

# KRATOM: WHAT ARE THE RISKS?



KRATOM IS A LEGAL, UNREGULATED, OPIATE-LIKE HERBAL SUPPLEMENT THAT ACTS ON THE RECEPTORS IN THE BRAIN AS OPIOIDS TO REDUCE PAIN AND CAUSE EUPHORIC EFFECTS.

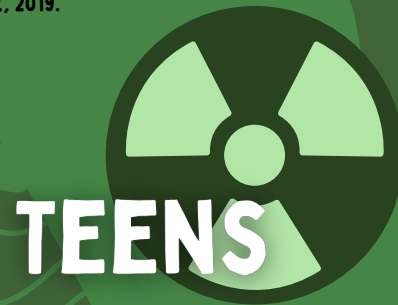


KRATOM IS MOST COMMONLY USED TO MANAGE PAIN AND WITHDRAWAL SYMPTOMS. KRATOM CAN BE PURCHASED FROM LOCAL SMOKE SHOPS IN THE FORM OF LEAVES WHICH CAN BE SMOKED OR IN CAPSULES FOR INGESTION.

MCCANCE-KATZ, 2019.

MCCANCE-KATZ, 2019.

## RISK TO YOUTH



SYMPTOMS OF KRATOM WITHDRAWAL

ELDRIDGE, ET AL, 2018

**EXCESSIVE SUCK  
IRRITABILITY  
JITTERINESS  
SNEEZING**



HOW ARE TEENS USING IT?

**TEENS MIX KRATOM  
INTO DRINKS AND  
SMOKE KRATOM  
LEAVES.**

ELDRIDGE, 2019

**5/7**

ELDRIDGE, ET AL, 2018

WITHDRAWAL SYMPTOMS  
AFTER BEING EXPOSED  
TO KRATOM IN UTERO.

WITHDRAWAL SYMPTOMS

**3-10  
DAYS**

LAST ABOUT  
GRUNDMANN, ET AL, 2018

SHARMA, ET AL, 2022

TEENS WHO SMOKE MARIJUANA  
WERE

**2.5X**

MORE LIKELY TO REPORT KRATOM  
USAGE.

**84.7%**

SHARMA, ET AL, 2022

**OF KRATOM  
EXPOSURES WERE  
FROM 17-19 YEAR  
OLDS.**

# PHYSICAL SYMPTOMS

dizziness  
tremors  
constipation  
itching  
euphoria  
chills and sweats  
cough suppression  
frequent urination  
reduced pain  
nausea  
drowsiness  
social vomiting



DRUG ENFORCEMENT AGENCY, 2022

**WITHDRAWAL SYMPTOMS INCLUDE  
HOT FLASHES, DIFFICULTY  
SLEEPING, PAIN AND DECREASED  
APPETITE**

# TOXICITY

POST, ET AL, 2019  
MCCANCE-KATZ, 2019

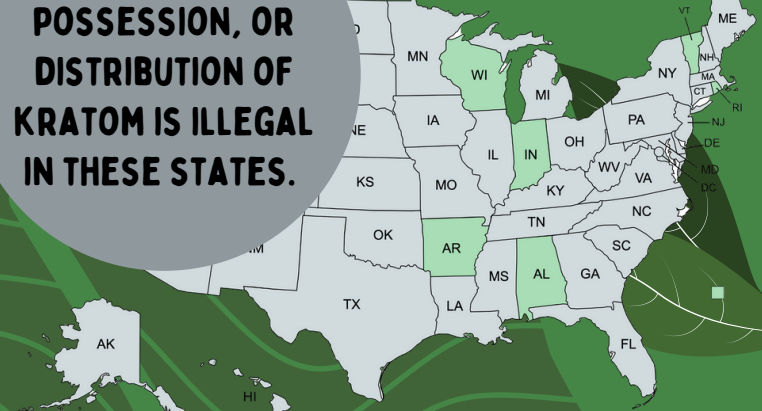
**CALLS TO POISON CONTROL  
REGARDING KRATOM USAGE  
HAVE INCREASED TO**

# 195 CALLS

**UP FROM 0 BETWEEN 2016-2017**

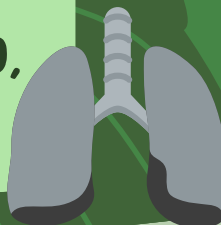
**THE USE,  
POSSESSION, OR  
DISTRIBUTION OF  
KRATOM IS ILLEGAL  
IN THESE STATES.**

SPROUT HEALTH GROUP, 2020



ALSARRAF, ET AL, 2019

**KRATOM CAN IMPACT  
PHYSICAL HEALTH,  
DAMAGING THE THYROID,  
LIVER AND LUNGS.**



**KRATOM, WHEN COMBINED WITH OTHER  
SUBSTANCES, CAN CAUSE DEATH**



**A LIQUID CHROMATOGRAPHY OR A TANDEM MASS  
SPECTROMETRY TEST IS REQUIRED FOR KRATOM.**

ELDRIDGE, 2019

50%

40%

30%

20%

10%

0%

OLSEN, ET AL, 2023



Fentanyl

Benzos

Heroin

Opioids

# RESOURCES

**RECOVERY VILLAGE COLUMBUS 844.933.4780**

**RECOVERY OHIO - OHIO CAROLINE 800.720.9616**

**CENTRAL OHIO POISON CONTROL 800.222.1222**

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