

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:

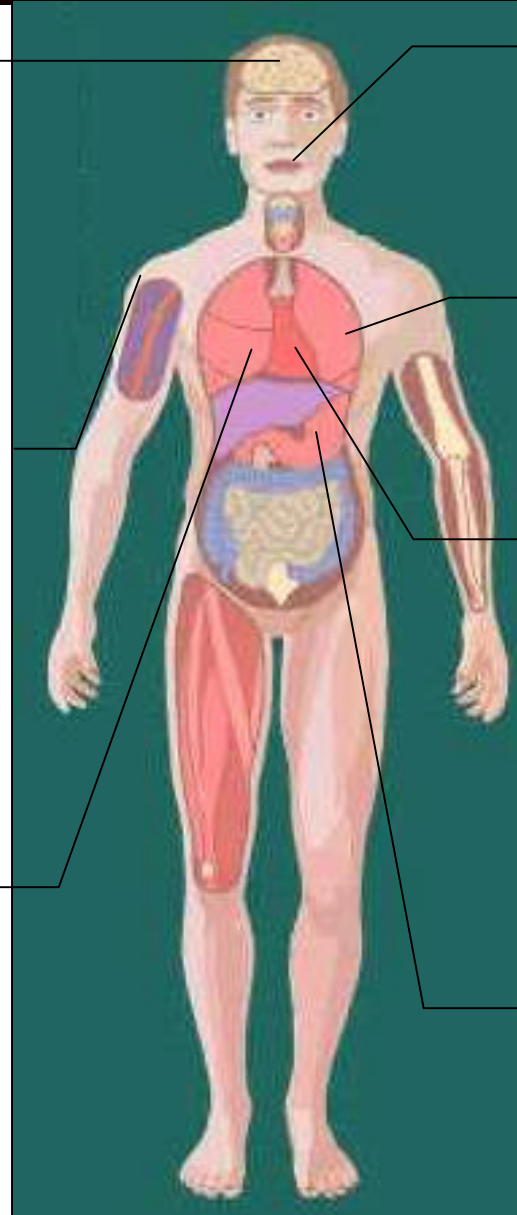
Numbs injecting sites;
Inject cocaine powder if possible
Don't share; will need acid;
Don't heat when in crack form – will congeal;
Keep needle dry before injecting
Large number of needles for repeat injections

liver disease

Don't mix with alcohol

Dependency

High risk of dependency
Use infrequently if at all



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 BP:

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