

# Betel

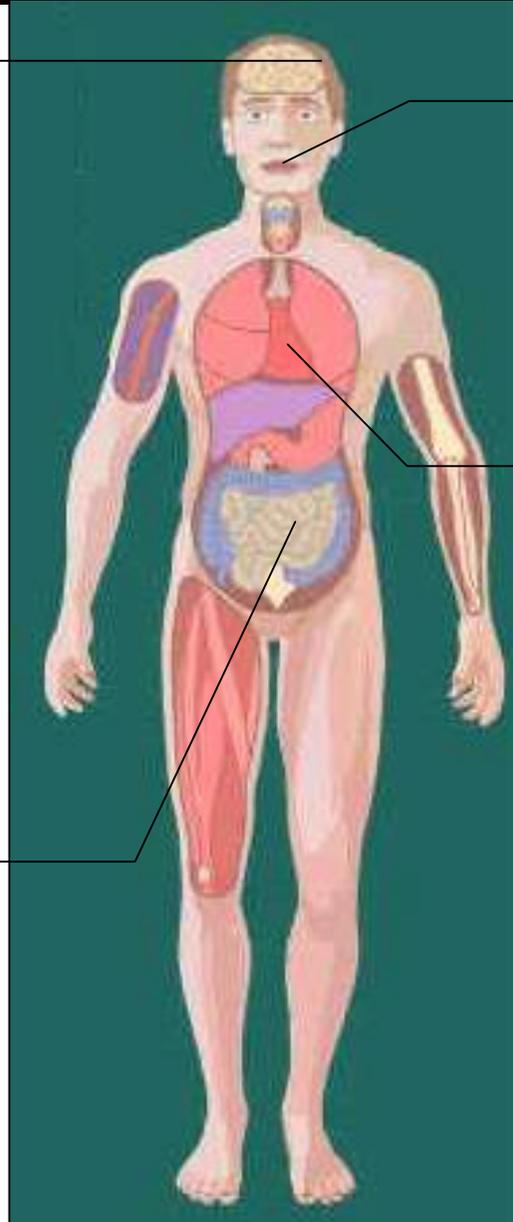
## Harm and Reduction

### **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

### **Weight loss –**

Maintain proper diet;  
Reduce use if losing too much weight



### **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**

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

### **General:**

May interact with anti-depressants;  
May worsen MH problems  
Don't use if experiencing poor mental health, or taking medication