

SEX, DRUGS, ROCK & ROLL – AND HIV



Many studies have shown a relationship between drug use and unsafe sexual practices among gay and bisexual men which may put them at greater risk for HIV infection. Drug use can increase sensory experiences, especially sexual ones, and create feelings of euphoria, which may contribute to increased sexual risk-taking. Recreational drugs affect your behaviour and the way your brain works. They can lower inhibitions, alter consciousness and affect your judgement.

The following is a list of popular recreational drugs and their possible effects.



METHYLENEDIKSYMETHAMPHETAMINE (MDMA)

Street Names: Ecstasy, X, E, Adam, Hug Drug

- an amphetamine with both stimulant and hallucinogenic properties
- taken orally as a tablet or capsule
- may reduce inhibitions
- effects last four to six hours.
- can produce significant increases in heart rate, myocardial oxygen consumption, and blood pressure
- can lead to dehydration, hyperthermia, seizures, kidney and cardiovascular system failure,
- regular use may cause lasting damage to neurons that release serotonin
- may cause memory impairments, disrupted sleep, depression, and anxiety



GAMMA-HYDROXYBUTYRATE (GHB)

Street Names: Liquid Ecstasy, Grievous Bodily Harm, G, Georgia Home Boy, Fantasy

- GHB is a central nervous system depressant
- available in clear liquid or a white powder that can be added to drinks
- may also be sold as a capsule or tablet.
- Can slow down breathing and heart rate to dangerous levels.
- Can causes sedation, nausea, and visual changes
- Overdose can lead to seizures, hypothermia, loss of consciousness, coma, and death
- GHB has also been implicated in sexual assaults and is considered a “date rape” drug



KETAMINE

Street Names: K, Special K, Vitamin K, Cat Valium, Horse Tranquilizer

- a short-acting general anesthetic for human and veterinary use
- a liquid or powder that can be injected, added to materials that are smoked, or drinks.
- produces dreamlike or hallucinatory effects
- higher doses can create “out of body” experiences, loss of consciousness, delirium, amnesia, seizures, and in some cases, severe respiratory events.



FLUNITRAZEPAM (ROHYPNOL)

Street Names: Roofies, Roche, Forget-me pill, Mexican Valium, Rope, Ropies, Roaches

- Rohypnol is a benzodiazepine, a psychoactive drug used as a sedative or pre-surgery anesthetic
- may cause cognitive impairments, aggression or behavioral disinhibition
- can also lower blood pressure and cause drowsiness, dizziness, confusion, and visual disturbances
- known as a date rape drug because it can render its victim helpless and unable to remember clearly



METHAMPHETAMINE

Street Names: Speed, Ice, Crank, Meth, Fire, Glass, Crystal

- a very addictive stimulant
- a white powder that can be snorted, smoked, injected, or taken by mouth
- used to induce high levels of energy, feelings of euphoria, increased self-confidence, and hyper-sexuality
- may cause damage to the central nervous and cardiovascular systems, irritability, hypothermia, aggressiveness, paranoia, and anxiety, as well as strokes, myocardial infarctions, and permanent damage to the blood vessels
- long-term use has been linked to an induced paranoid psychosis associated with delusions of persecution and hallucinations



D-LYSERGIC ACID DIETHYLAMIDE (LSD)

Street Names: Acid, Yellow Submarines, Cubes, Trips

- a powerful hallucinogen
- produces distortions in sensory perceptions and rapid mood swings
- effects include higher body temperatures, increased heart rate and blood pressure, sweating, sleeplessness, and tremors.
- Long-term effects include persisting perception disorders known as “flashbacks”



SILDENAFIL (VIAGRA)

- a drug used to treat erectile dysfunction and pulmonary arterial hypertension (PAH)
- is sometime used in combination with other drugs such as MDMA and amyl nitrite (poppers) to enhance sexual experience.
- combinations with other drugs may cause priapism, the state in which the erect penis does not return to its flaccid state within four hours, myocardial infarctions, and stroke

IF YOU ARE PLANNING ON TAKING DRUGS IT IS IMPORTANT TO THINK ABOUT HOW YOU ARE GOING TO STAY SAFE IN TERMS OF SEX. USE CONDOMS AND WATER-BASED LUBRICANTS TO PREVENT GETTING HIV AND STIS.

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