

Mixing drugs?

It's important to be aware that using multiple substance at once may alter the desired effects and increase the effects on the body. This can increase the impact on the heart and lead to overdose or toxicity.



Stimulant

Stimulant

Increased risk of toxicity, Increased heart rate, breathing.

Stimulant

Depressant

Increased risk of toxicity and overdose. Effects may be masked

Depressant

Depressant

Increased risk of overdose. Slows down heart rate and breathing.

Need help or advice?

Alcohol and Drug Support Line
Metro (08) 9442 5000
country 1800 198 024

Health Direct
1800 022 222

Life Line
13 11 14

METH & THE HEART



CONTACT US



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The Heart

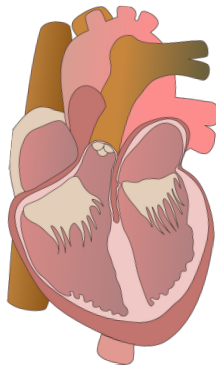
Our heart is the muscle that pumps the blood around our body, and keeps us alive.

Methamphetamine is a stimulant drug, which means when we use it, it can speed up our heart rate. These effects can be immediate and may it is short or long lasting depending on its quality and quantity.

The drug stimulates the natural chemicals in the brain that control mood, pleasure, happiness, calmness, euphoria and the "fight or flight" response.

The "rush" or "come on" that can be felt is due to the meth triggering the release of those natural chemicals in the brain at a high rate. At this time, thoughts, sensations and mood escalate.

One chemical (noradrenaline) constricts the walls of blood vessels in the heart and make the heart work harder to push blood through the body. It is a good idea to understand both the substance and the effect it has on the body.



Remember to eat, sleep and hydrate !

This will help your body to better manage the effects of the gear.

What to look out for

When using meth it's good to know that there are some signs and symptoms we can look out for that may indicate a methamphetamine related heart condition.

Lack of energy
This could be feeling heavy and lethargic

Shortness of breath
Breathing hard, panting or coughing. This could be doing little activity , such as walking up a couple of stairs

High blood pressure
You may feel throbbing in your neck, temples or ears

Irregular pulse
you might feel a fluttering sensation in your chest

Swollen feet and/or hands

Needing to be propped up by pillows
When lying down in bed or reclining you may feel like propping yourself up to help you breath easier

It's good to know that most meth related heart conditions can be reduced by stopping your meth use!

Toxicity

An increased heart rate may also be a sign of toxicity. Methamphetamine toxicity occurs when someone has had too much meth that it becomes toxic to their brain and body.

Some signs of toxicity can include:

- Racing heart/pulse
- Getting hot but not sweating
- Chest pain
- Breathing difficulties
- Constant headache
- Seizures/fits
- Unconsciousness

This is a medical emergency and 000 needs to be called.

What to do if you think you may be experiencing meth related heart conditions?

It's important if you think you are experiencing a meth related heart condition you seek advice.

Some things you can do:

- Speak to a doctor and have an honest conversation about drug use
- Raise all health concerns with a doctor or health professional
- Most meth related heart conditions can be reduced by stopping meth.