#### SPROUT HEALTH GROUP

# COCAINE FAQ



## WHAT ARE THE IMMEDIATE EFFECTS?

As a stimulant, cocaine raises your heart rate, blood pressure and temperature. You might feel this as a boost in energy levels and a feeling of euphoria, followed by feelings of anxiety, panic and paranoia. S

#### WHAT HAPPENS IF YOU MIX COCAINE AND ALCOHOL?

Mixing alcohol with cocaine creates new elements in your body that impact the way your organs function, which can lead to heart attack and stroke. Combining the two substances also prolongs the toxicity of both so they stay in your system longer.





### WHY HAVE THERE BEEN SO MANY RECENT OVERDOSES?

One problem is that use has been on the rise, but that's only half the story. Another serious problem is that cocaine is now increasingly cut with dangerous synthetics like fentanyl.

### HOW LONG DOES COCAINE STAY IN YOUR SYSTEM?

On average, cocaine stays in your system for 1-4 days. actors that can affect this include how much you use, how often, the method in which you used, the purity level of the cocaine, your body fat, and whether or not



you use any other substances at the same time.



#### WHY IS IT SO HARD TO QUIT?

Cocaine is hard to quit because it physically changes your brain. When dopamine levels become badly imbalanced, your brain craves cocaine to restore its natural levels. These are powerful urges to deny.

#### HOW CAN YOU STOP USING?

Recovery from any addictive drug is a journey. Thankfully, it's not one that you need to take alone. There are a number of treatment facilities, both inpatient and outpatient, that can give you the support and resources you need.



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