



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program
411 S. Prieur St.
2nd Floor Office 233
New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



Facts About Drugs: Heroin

*Prepared by the LSUHSC Campus Assistance Program.
(504) 568-8888*

What is Heroin?

Heroin is a highly addictive drug, and its use is a serious problem in the United States. In recent studies we have seen a shift from injecting heroin to snorting or smoking because of increased purity and the misconception that these forms of use will not lead to addiction.

According to the National Institute on Drug Abuse, in 2021 0.4% of people ages 12 or older (about 1.1 million people) reported using heroin in the past 12 months. Around 1 million individuals in 2021 reported having a heroin use disorder.

Heroin affects your brain. Heroin enters the brain quickly, slowing down the way you think, reaction time, and memory.

Heroin affects your body. Heroin slows down your heartbeat and breathing, sometimes so much that it can be life-threatening. Heroin poses special problems for those who are injected with it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles. Other substances are sometimes added to heroin that may clog blood vessels leading to the liver, lungs, kidneys, and brain and lead to inflammation or infection.

Tolerance, Addiction, and Withdrawal

Aside from the debilitating effects of long-term use, the heroin user will most likely suffer from three factors: Tolerance, Addiction, and Withdrawal.

Tolerance

When we say tolerance, we mean that your body has become used to the drug, and the amount that you are taking, and you don't get the same effects as before. To feel the same effects that were previously felt, you may start to take more of the drug. Heroin has a very high rate of tolerance, which in turn, makes the drug much more dangerous.

Addiction

As higher doses are used over time, physical dependence and addiction develop. With physical dependence, the body has adapted to the presence of the drug, and withdrawal symptoms may occur if use is reduced or stopped.

Withdrawal

One of the most troubling aspects of heroin addiction is the withdrawal period. Users often call this "dope sickness". With long-term users, this may be a daily exercise in desperation. Withdrawal may occur in as few as two hours after the last dose, and symptoms include drug craving, restlessness, insomnia, cramping, vomiting and diarrhea, cold flashes, and kicking movements. These symptoms occur most visibly between 40 and 72 hours after last use and may continue for up to a week or more. Among long-term dependent users, withdrawal may require hospitalization, because its results can be fatal.

Treatment

There are four main approaches to substance use treatment, they include:

- Detoxification (supervised withdrawal from drug independence, either with or without medication) in a hospital or as an outpatient.
- Therapeutic communities where patients live in a highly structured drug-free environment and are encouraged to help themselves.
- Outpatient drug-free programs which emphasize various forms of counseling as the main treatment.
- Methadone maintenance which uses methadone, a substitute for heroin, on a daily basis to help people lead productive lives while still in treatment.

Resources

The National Institute on Drug Abuse
<https://nida.nih.gov/research-topics/opioids>

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/>

Partnership to End Addiction
<https://drugfree.org/>

If you, a family member, or anyone you know has a problem with heroin or any other drug, please contact the **LSUHSC Campus Assistance Program** at (504) 568-8888 for a **free and confidential** evaluation.