

Betel/Areca/Paan

AKA: paan, betel, catechu

Popularity: popular across Asia; users in the UK from Indian sub-continent

Method of Use: chewed – with betel leaf and lime, and spices, or tobacco

Duration: 30mins

Effects:

+ve: mild stimulant, freshens mouth, aids digestion, more alert
-ve: anxiety

Law: legal in UK

Cost: £4-100gm

Source: grown in India, Sri Lanka etc; sold in UK via some Asian stores

Indicators: red staining to lips, gums and teeth
Red spittle

Risks: anxiety, reduced appetite, insomnia, tooth/gum damage, oral cancers

