

**Other**

# VEIN CARE TIPS:

## Rotate your injection sites.

Each time you shoot up, move at least one inch from your previous hit.

Better yet, move to a different site altogether.

Sticking to your favorite "know-how-to-hit" spot is a sure way to cause that vein to scar or collapse.

Clean your injection area thoroughly with **hot water and soap**. Then wipe the site with a fresh alcohol pad. A good wash with soap followed by an alcohol pad will cut down on bacteria that can lead to abscesses, endocarditis, and other infections.

## Some of my veins are already damaged — will they heal?

They will, if you give them a chance. First, stop injecting into damaged veins to avoid any more puncture trauma. You also want to give surrounding tissues a rest. You may be able to speed the healing process by rubbing Vitamin E oil or aloe vera gel on the damaged site each day. Many users swear by this, although it requires daily attention and a little patience.



## SCHEDULE

	SUN	MON	TUES	WED	THU	FRI	SAT
<b>DOWNTOWN</b> 1511 2nd Ave. between Pike & Pine		1:00pm to 5:30pm	1:00pm to 5:30pm	1:00pm to 5:30pm	1:00pm to 5:30pm	1:00pm to 5:30pm	2:00pm to 4:00pm
<b>WHITE CENTER</b> Van at SW 100th & 14th Ave. SW			6:30pm to 8:30pm		6:30pm to 8:30pm		
<b>SOUTH PARK</b> Van at Orr Street & 14th Ave. Bridge				6:30pm to 8:30pm			
<b>RAINIER VALLEY</b> Van on S Forest St. one block west of Rainier, behind auto parts store		9:30am to 11:30am				9:30am to 11:30am	
<b>CAPITOL HILL</b> Van on 10th Ave. between Madison & Union		5:30pm to 8:00pm				5:30pm to 8:00pm	
<b>OFF BROADWAY SOS/STONEWALL</b> 903 East Republican	6:30pm to 9:00pm		6:30pm to 9:00pm	6:30pm to 9:00pm	6:30pm to 9:00pm		6:30pm to 9:00pm
<b>SOS (U-DISTRICT)</b> Table in alley behind PO at NE 43rd & U. Way NE	1:00pm to 5:00pm	5:00pm to 7:00pm		5:00pm to 7:00pm		1:00pm to 5:00pm	1:00pm to 5:00pm

## Vein or abscess problems?

Visit the medical clinic at the downtown needle exchange.  
Open M-F, 1:30-4:30pm. Walk-ins welcome.



Options for gay and bisexual men who use crystal. (206)622-6925

Available in alternate formats      revised 05/01

# METH AND YOUR VEINS



If you inject,

you know

how important

healthy veins are.

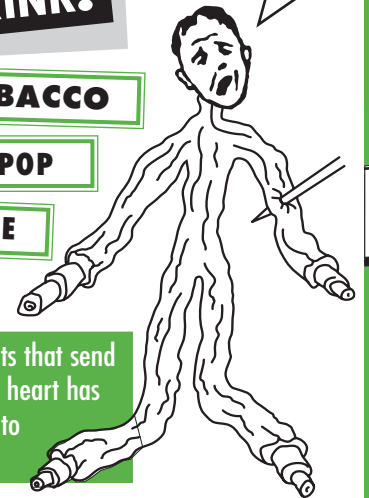


HERE'S HOW:

But crystal meth can actually change and cause serious damage to your veins.

# CRYSTAL METH CAUSES VEINS TO TIGHTEN AND SHRINK.

I'M SO THIRSTY...  
**OW!!**  
YOU MISSED!



So do

**TOBACCO**

**COCAINE**

**SODA POP**

**CHOCOLATE**

**COFFEE**

**BLACK TEA**

Each of these substances contains stimulants that send your body into action mode. Because your heart has to work harder, your veins actively shrink to squeeze more blood towards the heart.

When veins shrink, they are harder to find, stick, and inject. This could lead to misses, vein damage, and abscesses. Smaller veins also restrict blood flow and increase blood pressure.

**Crystal meth is a toxic chemical. It can burn and eat away at delicate vein tissue.**

With frequent injection, vein tissue becomes inflamed and breaks down. This can cause scarring, abscesses, and collapsed veins. The chemicals in crystal meth can also make abscesses worse if you skin pop or have a

# TIPS FOR HAPPIER, HEALTHIER VEINS

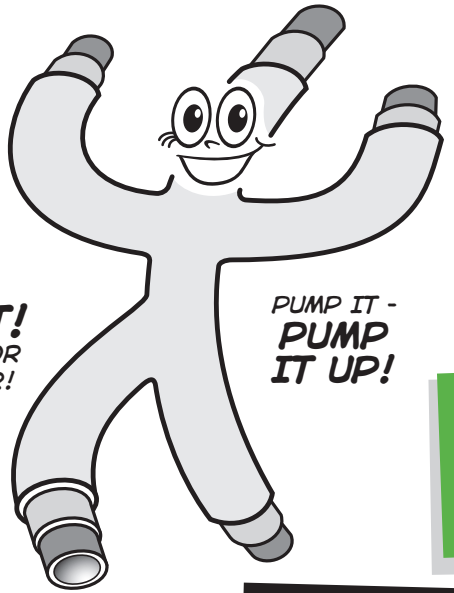
## Between highs:

The best way to protect your veins is to stop injecting crystal. If this is not a realistic option for you, try cutting back on your injection use. Give your veins extended breaks from those toxic chemicals and frequent puncture damage. Your veins will be sure to last longer that way.

**Good hydration is essential!** Water is your best friend when it comes to veins! Drink at least 8 glasses each day. Fruit juice (100% juice, not juice "drinks") and sports drinks like Gatorade are also good choices. Drink less coffee, caffeinated soda, and alcohol — these make your body lose more fluid than it takes in.

Cut down on cigarettes, especially 1-2 hours before getting high. **Nicotine shrinks veins.**

I FEEL GREAT!  
THANKS FOR THE WATER!



PUMP IT -  
**PUMP IT UP!**

## When getting high:

Before you inject, try to make your veins **expand** as much as possible. When veins expand, or *dilate*, they are more visible. Veins you can see are easier and safer to hit. Dilated veins also allow more blood to flow, so your rush may feel smoother.

**Remember . . .** if you are already high, your veins will be smaller than when you first shot up. So getting a good hit when you're already tweaked is going to be more difficult than your first hit.

## So, before you inject — PUMP UP THOSE VEINS!!

- Use a tourniquet.** If you don't have a rubber tourniquet, use a clean bandanna, necktie, or belt.
- Take a hot shower.** Or place a hot, wet washcloth on the injection area for 5-10 minutes. The temperature increase will help your veins expand and rise to the surface.
- Swing your arm around** like a propeller.
- Do some push-ups.** This is quick and really works!