

Crack Cocaine Harm and Reduction

Anxiety, paranoia, psychosis, insomnia

Reduce intake

Try to ensure adequate sleep

Awareness of warning signs

Reduce or stop when becoming too anxious

Injecting complications:

Numbs injecting sites;

Inject cocaine powder if possible

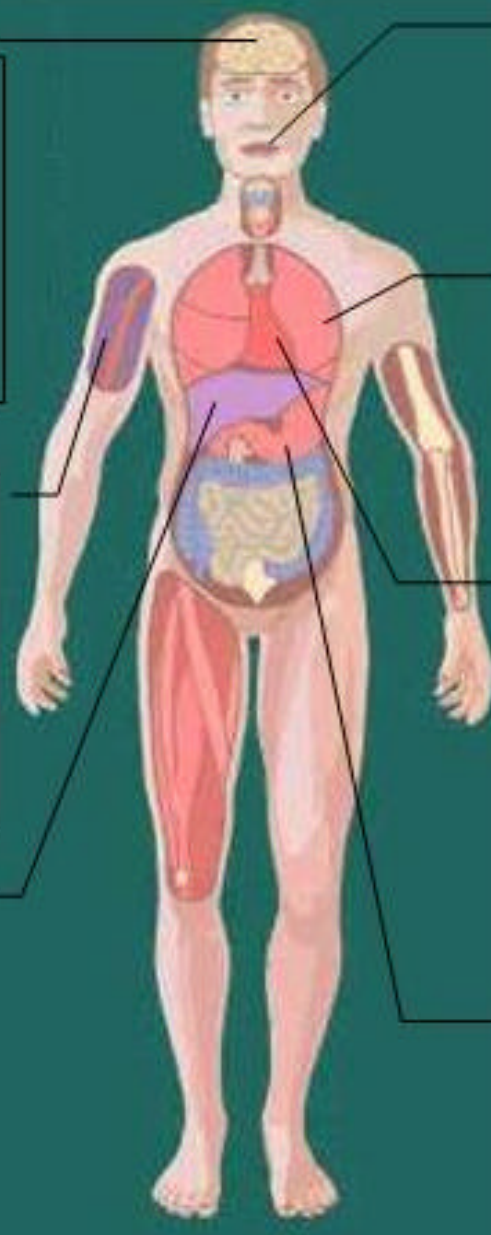
Don't share; will need acid

Keep needle dry before injecting

Large number of needles for repeat injections

liver disease

Don't mix with alcohol



Lips and teeth

use heat-proof mouthpiece

Use lip balm

Don't share pipes

Lung damage, "crack lung"

Use glass pipes, steel gauzes

Avoid ash, plastic

Heart Failure/high blood pressure

Long binges are risky – stop

when it isn't rewarding

don't exert after using

Don't mix with other stimulants

avoid if history of heart problems

Don't mix with other drugs which raise BP

Appetite suppression/weight loss

Breaks from use,

Good diet