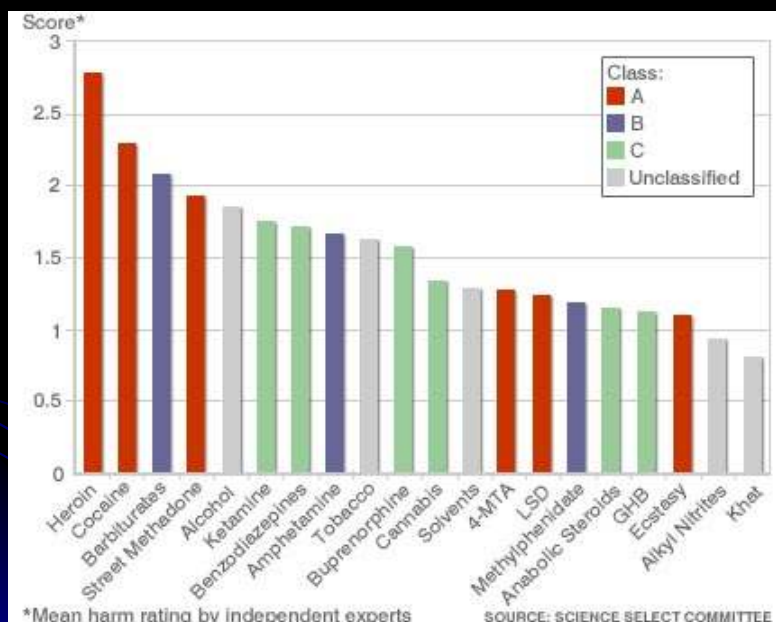


Gay men and the consequences of party drugs.

Flick Thorley
 Clinical Nurse Specialist
 HIV and Mental Health
 Chelsea and Westminster Hospital

flick.thorley@chelwest.nhs.uk



Case study 1

- 46yr old gay man
- HIV diagnosed in 2001
- CD4 479. VL undetectable
- On Truvada, Atazanavir, Ritonavir
- Hep C. VL 254,708
- Attended clinic August 2009: symptoms include: feeling 'unwell', sweating, cold, tachycardic, aching all over.

What is the problem?

1. Swine Flu



2. Hepatitis flare



3. Drug withdrawal



4. Something else



Answer

- 3.
- Not used drugs for the past 7 days
- IV Heroin
 - 4 times a week past year
- IV crystal meth:
 - daily past 7 weeks.
 - weekly past 2 years

Case study 2

- 36yr old gay man
- HIV diagnosed June 2009.
- CD4 100 Refused ARV
- Chronic hepatitis B.
- Recent acute Hepatitis C & LGV diagnosed
- Weight loss
- Skin problems
- Persecutory delusions

What is the problem?

1. HIV related organic pathology



2. Non HIV related organic pathology



3. Drug related



4. Psychiatric pathology



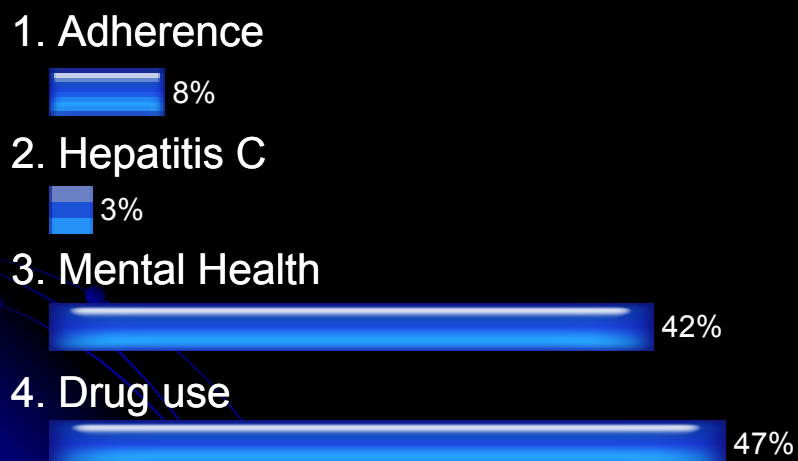
Answer

- 3.
- Crystal meth use. GBL use.
- Smokes and injects crystal meth weekly...4 day weekends
- 10mls GBL hourly
- Referred to Maudsley Hospital for GBL inpatient detox

Case study 3

- 40 yr old gay man
- Poor adherence to HAART
- CD4 680 VL 1300
- Hep C VL 13,119,898
- Refused Interferon / ribavirin
- Drug use. IV Crystal meth and cocaine.
- Depression. Recent suicide attempt
- Body Dysmorphia. Anabolic steroids.

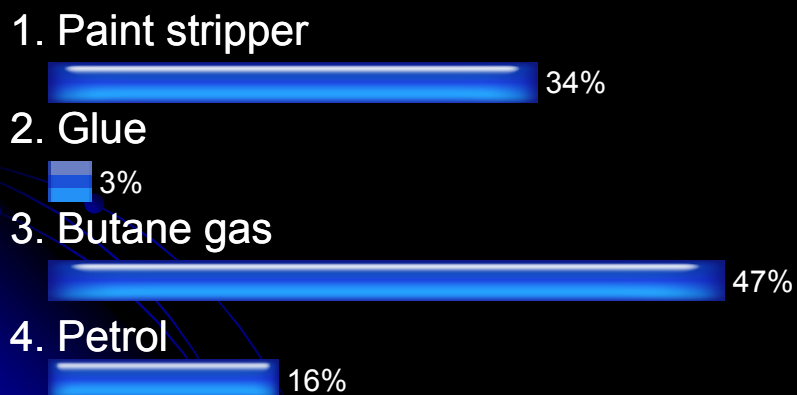
What do you address first?



Answer

- 4.
- Can't address other urgent issues until drug use is addressed. But can address other issues concurrently.

Which solvent has become the potentially lethal drug of choice for some on the gay clubbing scene?



GBL /GHB



Verbatim interview

- Do you use drugs?
- **No!**
- Do you ever smoke dope?
- Yes. It helps me relax and also then I eat.
- What about K?
- Only at the weekend.
- Do you do coke?
- Occasionally
- When did you last do coke?
- 3 weeks ago
- But you said you don't use drugs
- Well, I'm not a druggie!

Methamphetamine

N-methyl-1-phenyl-propan-2-amine

Crystal Meth; Ice; Crystal; Tik; Speed; Chalk; Meth; Crank;
Tina; Yabba; P; Christine.....

- Introduction
- Recreational use
- Administration
- Effects
 - Desirable
 - Undesirable
- Sex
- HIV/ STI's
- Agencies responses



Crystal Meth

- 53% of individuals evaluated under Californian law reported methamphetamine as primary drug of abuse
- In late 1990s and early 2000s in North America, methamphetamine became most widely used illicit drug amongst gay men on the west coast. Increasing use reported elsewhere.
- 24% of MSM in Pacific USA report recent methamphetamine use.

Hirshfield et al 2004

Newsweek

● America's most dangerous drug'

● 08 AUGUST 2005

- It creates a potent, long-lasting high until the user crashes and, too often, literally burns.
- How meth quietly marched across the country and up the socioeconomic ladder – and the wreckage it leaves in its wake.
- As law enforcement fights a losing battle on the ground, officials ask: are the Feds doing all they can to contain this epidemic?

Methamphetamine

- Stimulant
- First synthesised in 1887

- Medicinal uses
 - USA Desoxyn® for ADHD
 - In UK in 1950's recommended for 'narcolepsy, alcoholism...certain depressive states.... And in the treatment of obesity'

Methamphetamine

- In WW2 used widely by troops (Allies and Axis) as stimulant - **Pervitin®**

- Allegedly administered daily to Hitler from 1942



Methamphetamine

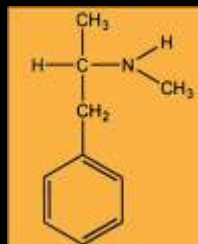
- 60s Started being made and sold for illicit recreational use
- 80s massive rise in recreational use with emergence of rave/dance scene
- 89 'San Diego is methamphetamine capital of North America' (The Economist)
- Now Recreational use 'epidemic proportions'

Meth labs

- Until early 90s most was made in labs run by traffickers.
- US market supplied from Mexico and California
- Increasing numbers of small scale labs in rural, suburban or low-income areas.
- The Indiana state police found 6 labs in 1995, compared to....
- 1,260 labs in 2003

Meth labs

- The first crystal meth factory was found in the UK in 2005
- Police have found another 19 since.
- Globally, users are said to outnumber those of heroin and cocaine combined, but its prevalence in the UK is still a matter of some debate.



• BBC News website Monday, 22 May 2006

What ingredient is NOT used in the manufacturing of crystal meth?

1. Pseudoephedrine Products

11%

2. Camping Fuel

9%

3. Battery Acid

17%

4. Brake fluid

29%

5. Iodine

34%

Common Ingredients Used in the Illicit Manufacture of Methamphetamine

- Pseudoephedrine Products
- Camping Fuel
- Iodine
- Matches
- Coffee Filters
- Rock Salt
- Battery Acid
- Brake Fluid
- Pool Acid
- Resulting in



HOW TO MAKE CRYSTAL METH

3 PARTS SINUS MEDICATION
2 PARTS DRAIN CLEANER
1 PART ANTIFREEZE
1 PART PAINT THINNER

NOTE: THIS INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY. IT IS NOT A RECIPE. THE USE OF THESE PRODUCTS IS AT YOUR OWN RISK. WE DO NOT ENDORSE OR RECOMMEND ANY OF THE PRODUCTS MENTIONED. FOR MORE INFORMATION, VISIT US AT WWW.LIFEFORMETH.COM. FOR HELP, CALL 1-800-234-2111.

Would YOU ingest drain cleaner and antifreeze?

If you use crystal meth you already do, along with hydrochloric acid, battery fluid and lead acetate. Meth: your biological weapon of self-destruction!

www.lifeformeth.com

Effects of crystal meth

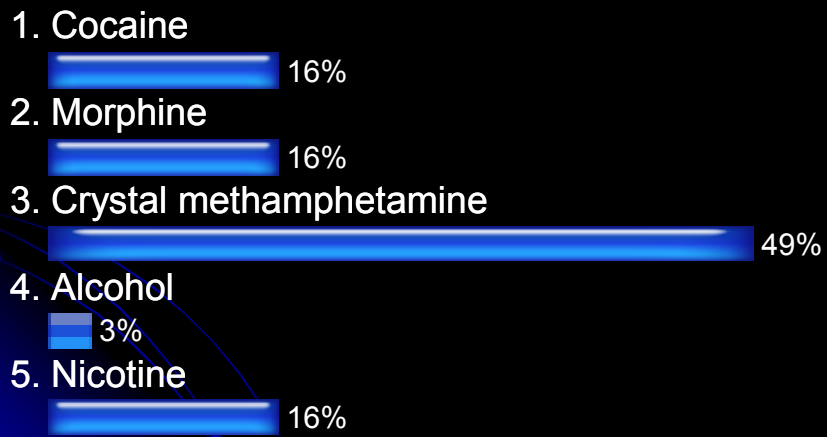
- More confident/talkative
- Lower inhibitions
- Act on impulse
- Feel less pain
- Increased sexual arousal
- More energy
- Delayed ejaculation
- Party for longer
- Longer kinkier sex

Administration

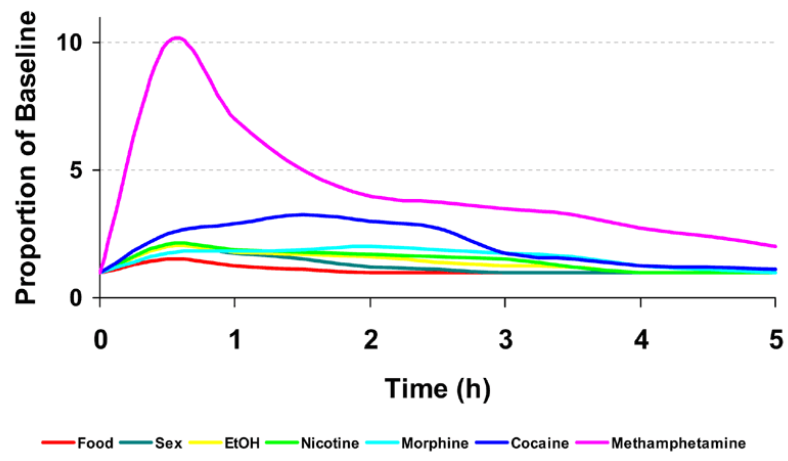
- Snorted 3 - 5 minutes
- Smoked 7 - 10 seconds
- Injected IV 15 - 30 seconds
- Rectally 3 - 5 minutes
- Orally 20 - 30 minutes

- Depending on administration route, one dose can last up to 24hrs

Which drug releases most Dopamine?



Dopamine Release: Methamphetamine

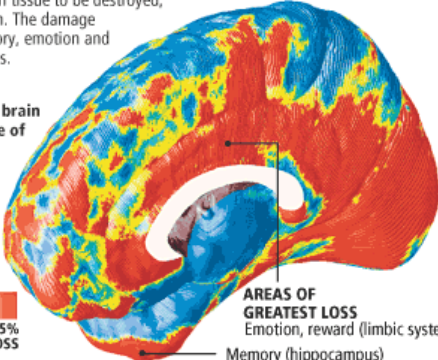


Chris Hurt. Reprinted with permission. Adapted from Rawson, R. FRONTLINE: The Meth Epidemic. 2006.

ERODING THE MIND

The first high-resolution MRI study of methamphetamine addicts shows "a forest fire of brain damage," according to Dr. Paul Thompson, an expert on brain mapping at the UCLA. "We expected some brain changes but didn't expect so much tissue to be destroyed," said Thompson. The damage affected memory, emotion and reward systems.

Average difference in brain tissue volume of methamphetamine users, as compared with non-users:



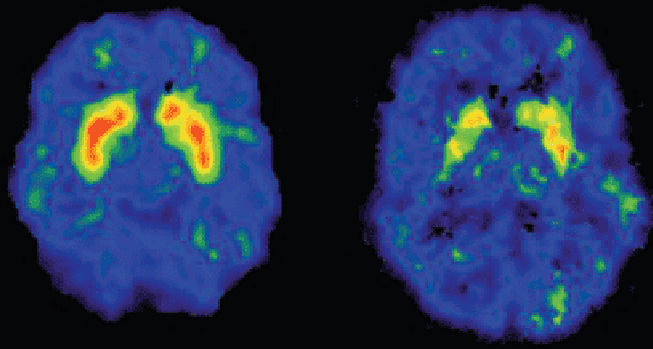
KEY
 0 3% LOSS 5% LOSS

AREAS OF GREATEST LOSS
 Emotion, reward (limbic system)
 Memory (hippocampus)

About the study
 Examined 22 people in their 30s who had used methamphetamine for 10 years, mostly by smoking it, and 21 controls matched for age. The addicts used an average of 4 grams a week and said they had been high on 19 of the 30 days before the study began.

Source: Dr. Paul Thompson, UCLA THE NEW YORK TIMES

DECREASED BRAIN FUNCTION IN METHAMPHETAMINE ABUSER

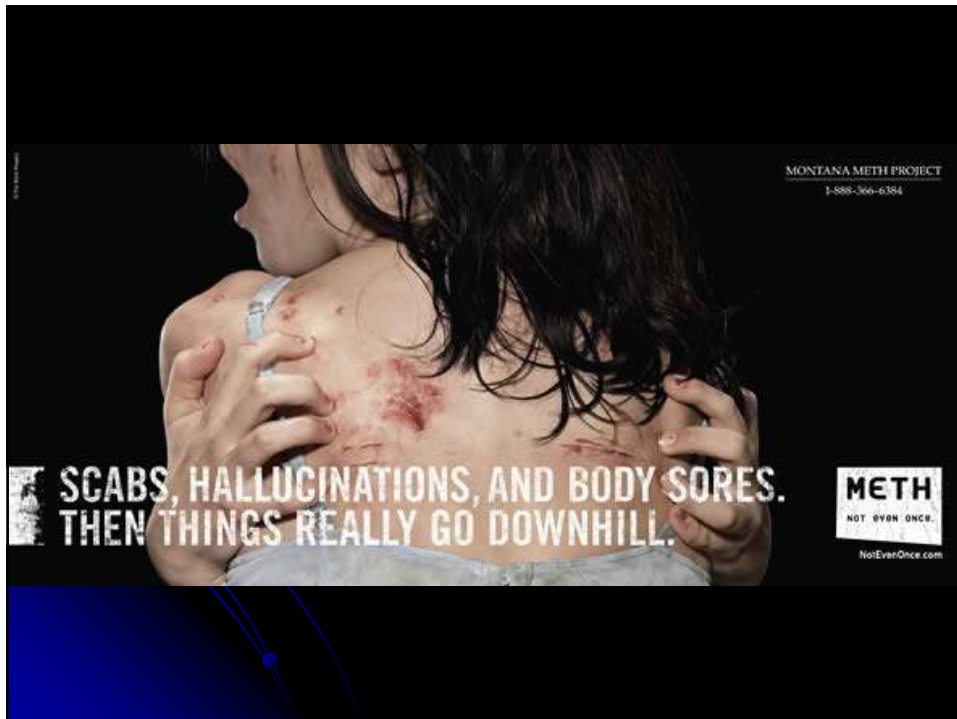


Healthy Control **Drug Abuser**

Methamphetamine abusers have significant reductions in dopamine transporters.
 Source: *Am J Psychiatry* 158:377-382. 2001.

Effects of crystal meth (short term)

- 'Crystal dick'
- Aggression
- Anxiety
- Psychosis
- Not eating or sleeping
- (for days!)
- Weight loss
- Hypertension
- Impaired thermoregulation
- Gastrointestinal symptoms
- Skin rashes



Effects of crystal meth (Long term)

- Withdrawal symptoms
- Harmful use and dependency
- **Continued high doses can produce:**
- Cognitive impairment
- Anxiety reactions
- Psychosis
- Exhaustion
- Depression

How Can I Recognize Crystal Methamphetamine Abuse in Patients?

- Symptoms of meth abuse include:
 - dramatic weight loss
 - facial changes
 - social dysfunction (loss of job, family, friends, or money; schizoid-like behaviour)
 - extremely poor dentition

Richard S Ferri Medscape Nurses. 2006;8(1) ©2006 Medscape

'Meth mouth'

- Jaw grinding
- Poor personal hygiene
- Crystalline residue from smoke



Have you kissed
a **meth** mouth
lately?



tooth loss
swindles
massive brain damage
severe depression
heart damage
kidney damage
liver damage
lung damage

Skip the tweak, skip the pain

Spokane narcotics aide 509-325-5045 | Report meth activity 888-609-6384
24 hour drug/alcohol help 800-542-1240 | BSSAC prevention center 509-922-6381

Nobody ever told me...

Meth would kill my brain cells faster than any other drug

Meth would cause my teeth to fall out

Meth would make sores break out on my face

Meth would make me look much older than I am

Meth would make it much harder to be happy

Meth would slowly destroy my heart, kidneys, liver, and lungs

...and just look at me now

3 months

2-3 years

1 year

10 years

tooth loss
wrinkles
massive brain damage
severe depression

heart damage
kidney damage
liver damage
lung damage

Skip the tweak, skip the pain!

Get more information about 800-233-6332 Alcohol rehab in Long 800-606-6334
24 Hour drug/alcohol rehab 800-483-1343 222947 prevention center 509-922-6332

Printing provided by
Cup of Cool Water
Outreach to the homeless, ages 25 and under
Center of Child and Adolescent Services
Showers • Mealtime
Laundry • Mouth Clothing

Meth makeovers

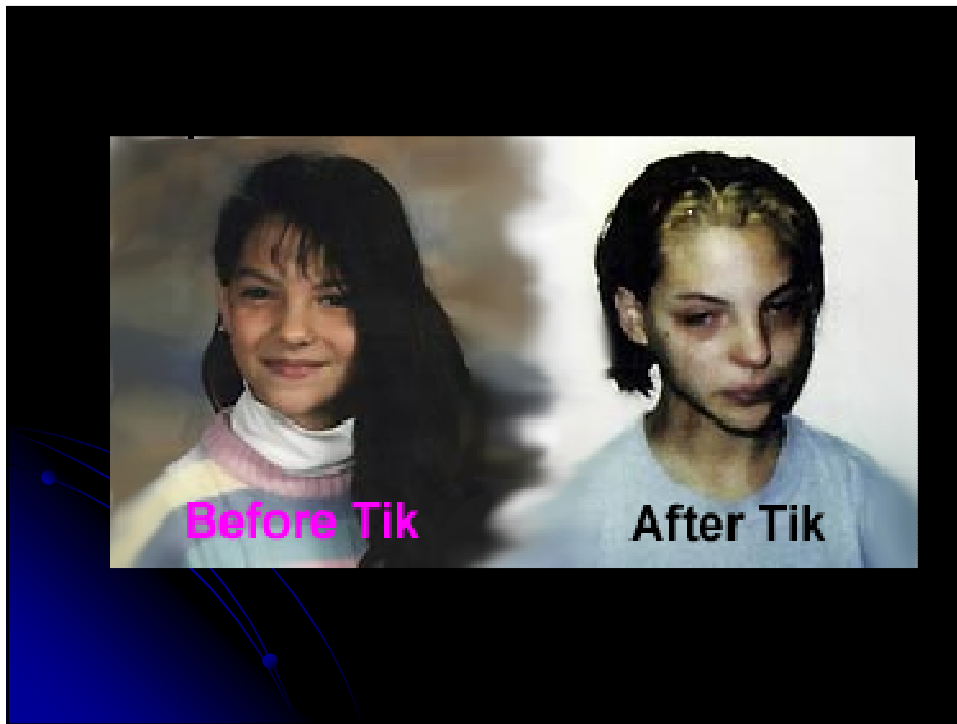
2005© "Faces of Meth"

1.5 Years

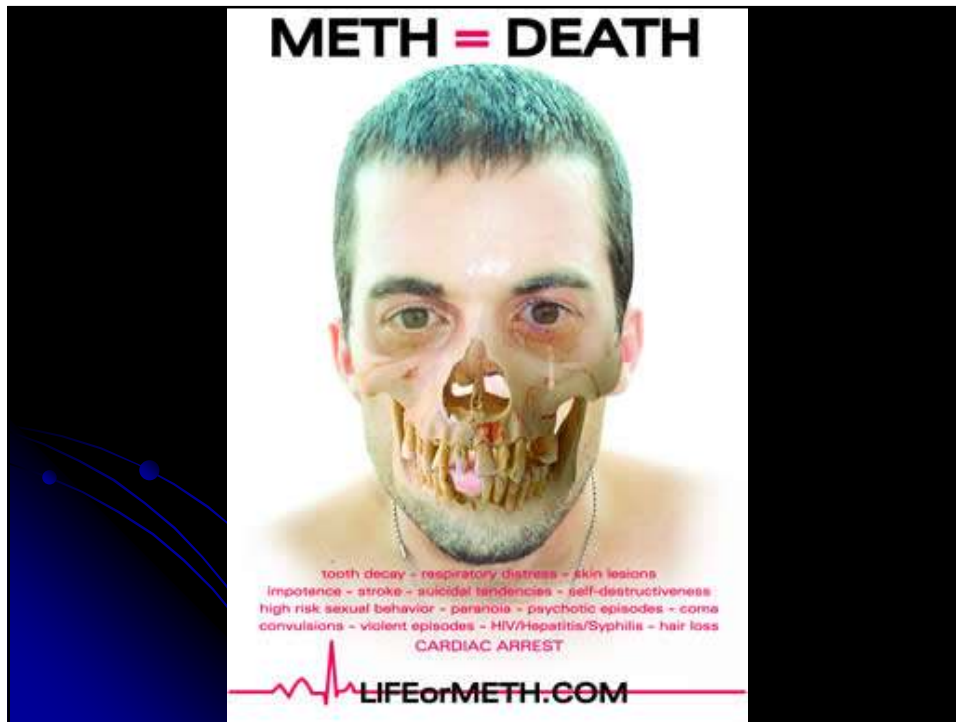












- Introduction
- Recreational use
- Administration
- Effects
 - Desirable
 - Undesirable
- Sex
- HIV/ STI's
- Agencies responses

HUGE SALE!

BUY CRYSTAL, get HIV FREE!

BONUS SPECIAL

Buy the good stuff. Buy the real stuff.

Crystal Meth is not for sale. AIDS and HIV are preventable. Buy the good stuff. Buy the real stuff.

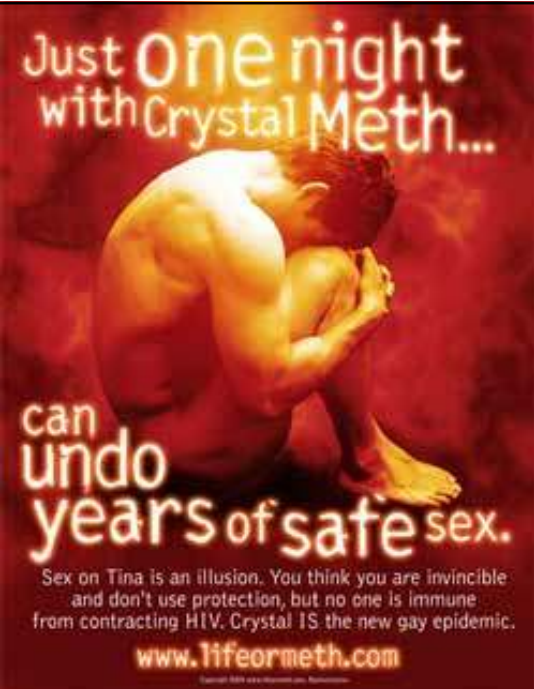
CRYSTAL METH MAKES ME SEXY

MORE TOXIC THAN HEROIN AS ADDICTIVE AS CRACK

- Crystal meth is more addictive than heroin, cocaine, and even than a whole pack of crack.
- Crystal meth is a powerful stimulant that can cause heart failure, stroke, and death.
- Crystal meth is a powerful stimulant that can cause heart failure, stroke, and death.
- Crystal meth is a powerful stimulant that can cause heart failure, stroke, and death.
- Crystal meth is a powerful stimulant that can cause heart failure, stroke, and death.

FOR HELP CALL 1-800-LIFENET OR 311

11



Just one night
with Crystal Meth...

can
undo
years of safe sex.

Sex on Tina is an illusion. You think you are invincible and don't use protection, but no one is immune from contracting HIV. Crystal IS the new gay epidemic.

www.lifeformeth.com

© 2008 SFPH and the National AIDS Memorial Quilt



**CRYSTAL
MESS**

Buzz killer.

He's tweaking. His heart is racing, he's grinding his teeth, he's talking really fast and not making much sense. He thinks he's sexy and popular. And he's bumped up his risk of getting HIV by 400%.

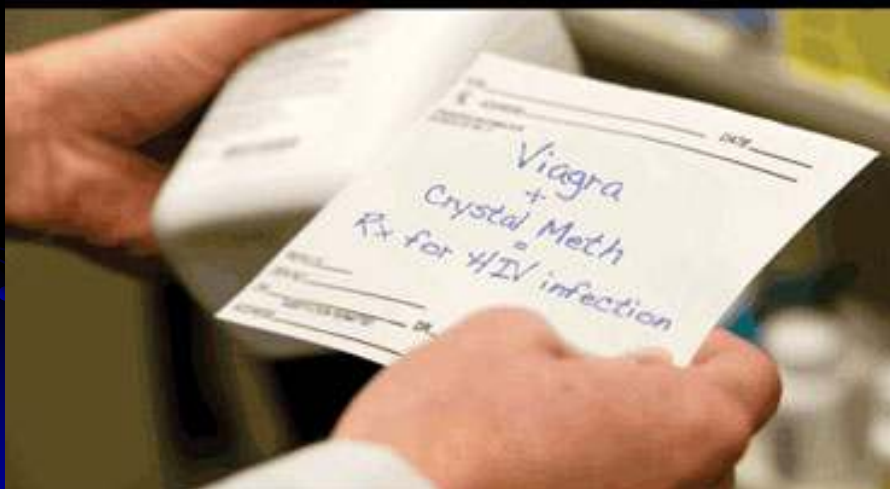
Don't mess with crystal.
For help, visit crystalmess.net

This message brought to you by SF Dept. of Public Health HIV Prevention Program

Sexual risk behaviours

- Crystal use is associated with marathon sex
- Receptive and insertive anal sex without a condom
- Sustained arousal for multiple partners

Viagra/Meth Alert!



Sexual risk behaviours

- Evidence that individuals on HAART who use crystal meth tend to have higher VL
 - Weakened immune system?
 - Poor adherence?
 - Drug interactions?
- Drug resistance
- Hep C
- Other STIs

Reckless behaviour?

- HAART /PEPSE – false reassurance?
- PREP –Los Angeles Times recently reported on a survey which found that 7% of HIV- men had taken ARVs before engaging in risky behaviour believing that they would be protected against HIV.

Crystal use in HIV + patients

- Ease chronic fatigue – permit partying
- Alleviate psychological and/or physical symptoms of HIV and HAART side effects
- Drugs may help men to avoid feelings of anxiety or shame associated with same-sex behaviour
- Avoid anxiety about HIV risk

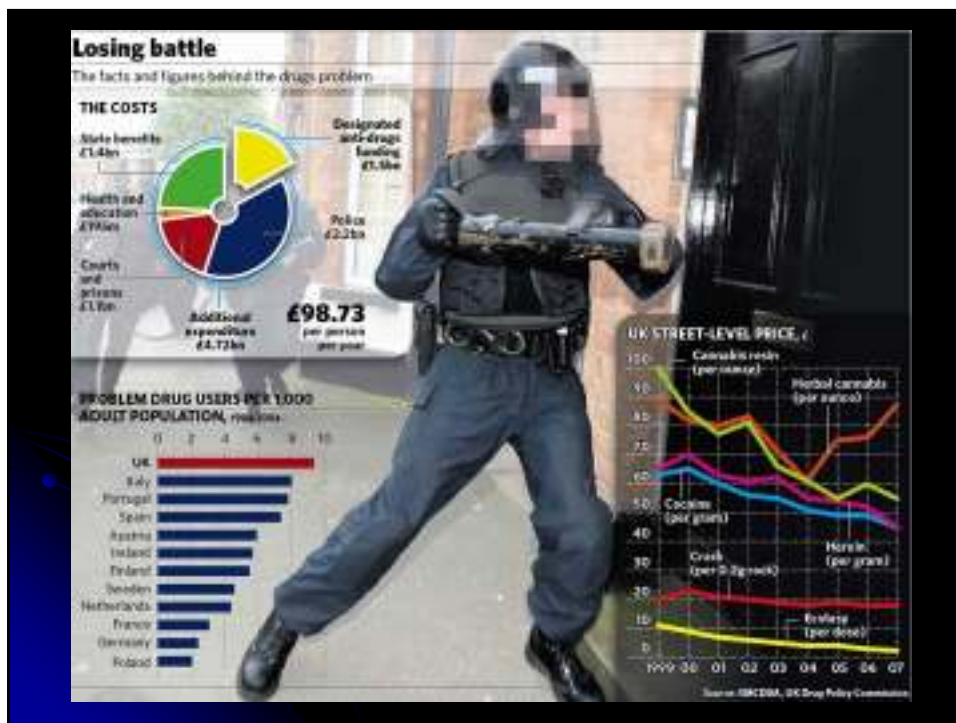
- Introduction
- Recreational use
- Administration
- Effects
 - Desirable
 - Undesirable
- HIV/ STI's
- Agencies responses

- 14 March 2005 – Parliamentary answer
- 'The use of methylamphetamine or crystal meth in the UK is negligible. There are no plans to embark on a general education campaign nor one specifically aimed at nightclubs'



Methamphetamine

- **The Law:**
- Methamphetamine was reclassified as a Class A drug on 18th January 2007.
- It is illegal to have, give away or sell.
- As a Class A drug, possession can get you up to seven years in jail and/or an unlimited fine.
- Supplying someone else, even your friends, can get you life imprisonment and/or an unlimited fine.



So what works?

Combating addiction

- GBL/GHB Clinic, South London and Maudsley NHS Trust
- Inpatient and outpatient treatment packages
- 7 – 10 day detox
 - Diazepam
 - Baclofen

Methamphetamine

- The government's medicines watchdog was considering making medicines containing certain decongestants prescription only.
- If the move goes ahead, millions of consumers would have to go to their GP to get the 88 popular brand-name cold and flu remedies, including 18 made by Boots, eight by Sudafed and three by Lemsip.
- This has had positive effects in the USA.

Addiction

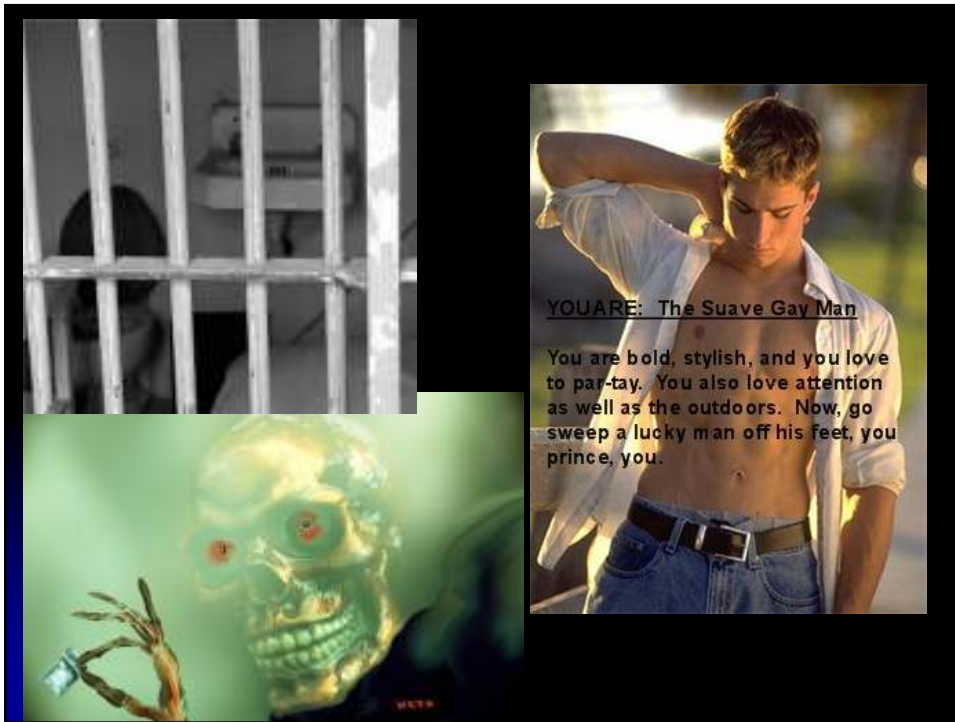
- Different behavioural response than other drugs
- Government agencies 'cried wolf' in the past



"Whether you have a history of drug addiction or not has no bearing on whether you will get addicted to this drug. It is Russian roulette, pure and simple."

Combating addiction

- Bupropion (Zyban) (Wellbutrin)
- found to reduce the drug-induced high experienced by methamphetamine users and also to lessen their urge to take the drug in response to visual cues, in a small study of 150 meth users by researchers at the University of California in Los Angeles (UCLA) in 2005.



YOUARE: The Suave Gay Man

You are bold, stylish, and you love to party. You also love attention as well as the outdoors. Now, go sweep a lucky man off his feet, you prince, you.

Resources

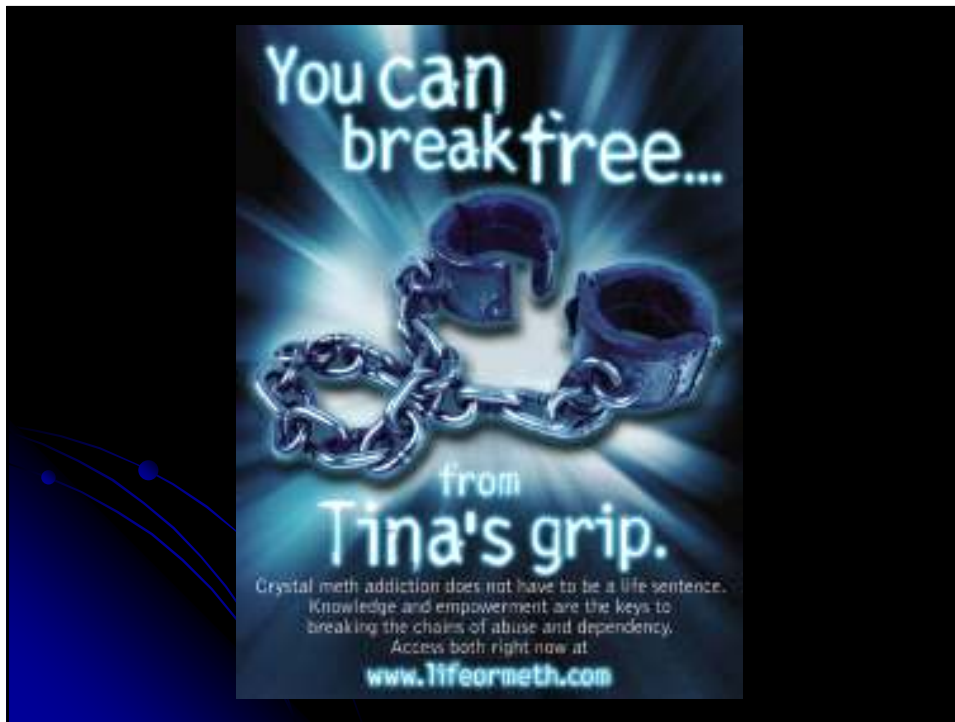


CRYSTAL METH AND MEN WHO HAVE SEX WITH MEN
What Men Who Have Sex with Men
MILTON S. WEINBERG, MD
ANDREW J. SOLOVY, MD
JACK DRESCHER, MD

Crystal methamphetamine and HIV - a catastrophe
by *Caroline A. Herper, MD*

The Politics of Crystal Meth
The New Science of Addiction and Recovery
Doreth Green, Ph.D., MPA

METHAMPHETAMINE ADDICTION
Biological Foundations, Psychological Factors, and Social Consequences
Perry N. Halikis



Contacts

- www.gmfa.org.uk/gwk
- antidote@turning-point.co.uk
- www.lifeormeth.com
- www.talktofrank.com
- www.slam.nhs.uk

020 32281921 Dr James Bell

Research

- Drumright L et al. *Unprotected anal intercourse and substance use among men who have sex with men with recent HIV infection.* J Acquir Immune Defic Syndr. 43(3): 344-350, Nov 1 2006.
- Langford D et al. *Patterns of selective neuronal damage in methamphetamine-user AIDS patients.* J Acquir Immune Defic Syndr 34: 467 – 474, 2003.
- Bolding G et al. *Use of crystal methamphetamine among gay men in London.* Addiction 101 (online edition), 2006.

LITTLE MISS CRYSTAL METH

by Cluck



