

# What Are The Side Effects Of Cocaine?

According to the NIDA, about 1.3 million people struggle with a cocaine use disorder.

Cocaine addiction is one side effect of cocaine use. However, there are also several long-term and short-term side effects associated with the use of cocaine.

In this blog post, we'll look at some of the most common side effects of cocaine use.

If you're struggling with cocaine addiction or have a family member who is addicted, it's important to seek a healthcare professional for help. There are addiction treatment programs for substance abuse that can help you get your life back on track.

## Effects Of Cocaine

Cocaine and crack cocaine are highly addictive substances that can cause unpleasant side effects. They are extremely damaging to the body of a cocaine user, and can lead to cocaine abuse.

### Physical Side Effects Of Cocaine

The physical effects of cocaine use are many, however, cocaine users may overlook or ignore them. Besides risks associated with addiction and cocaine overdose, cocaine abuse can lead to physical health problems associated with the heart and lungs.

#### **Cardiovascular Problems:**

- Hypertension (high blood pressure)
- Cardiac arrest
- Chest pain
- Tachycardia (abnormally fast heart rate)
- Arrhythmias (heart rhythm disturbances or irregular heartbeat)
- Heart attack
- Increased risk of stroke

#### **Pulmonary Problems:**

- Airway injury (lesions and/or destruction to nasal passages and airways)
- Asthma
- Lung collapse

- Pulmonary edema (fluid in the lungs)
- Pulmonary hemorrhage (blood in the lungs)
- Acute pulmonary syndrome ("Crack lung")
- Pneumonia
- Bronchiolitis (inflammation of the smaller airways in the lungs)
- Interstitial lung disease (scarring of the lungs)
- Pulmonary Hypertension (lungs affected by high blood pressure)
- Emphysema (damage to the air sacs in the lungs)
- Tumors potentially leading to lung cancer

## Mental Side Effects Of Cocaine

Cocaine is a stimulant, and the high it gives cocaine users is intense and often produces feelings of pleasure, ecstasy, and euphoria. But it doesn't last long. It can also create mental health issues.

Cocaine can have some serious mental health side effects, including:

- Paranoia
- Psychosis
- Delirium
- Mood swings
- Anxiety
- Depression
- Aggression
- Violence
- Drug addiction

## Effects Of Cocaine On The Brain

Cocaine abuse can have serious side effects on the central nervous system. When someone uses cocaine, it causes a spike in the neurotransmitter, dopamine, levels in the brain.

This increase can lead to changes in the brain, causing long-term damage. This can often lead to neurological conditions and seizure disorders.

Cocaine drug use destroys brain cells by restricting blood vessels, depriving them of the blood they need. The strain on your heart causes it to fall out of rhythm, making it more difficult for blood to reach your brain.

It's important to speak to a healthcare professional if you or a loved one are experiencing any of these symptoms, are struggling with cocaine abuse, or are experiencing cocaine withdrawal.

## Long-Term Effects Of Cocaine Use

With regular use of cocaine, you will develop tolerance to the drug, meaning that you will need more and have an increase in intense cravings to feel a high or end up with cocaine withdrawal.

Soon, you may find yourself taking cocaine in ever-higher doses to feel normal. This increases your risk of addiction and other health and mental health problems.

You can also develop sensitization to cocaine. This means that you will have physical effects and feel very ill when you use less of it, even after only a few days of use.

This cocaine toxicity can look like an increase in anxiety and/or convulsions, which can drive your need for more to control the symptoms. This can lead to a risk of overdose leading to death.

Other long-term effects of cocaine, depending on how cocaine is administered, include:

- Heart disease
- Stroke
- Seizures
- Respiratory problems
- Weight loss
- HIV
- Hepatitis C
- Allergic reactions leading to death
- Brain bleeds
- Parkinson's disease
- Memory loss
- Inability to stay focused
- Impulse control issues
- Trouble making decisions
- Diminished motor function
- Paranoia and psychosis
- Hallucinations
- Relapse

Cocaine is a highly addictive drug with many negative side effects. It can lead to addiction, mental health, and health problems.

## Short-Term Effects Of Cocaine Use

The short-term effects of cocaine use can include a feeling of euphoria, increased energy, and decreased appetite. These effects are almost immediate and can last a few minutes to several hours.

Cocaine addiction can also cause several other short-term effects, including:

- Increased heart rate and blood pressure
- Chest pain
- Increased body temperature
- Headache
- Nosebleeds
- Loss of sense of smell
- Runny nose
- Cocaine cravings
- Dilated pupils
- Sweating
- Nausea and vomiting
- Restlessness
- Mood swings
- Anxiety or panic
- Paranoia
- Violent behavior
- Difficulty sleeping
- Cocaine overdose
- Cocaine withdrawal

You may also experience severe medical complications from cocaine use. For instance, cardiovascular and neurological effects are because of constricted blood vessels, which could include heart attack, strokes, seizures, and coma.

Sudden death can occur from the increase in blood pressure leading to heart attacks or because of a seizure.

## How Cocaine Works In The Body

The body uses a neurotransmitter, dopamine, to reward people for things that make them happy, like eating, sex, or any addictive drug. This part of the brain also regulates motivation and emotion.

Under normal circumstances, a neuron releases dopamine to bind with dopamine receptors of another neuron. It is a type of messenger sending signals between neurons.

From there, a transporter will remove the dopamine. Then our brain recycles it to use again.

When you use cocaine, it blocks the recycling of dopamine by preventing dopamine from being taken back into the neuron that released it.

This leaves dopamine receptors full and unable to bind with dopamine. Dopamine accumulates in the spaces between neurons, causing an intense high.

This “high” lasts for a short time and is followed by a crash, during which the person feels tired and depressed. Repeated use of cocaine leads to a tolerance for the drug, and intense cravings so more and more is needed to feel the same effects, putting you at risk of overdose and substance abuse.

## Find Treatment For Cocaine Addiction

The devastating effects of drug addiction can be felt by the individual using the drug and their loved ones. If you or someone you know is struggling with cocaine addiction, it's important to seek treatment as soon as possible.

At [client], we offer supportive clinically proven treatments for substance use disorders to help you safely manage intense cocaine withdrawal symptoms.

Our programs are tailored to the individual, so you can get the help you need to recover from cocaine addiction. For more information on our treatment programs, please call us today.

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