



# A MATTER OF SUBSTANCE: At-a-Glance

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## DIVISION QUICK FACTS

### Appearance of New Drugs of Abuse in Iowa: Mephedrone and MDPV

#### Iowa Cases

Two men in their early 20's were hospitalized in the Quad City area in the past few weeks after exhibiting agitation, hallucinations, paranoia, tachycardia and mild hypertension. One also displayed violent behavior. For one patient, the symptoms lasted approximately four to five days and for the other, the symptoms lasted two days. While there is no laboratory proof that these two men were exposed to these drugs, their clinical courses are very consistent with the effects of mephedrone or MDPV.

#### Background

Both mephedrone and MDPV (methylenedioxypropylvalerone) are derivatives of the chemical cathinone, a naturally occurring chemical found in the plant khat (*Catha edulis*). While there are dozens of cathinone derivatives, mephedrone and MDPV have gathered a great deal of press attention recently. These drugs have been recognized in Europe as a public health issue for several years and in April 2010, the United Kingdom made mephedrone illegal to possess or sell.

#### Sources

Starting in 2009, these chemicals began to be sold in the US under the guise of "bath salts." These "bath salts" have been found to contain either mephedrone, MDPV, or both. They typically also have a large amount of caffeine. The packaging usually refers to the product as an adult novelty item and has the disclaimer "not for human consumption." "Bath salts" have been sold in tobacco shops, gas stations, truck stops, head shops and via the internet under the names Cloud 9, Bliss, Tranquility, Bayou Ivory Flavor, NOLA Diamond, Ocean Burst, Ivory Wave, White Lightening, Purple Wave, Blizzard and 24 KT. These are not typical bath salts, but are being marketed as such.

#### Signs and Symptoms

These "bath salts" can be snorted, swallowed or used intravenously. The adverse effects produced by using these drugs include extreme anxiety, paranoia, hallucinations, delusions, hostility, violence and suicidal thoughts. Most patients also present with tachycardia and mild hypertension. These drugs have the tendency to cause intense cravings for the drug and can lead to binges lasting several days.

For more information on Mephedrone and MDPV, contact the **Iowa Statewide Poison Control Center** at 1-800-222-1222.

**Director's Corner:** Thank you to all who commented on the **Medicaid and Health Insurance Exchange Covered Benefits** draft discussion paper posted on our ROSC (Recovery-Oriented System of Care) website last month. We're reviewing your comments and finalizing that paper. Next up — **ROSC** in February and addictions **Service System Transition** in March. Your comments help shape our strategic planning. Please go to [http://www.idph.state.ia.us/bh/sa\\_rosc.asp](http://www.idph.state.ia.us/bh/sa_rosc.asp) and let us know what you think. Thanks, Kathy Stone

## UPCOMING EVENTS

#### The Road Ahead Conference: Responding to Today's Issues that Affect Youth and Families

February 8

E3 Center; 1400 E. Washington, Mount Pleasant

For more information, contact the Henry County Substance Abuse Coalition at 319-385-8126.

#### Iowa's Early Care, Health and Education Congress: Leading with the 3 R's of Collaboration

February 9-10

Airport Holiday Inn, Des Moines

For information, contact Lois Kiester at 515-964-6685.

#### Governor's Conference on Substance Abuse - April 5-6

Watch [www.trainingresources.org](http://www.trainingresources.org) for information.

#### IDPH Grant Opportunities

Many RFA's, RFB's and RFP's are currently available or will be posted in the coming weeks. Be checking the webpage listed below for newly available funding opportunities at <http://www.idph.state.ia.us/IdphGBP/IdphGBP.aspx>.

For more information about the  
Division of Behavioral Health, visit  
[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

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