

Psycho-Education for Patients and Family Members

Session 6: Methamphetamine and Cocaine (2)

Question:

- *If you buy Shabu in the market, is it composed of 100% pure methamphetamine?*

Shabu Is Not Just Methamphetamine

Up to 60 percent of what a person injects, snorts, or smokes is NOT Methamphetamine:

- Shabu is full of impurities, such as lead acetate or mercury, which can lead to heavy metal poisoning.
- Shabu is “cut” with other substances to maximize profits.

Question:

- *What are the possible risks of taking Shabu in the following forms?*
 - *Injecting*
 - *Snorting*
 - *Smoking*

Injecting Shabu

Injecting Shabu can cause

- Blood clots
- Skin abscesses
- HIV, tuberculosis, or hepatitis C virus exposure
- Heart inflammation
- Pneumonia
- Kidney failure

Snorting Shabu

Snorting Shabu can cause:

- Sinus infection
- Holes in the septum
- Hoarseness
- Nosebleeds

Smoking Shabu

Smoking Shabu can cause:

- Throat problems
- Burned lips
- Lung congestion
- Severe coughing with black mucus
- Chronic lung disease

Shabu Dose and Toxic Effects

Dose ↑ → Toxic Effects ↑

Pregnancy and Shabu

Increased risk of:

- Fetal stroke or brain hemorrhage, often causing death
- Premature birth
- HIV or hepatitis virus exposure

Babies of mothers who used Shabu during pregnancy may have:

- Abnormal reflexes
- Extreme irritability
- Trouble eating and digesting food

Cocaine

Question:

- *What do you know about Cocaine?*

Crack Cocaine

- A smokable form of cocaine
- Sometimes called “rock” or “freebase”

Immediate Psychological Effects

- ↑ Increased euphoria
- ↑ Increased energy
- ↑ Increased talkativeness
- ↑ Increased sensitivity to sensations of sight, sound, and touch
- ↑ Increased mental alertness
- ↑ Increased confidence
- ↑ Increased feelings of sexual desire

Immediate Physical Effects

- Constricted blood vessels
- Increase of:
 - ↑ Pupil size
 - ↑ Heart rate
 - ↑ Temperature
 - ↑ Blood pressure
- Decrease of:
 - ↓ Appetite
 - ↓ Sleep

Warning

- In rare instances, sudden death can occur with cocaine use.
- Drinking alcohol with cocaine increases this risk

Chronic Psychological Effects

- Irritability
- Depression
- Increasing restlessness
- Paranoia
- Auditory hallucinations
- Bizarre and/or violent behavior
- Damaged ability to feel pleasure
- HIV or hepatitis C virus exposure

Chronic Physical Effects

- Disturbances in heart rhythm
- Heart attacks
- Chest pain
- Pneumonia
- Respiratory failure
- Strokes
- Significant weight loss/malnutrition
- Seizures
- Headaches

Injecting Cocaine

Injecting cocaine can cause:

- Abscesses (infected sores) at injection sites
- Severe allergic reactions
- Exposure to HIV and hepatitis C virus

Snorting Cocaine

Snorting cocaine can cause:

- Loss of sense of smell
- Problems with swallowing
- Chronically inflamed, runny nose
- Nosebleeds
- Hoarseness
- Deviated septum

Smoking Crack

Smoking crack can cause:

- Throat problems
- Burned lips
- Lung congestion
- Severe coughing
- Chronic lung disease

Cocaine Dose and Toxic Effects

Dose  → Toxic Effects 

Pregnancy and Cocaine

Increased risk of:

- Premature birth
- Low birth weight
- Smaller than normal head size
- Shorter than normal length
- HIV or hepatitis virus exposure

Cocaine–Exposed Children

As cocaine-exposed children grow up, they may:

- Have trouble paying attention to tasks
- Have trouble thinking things through
- Have trouble learning new information