

Betel

Harm and Reduction

Disrupted Sleep; Anxiety

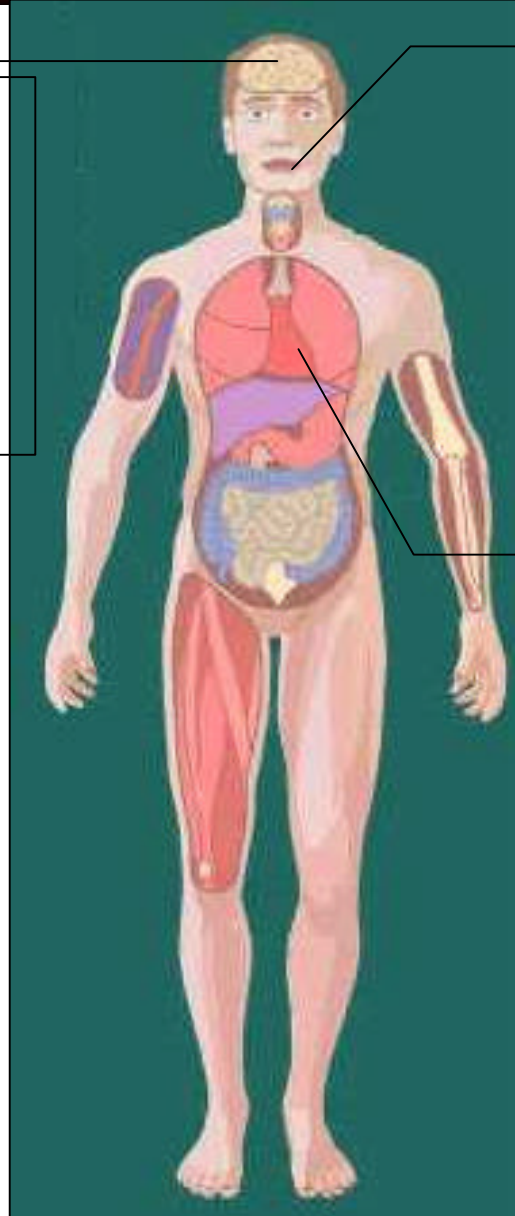
Reduce intake

Try to ensure adequate sleep
Awareness of warning signs
Reduce or stop when becoming too anxious
Don't use in evenings

General:

May interact with anti-depressants;
May worsen MH problems

Don't use if experiencing poor mental health, or taking medication



Tooth and Gum Damage; Oral Cancers

Don't use with tobacco
Don't use excess lime
Maintain good dental Hygiene
Regular attendance at dentist

Heart Failure/high blood pressure

don't exert after using
Don't mix with stimulants
avoid if history of heart problems
Don't mix with other drugs which raise BP