Stimulants and Health

Support for people who use cocaine and methamphetamine

People use stimulants for many reasons

Ask yourself:

- *What do I like about using stimulants?*
- *Is there anything I want to change?*
- *How can I feel healthier?*

Understanding why you use can help you decide if you want to reduce or stop.

There are always things that you can do to protect your health.

Health effects of stimulants

Stimulants used in high doses over time can harm the heart and brain.

Stimulant use can lead to high blood pressure and heart disease.

It can also cause hallucinations, mood changes and trouble thinking.

Safer use tips

There are ways to be safer, even if you do not want to change how often or how much you use:

Try to get sleep or set aside time to rest.

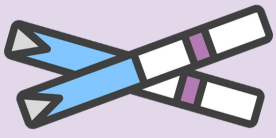
Drink plenty of water.

Eat before and while you're using, even if you don't feel hungry.

Consider changing how you use, like smoking instead of injecting.

Avoid sharing smoking or injecting supplies.

Use in a safe place with people you trust.



Test your drugs, you can't always know what you're getting.

Carry naloxone, you might save a life.

How can you and your health care provider support your health?

- [ ] Treat high blood pressure to prevent heart disease and stroke.
- [ ] Care for your teeth and oral health.
- [ ] Treat wounds or other skin concerns.
- [ ] Screen for and treat STIs, HIV, hepatitis B and hepatitis C.
- [ ] Consider pre- and post-exposure medicine to prevent HIV and STIs.
- [ ] Consider birth control and pregnancy testing if pregnancy is possible.
- [ ] Stay up to date on vaccinations.
- [ ] Treat other substance use and mental health concerns.

Reducing stimulant use

Cutting back on stimulants can be hard, but there are options to help you feel better and help you reduce your use.

Medications

Talk to your provider about medications that can help you feel better and may help you cut back on your use.

Contingency management

Some programs provide rewards to people when they reduce or stop using stimulants. Some people are able to stop using this way, many others can cut back.

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