



## Florida Rehab Investigates How Cocaine Is Used

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Tampa, FL ? Clean Recovery Centers is a Florida rehab along the Gulf Coast, whose latest blog installment investigates how cocaine is used. Their program is unlike any in the area, utilizing a unique, three-phase approach that encompasses all facets of addiction treatment.

?Cocaine is a stimulant derived from the coca plant native to South America. Commonly seen as a white powder or small, crystal-like rock, it was originally used to provide relief from indigestion and as a local anesthetic. However, as it became widely available, government officials began to notice the negative side effects it was having on the general public. It has remained an illicit substance since, including the coca plant itself. There are different methods in which cocaine is used, but they all lead to the same effects. Common side effects of cocaine use include sensitivity to light and sound, bursts of productivity, mood swings, paranoia, distrust of others, extreme energy levels, insomnia, and decreased appetite,? the blog states.

Snorting cocaine is one of the most common ways of use because the effects are felt within minutes. The powder is arranged in lines or put on a spoon-like piece of metal and then inhaled through the nose. It then is absorbed through the mucous lining within the nasal cavity and enters the bloodstream. Snorting is a preferred method because specific paraphernalia is not needed. Cocaine can be snorted with straws or makeshift straws such as a rolled dollar bill.

Smoking cocaine typically refers to crack. Crack-cocaine or crack for short comes from cocaine powder that has been heated with an additive to form a rock. Common additives include baking soda or ammonia. The rock is then heated with a lighter in a glass pipe, producing smoke for inhalation. Smoking crack produces the same effects as cocaine powder. The effects are felt almost immediately and only last around 10 minutes, encouraging binge use.

?While injecting cocaine is not seen very often, it is still a possible way to use the substance. The powdered cocaine is added to water, creating a liquid. The liquid is then drawn into a syringe and injected into a vein. Because the cocaine is put directly into the bloodstream, the effects are immediate. However, this also means the effects are short-lived, lasting only around 5-10 minutes. It is not a convenient method to inject cocaine as it requires needles, syringes, something to tie the arm, and water,? the article continues.

The last way to use cocaine is by swallowing or dissolving the powder on the gums. When cocaine is ingested, the effects are typically delayed, taking 15 or so minutes to begin. Factors such as if the person has eaten will affect the onset. Once the effects begin, they last close to an hour. Because the effects are delayed, swallowing cocaine is not a popular method of use.

Each method of intake can lead to different, life-altering consequences. Snorting cocaine damages the nose and nasal cavity, leading to deformities and difficulty breathing. Smoking crack can cause lung infections and also hinder breathing. Injecting cocaine puts the person at risk of contracting a bloodborne illness and other infections. Swallowing cocaine disrupts blood flow to the intestines and can result in damage to the bowels.

Clean Recovery Centers is a leading provider of substance use disorder treatment on the Suncoast. They have a dedicated care team that is well-versed in both substance and mental health treatment as the two tend to go hand in hand. The program also offers wellness components including nutritional counseling, brain mapping, and chiropractic care.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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**Clean Recovery Centers - Tampa**

*At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.*

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