

Nutritional Health And Substances

Review this fact sheet to learn how certain substances can affect your nutritional health.

Substances are: ⊗ Alcohol ⊗ Amyl/Butyl nitrite ⊗ Anabolic steroids ⊗ Anticholinergic medications (Elavil and others) ⊗ Barbiturates ⊗ Benzodiazepines (Valium and other drugs) ⊗ Caffeine ⊗ Cocaine/Crack ⊗ Ecstasy (MDMA) ⊗ GHB ⊗ Hallucinogens (LSD, etc.) ⊗ Heroin ⊗ Ketamine (Vitamin K) ⊗ Marijuana ⊗ Methamphetamine ⊗ Methaqualone ⊗ Nitrous oxide ⊗ Phencyclidine (PCP) ⊗ Rohypnol (roofies) ⊗ Tobacco ⊗ Other recreational drugs

Read each question. Mark a box **only** if the answer is yes. Note the related information on the back side of this sheet.

- My food intake is *less than usual* or sometimes I forget to eat.
- I sometimes crave fats and sweets and eat snack foods *every day*.
- I *do not limit* the amount of fats, oils, and sweets that I eat each day.
- I usually eat 'fast food' restaurant meals or convenience foods *most days* of the week.
- I drink *three or more* cups of coffee, tea, juice, or soda each day.
- I *have smoked* cigarettes or used marijuana for appetite or pain.
- I often have *unexplained* bruising on my body.
- I eat *less than* three servings of vegetables and two servings of fruits (1/2 cup of fruit or vegetables, a small salad, one medium potato, or a wedge of lettuce) each day.
- I eat *less than* six servings from the bread group (1 slice of bread, 1/2 cup of pasta or rice, or 1 ounce of cereal) each day.
- I eat *less than* two servings from the dairy group (1 cup of skim or low-fat milk, 1 1/2 cups of natural cheese, 1 1/2 cups of lowfat ice cream, or 1 1/4 ounces of hard cheese) each day.
- I eat *less than* three servings of meat, poultry, fish, dry beans, eggs, or nuts (2 to 3 ounces of chicken, fish, or lean beef; 1 egg; 1/2 cup of cooked dry beans; 1/2 cup of nuts; or 2 tablespoons of peanut butter) each day.
- I have *used alcohol* (beer, wine, liquor) or recreational drugs.
- I may *not* take a shower or bath or brush my teeth for several days.
- I have felt bad or guilty about my drinking or drug use.
- I have *used stimulants* like cocaine, crack, or methamphetamine.
- I have went for one or more days *without* eating.

Add your yes answers. Is it TIME TO ACT? If the number of yes answers is:

Less than 4 GREAT: Talk to a health care provider if you have any questions about recreational substances. A nutritionist can help you to meet your nutrition needs. Find doctors and nutritionists who treat HIV-positive people. Contact ANSA through the Internet at: www.aidsnutrition.org to find a nutritionist.

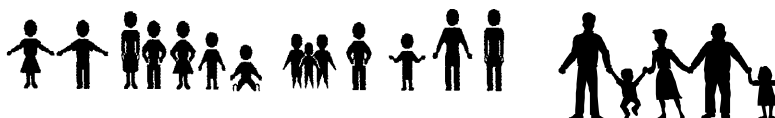
4-7: May mean an increased risk of poor nutritional health. A nutritionist can assess your nutritional health.

8 or more: May indicate high nutritional risk. **See a doctor and a nutritionist as soon as possible** to avoid nutrition-related illness. They can help you to improve your nutritional health. Write down what your weight and height is and return this fact sheet to a health-care provider.

To learn more about recreational substances and nutritional health please turn the page over.

Weight:

Height:



Alcohol, Caffeine, Nicotine And Other Recreational Drugs

These substances can badly affect nutritional status and overall health. Frequent drug use can:

- Cause diarrhea or constipation, problems such as high cholesterol, and weight loss or weight gain
- Change how much people eat or drink and how food tastes
- Decrease liver and kidney function
- Lead to malabsorption
- Result in vitamin and mineral deficiencies



Alcohol or smoking increases the risk of cancer, bone loss, liver disease and HIV progression. Drinking alcohol affects protein nutrition. It also increases cysteine and glutathione liver requirements. The risk of alcohol-related illness such as cirrhosis and pancreatitis increases in people who start drinking at a young age. Using aspirin and other non-steroidal drugs along with alcohol can cause gastritis (nausea, vomiting, loss of appetite) and stomach bleeding.

Alcohol or other recreational drugs can cause: ∇ Mental disorders ∇ Loss of memory ∇ Confusion ∇ Hallucinations ∇ Delusions ∇ Mania ∇ Dementia ∇ Depression ∇ Insomnia ∇ Personality disorders ∇ Heart disease ∇ Liver disease

Smoking can cause weight loss. Vitamin C requirements increase up to 40% in some smokers. Caffeine increases stool output (diarrhea). Too much **caffeine** causes increased calcium loss that weakens bones (osteoporosis).

Anabolic Steroids

The use of oral or injectable anabolic steroids increases the risk for heart attacks, strokes and severe liver problems, including liver cancer. Anabolic steroid abuse also increases the risk of blood cholesterol changes, high blood pressure and cysts in the liver.

Stimulants

Using stimulants such as cocaine, crack, and methamphetamine can cause:

Anemia	Bowel disease
Constipation	Dehydration
Dental problems	Diarrhea
Heart disease	Higher energy needs
Kidney damage	Metabolic acidosis
Micronutrient deficiencies	
Nausea	Reduced appetite
Stomach pain	Throat ailments
Vomiting	Weight loss

Club Drugs

Club drugs such as Methylenedioxymethamphetamine (MDMA, Ecstasy), GHB (Gamma-hydroxybutyrate), Rohypnol (Roofies), Ketamine (Vitamin K), and Lysergic Acid Diethylamide (LSD) can cause loss of memory, brain damage, permanent kidney damage, malignant hyperthermia, and death.

Intravenous Drug Use (IDU)

IDU increases the risk of medical problems such as bacterial infections, hepatitis and tuberculosis. People with hepatitis C are at higher risk of chronic liver inflammation, liver cancer or liver failure. Heroin use causes decreased appetite, vitamin and mineral deficiencies, nausea, kidney conditions, high blood sugar (hyperglycemia) and low blood potassium levels.

Recreational Drugs And Prescribed Medications

Taking recreational drugs and prescribed medications together is a major concern. Problems can occur if protease inhibitors are taken with recreational drugs. Many illegal drugs might interact dangerously with prescription medications. Taking one or more drugs at the same time may result in higher blood levels of one of the drugs causing death. This happened with the interaction between Ecstasy and Ritonavir (Norvir). The liver's P450 enzyme system plays a role in the interaction of medications (especially protease inhibitors) and recreational drugs. Protease inhibitors may either increase or reduce blood levels of illegal drugs. Also, illegal drugs may decrease or increase blood levels of prescribed medications. For more information on interactions between prescribed medications and illegal drugs please download www.harmreduction.org/pamphlets/klems.pdf or visit www.harmreduction.org.