



STIMULANTS

cocaine & methamphetamine

People use stimulants for many reasons



Ask yourself:

- *What do I get from using stimulants?*
- *What are the drawbacks?*
- *Is there anything I want to change?*

Understanding **why** you use can help you decide if you want to reduce or stop. **There are always things you can do to protect your health.**

HEALTH EFFECTS OF STIMULANTS

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

Stimulants tighten blood vessels and cause inflammation. This can lead to **high blood pressure and heart disease.**



Stimulants can cause hallucinations and **trouble thinking**, and contribute to conditions like **Parkinson's Disease.**



Stimulants and sex

Using stimulants during sex can lead to sexually transmitted infections (STIs). Ask your doctor about **PrEP** to prevent HIV or **doxyPEP** to prevent STIs.



How can you protect your health if you use stimulants?



Reduce or quit tobacco



Sleep every day



Get dental care



Carry naloxone for yourself and to help others

Ask your provider about:



Statin medication to protect your heart and brain



Treating high blood pressure to prevent heart disease and strokes



Chill Pack medication for when you feel anxious



Staying up-to-date on vaccines

REDUCING STIMULANT USE

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



CONTINGENCY MANAGEMENT

Some programs reward people who reduce or stop using stimulants. 25% of people are able to stop using this way—many others can cut back.



MEDICATIONS

- Bupropion can help you cut back on cocaine, meth, and tobacco use.
- Mirtazapine can help you cut back on meth use.
- Either of these can be used with naltrexone, which also helps people reduce alcohol use.
- Your provider may also try other medications.

For more information, go to ciaosf.org

