased temperature
- Reduced appetite

Bath salts also have **psy-chological effects**. The most common ones are:
- Talking quickly
- Paranoia
- Confusion
- Aggressive, unpredictable behavior (psychosis)