

Amphetamine Harm and Reduction

Anxiety, paranoia, psychosis, insomnia

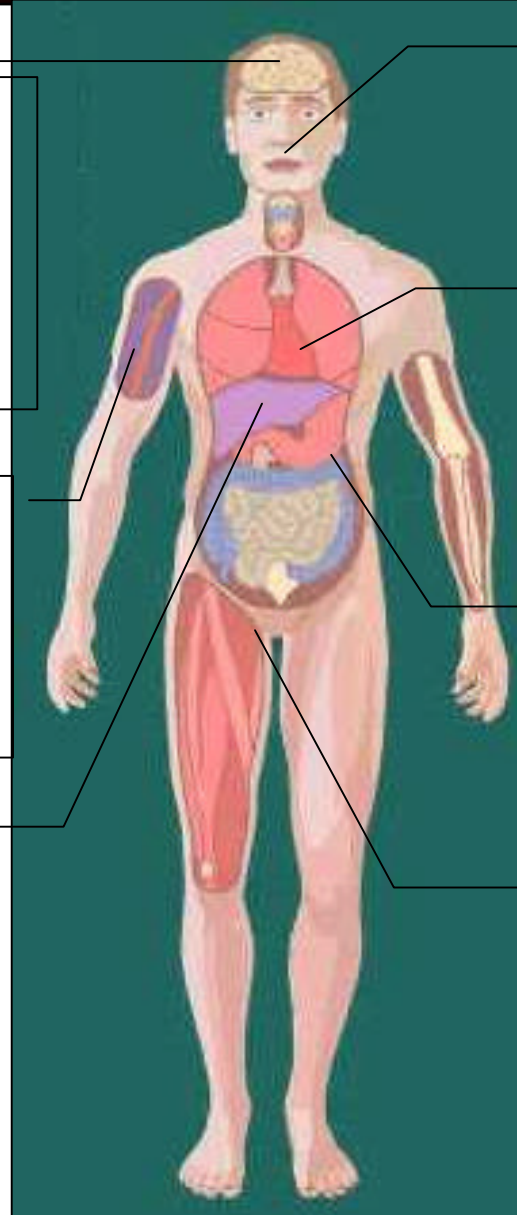
Reduce intake
Try to ensure adequate sleep
Awareness of warning signs
Reduce or stop when becoming too anxious

Injecting complications:

Speed Powder: water soluble – don't acidify, Do filter
Base Speed: insoluble: acidify before injecting and allow to cool
Don't share equipment

liver disease

Don't mix with alcohol



Damage to nose and gums

rinse area after use
move to another area if bleeding
Don't share tubes

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

Appetite suppression/weight loss

Breaks from use,
Good diet

Increased risk of unsafe sex

Use of condoms