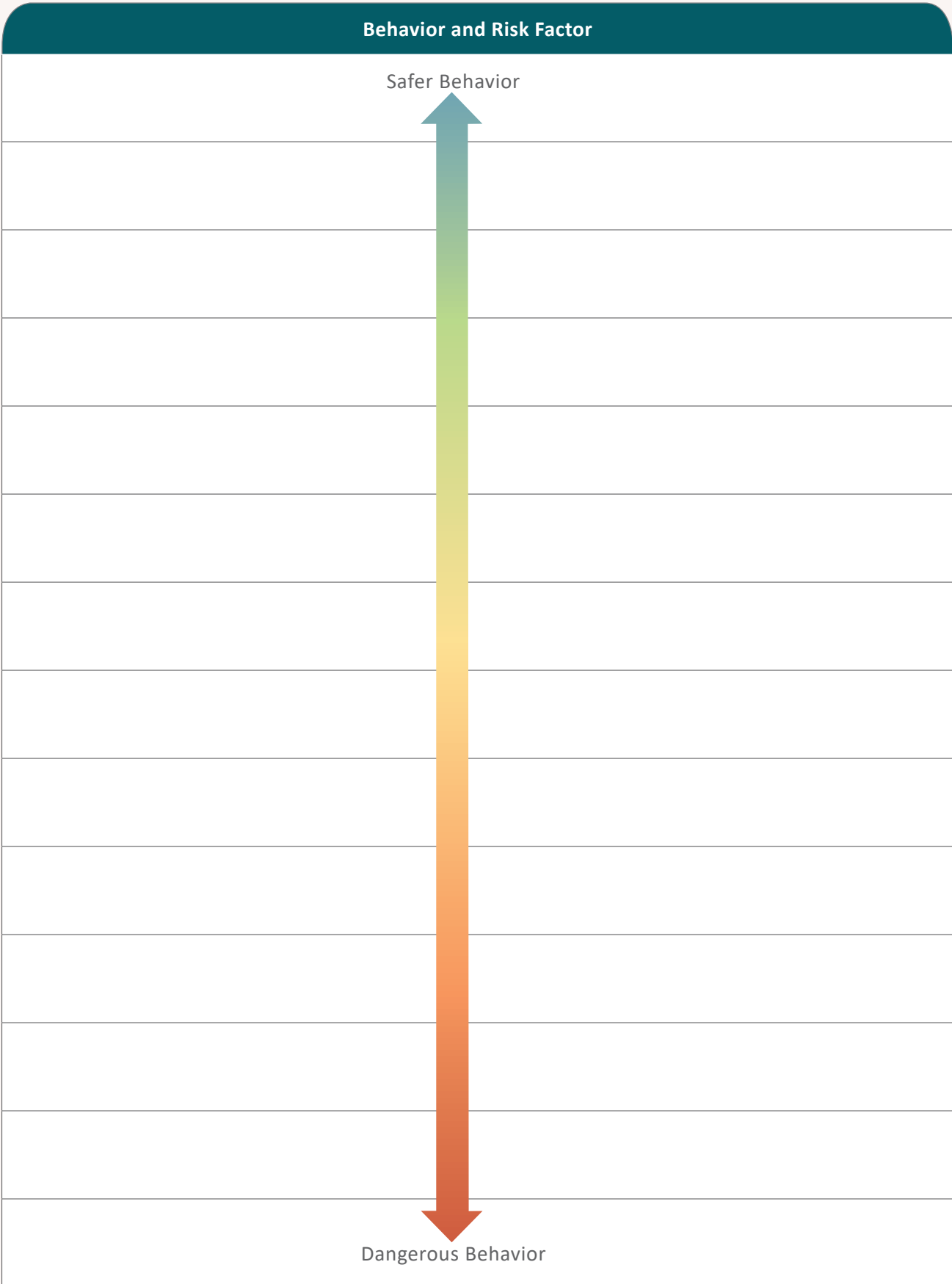


Risk Continuum



Harm Reduction: Substance Use

Substance Chart

Recreational Drug Name (and Street Names)	How it enters the body	Potential Health Consequences	Interactions between Recreational Drugs and Antiretrovirals/ Other Prescription Drugs
<p>Marijuana or THC (Blunt, dope, grass, herb, joint, pot, Mary Jane, skunk, weed, "tobaco," ganja, tree, T)</p>	Swallowed, smoked, eaten	<p>Eurphoria, slowed thinking and reaction time, hallucinations, delusions, paranoia, altered time sense, confusion, impaired balance and coordination, cough, impaired memory and learning, increased heart rate, anxiety, panic attacks, impotence, infertility</p> <p>Health benefits: increased appetite, reduced nausea and reduced pain</p>	<p>Interaction with: Protease Inhibitors (PIs), Sustiva (stocrin, efavirenz) and Atripla (efavirenz + tenofovir + emtricitabine)--no actual drug interactions, but may cause a false positive marijuana test</p> <p>Potential Results: PIs can increase marijuana levels, and smoked marijuana may lower PI levels. Lower levels of marijuana may be needed for medicinal purposes if PIs are being used.</p>
<p>Benzodiazepines (Ativan, Halcion, Librium, Valium, Xanax, candy, downers, sleeping pills, "pastillas," beans, the mix, klanopins called K, sanipex called zenys)</p>	Swallowed, injected	Sedation, drowsiness, dizziness, decreased breathing, death	<p>Interaction with: Kaletra (Aluvia, lopinavir/ritonavir), Norvir (ritonavir) and other Protease Inhibitors (PIs) various other antiretroviral therapy (ART) Alcohol and other sedatives</p> <p>Potential Results: Many PIs can increase the concentration of benzodiazepines in the body, making them more dangerous.</p>
<p>PCP and analogs (Phencyclidine, angel dust, dust, crank, pick-me-up, space, boat, hog, love boat, peace pill)</p>	Swallowed, injected, smoked	Increased heart rate and blood pressure, impaired motor function, memory loss, numbness, nausea/vomiting, panic, aggression, violence, loss of appetite, depression, seizures, chronic cognitive impairment	<p>Interaction with: Protease Inhibitors (PIs)</p> <p>Potential Results: PIs block degradation of PCP, so PCP can be much more toxic if a patient is also taking PIs.</p>
<p>LSD (Acid, acido, blotter, boomers, cubes, microdot, yellow sunshine, purple haze, "Lucie-in-the-sky-with-diamonds," best trip, trippn)</p>	Swallowed, absorbed through mouth or tissues	Altered states of perception and feeling, nausea, persistent perception disorder (flashbacks)	<p>Interaction with: Protease inhibitors (PIs) and nonnucleoside reverse transcriptase inhibitor (NNRTIs)</p> <p>Potential Results: PIs and NNRTIs could potentially cause build up of LSD in the body, leading to increased toxic effects.</p>
<p>Ecstasy (E, Molly, happy, X)</p>	Swallowed	Euphoria, confusion, sleep problems, anxiety, blurred vision, brain damage, depression, paranoia, nausea, chills, sweating, liver damage, seizures, kidney damage	<p>Interaction with: Protease Inhibitors, especially Kaletra (Aluvia, lopinavir/ritonavir) and Norvir (ritonavir) Selective serotonin reuptake inhibitors SSRIs)</p> <p>Potential Results: Using certain ART medications with Ecstasy could result in life-threatening effects, such as heatstroke, dehydration and loss of consciousness.</p>

Substance Chart (cont.)

Recreational Drug Name (and Street Names)	How it enters the body	Potential Health Consequences	Interactions between Recreational Drugs and Antiretrovirals/ Other Prescription Drugs
<p>Opiates Heroin (Brown sugar, dope, skunk, smack, junk, dogfood, manteca, manterian, estofa, tecata, chiva, caballo blanco) Codeine (Tylenol with Codeine; Captain Cody, Cody, packs, CD, the big bean) Morphin (pins and needles) OxyContin (oxies) Vicodin (V beans) Percocet (perks, pick me up) Demerol (DI) Fentanyl</p>	<p>Injected, smoked, snorted</p>	<p>Pain relief, euphoria, drowsiness, nausea, constipation, confusion, sedation, respiratory depression and arrest, and death.</p>	<p>Interaction with: Ritonavir Inhibitors</p> <p>Potential Results: Heroin can make an HIV+ person sicker. Ritonavir decreases the effectiveness of codeine.</p>
<p>Cocaine (Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, perico, basico, snow, fish scale, pasta, esqueleto)</p>	<p>Injected, smoked, snorted</p>	<p>Increased heart rate and blood pressure, increased mental alertness, rapid or irregular heart beat, reduced appetite, weight loss, heart failure, nervousness, insomnia Also: Long-term snorting can damage the nasal membrane. Smoking hot crack pipes can result in lip blisters/burns, which increase the risk of infections, especially during oral sex. If you use vinegar, lemon or other “organic” acid to make your crack injectable, you can get serious infections. Use ascorbic acid instead.</p>	<p>Interaction with: Protease inhibitors (PIs) Nonnucleoside reverse transcriptase inhibitors (NNRTIs) especially Viramune and Viramune XR (nevirapine), [Sustiva (stocrin, efavirenz), and Atripla (efavirenz + tenofovir + emtricitabine)]</p> <p>Potential Results: Cocaine is known to be toxic to the immune system and could reduce CD4 cells making someone living with HIV sicker. PIs and efavirenz can increase the effects of cocaine, so a given dose of cocaine is more toxic. Cocaine may increase the risk of liver toxicity with nevirapine use.</p>
<p>Methamphetamine (Crystal meth, crank, crystalspeed, Tina, tweak, ice, white snow, the diet, the thinning, the scar “Strawberry quick”=a mix of ecstasy, cocaine, and methamphetamine)</p>	<p>Swallowed, snorted, smoked, injected</p>	<p>Euphoria, increased energy and attentiveness, diarrhea, nausea, loss of appetite, insomnia, tremor, compulsive fascination with repetitive tasks, talkativeness, irritability, panic attacks, having very long sex sessions, sexual craving (in the long term, combined with male impotence resulting in preference for being the “bottom”)</p>	<p>Interaction with: Kaletra (Aluvia, lopinavir/ritonavir) Norvir (ritonavir) Rescriptor (delavirdine) Selective serotonin reuptake inhibitors SSRIs)</p> <p>Potential Results: Methamphetamines can increase levels of ritonavir in the body to more toxic levels.</p>
<p>Alcohol</p>	<p>Swallowed</p>	<p>Slurred speech, loss of inhibition, unsteady gait, hypothermia, impotence, memory loss, coma, and death. Chronic use can cause hepatitis, pancreatitis, liver failure, and chronic memory problems.</p>	<p>Interaction with: Agenerase (amprenavir)</p> <p>Potential Results: Alcohol use while taking ARVs could result in a decreased ability to maintain adherence. Chronic alcohol users are also at greater risk of infections; not taking your HIV meds can make this worse.</p>
<p>Tobacco/Cigarettes</p>	<p>Smoked, chewed</p>	<p>Weakened immune system, cancer (of lungs, mouth, throat, esophagus, and other), frequent colds, chronic bronchitis, emphysema, stroke, heart disease.</p>	<p>Potential Results: A harder time fighting off HIV-related infections, since tobacco weakens the immune system. Smoking increases the risk of lung infections like bacterial pneumonia and pneumocystis pneumonia (PCP). It increases the risk of thrush and whitish mouth sores, as well as mycobacterium avium complex (MAC). Smoking while taking some ARVs can worsen hepatitis. Those who smoke are more likely to experience side-effects of HIV medications, such as nausea and vomiting.</p>