

Khat

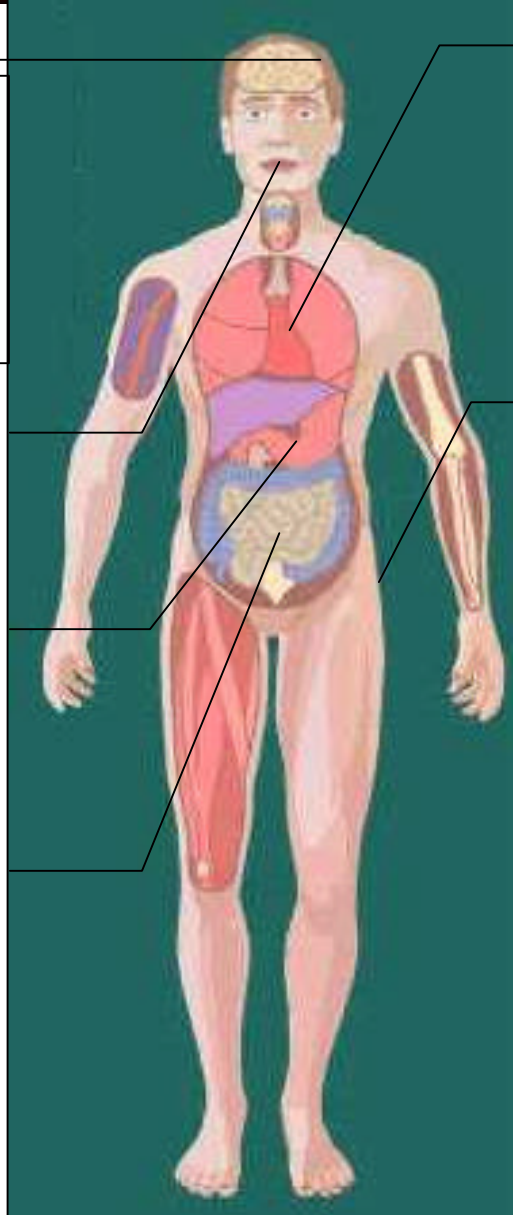
Harm and Reduction

MH Problems – be aware of warning signs – anxiety, paranoia
Use less frequently
Get enough sleep
Stop when feeling anxious
Don't use if prone to Mental Illness

Tooth and Jaw damage
Don't chew excessively
Regular dental checkups

Stomach upsets
wash plant before chewing
Wash hands

Weight loss –
maintain proper diet
Reduce use if losing too much weight



Heart Probs/blood pressure:
Avoid chewing with medicine that elevates BP
Avoid if prone to heart problems

General
only use in moderation
Don't use everyday
Don't use for long periods of time
Maintain other social interests and links
Don't take khat in to other countries