

RESOURCES

NEON
(206) **622-6925**
www.crystalneon.org

Stonewall
Recovery Services
(206) **461-4546** (ask for a NEON counselor)
www.stonewallrecovery.org

Needle Exchange
(open 7 days a week, 52 weeks a year;
call for times & locations)
(206) **205-7837**

HIV/STD info line
(206) **205-7837** (205-STDS)
www.metrokc.gov/health/

ACAP
(medical and dental referrals for folks with HIV)
(206) **284-9277**

STEP
(HIV treatment and research information)
(206) **329-4857**

Pike Market Medical Clinic
(206) **728-4143**

Country Doc Clinic
(206) **461-4503**

Harborview STD Clinic
(206) **731-3590**

You can also stop by the
Needle Exchange
Medical Clinic
1511 Second Ave
M-F 1:30-4:30 Walk-ins welcome



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

Viagra,TM Poppers & Crystal

2mixornot2mix...



Getting **High** & Getting **HIV**

Can crystal or poppers make it easier to get HIV? In many ways, the answer is yes. Here's why:

- ⚡ When you're high **you may lose good judgment.** You may intend to be safe, but in the heat of the moment, condoms might never cross your mind.
- ⚡ **Poppers open blood vessels,** sending more blood to areas like your dick and ass. This makes it easier for HIV and other STD's to get into your bloodstream.
- ⚡ Crystal, alcohol, or all-night dancing and sex can dehydrate you and **dry up the natural lubricant in your butt.** A dry, cracked butt is a welcome mat for viruses and germs.
- ⚡ Poppers and crystal can each reduce the pain of anal sex. But long, hard butt sex beyond your normal limits can **create small tears and more openings for HIV.**
- ⚡ Guys who use crystal or poppers tend to have **more sex with more partners.**

And it's not just about HIV. There are plenty of other sexually transmitted diseases like syphilis, gonorrhea, herpes, and hepatitis B that are just waiting to find you. Having another STD can make it easier to get or pass on HIV.

So what's a crystal user to do?

Prepare for safety **BEFORE** you get high or get into sex. Before any dick goes into any butt, get the condoms out. Talk about what is OK and not OK. Also, be more consistent with your safety plan when you're **NOT** high. For many guys, the safer they are straight edge, the safer they are high. It just becomes a natural part of their sexual practice.



CRYSTAL

Crystal is a stimulant that sends your body into overdrive. To handle this, crystal shrinks your veins, speeds up your heart rate, and increases blood pressure. It also floods your brain with chemicals that give you lots of energy. You may feel euphoric, confident or even paranoid. Crystal can boost sex drive, delay orgasm and heighten your sense of pleasure.

The downsides are not so pretty. The chemicals in crystal are highly toxic. Even after a few uses, crystal can cause depression, sexual dysfunction, heart problems, psychosis, and long-term brain damage. It can also be very addictive. Some men get hooked quickly and soon *need* crystal to have sex or just get through a normal day. Some signs of addiction may include:

- ⚡ **Feeling "out of control"**
- ⚡ **Health, money or relationship problems**
- ⚡ **Getting high even when you don't want to**
- ⚡ **Feeling like it "isn't fun anymore"**

If you use crystal . . .

- ⚡ Eat, drink plenty of water, and get some sleep. That's the first rule of safer speed use.
- ⚡ Take frequent breaks from using. Don't get high every weekend or stay up past one or two days.
- ⚡ If you inject, never share needles or any of your works. Always use new, clean equipment.
- ⚡ Watch for signs of addiction or problem use. Don't wait to get help (check out our resource list).

"I've used crystal for a year and can't get hard anymore. Why?"

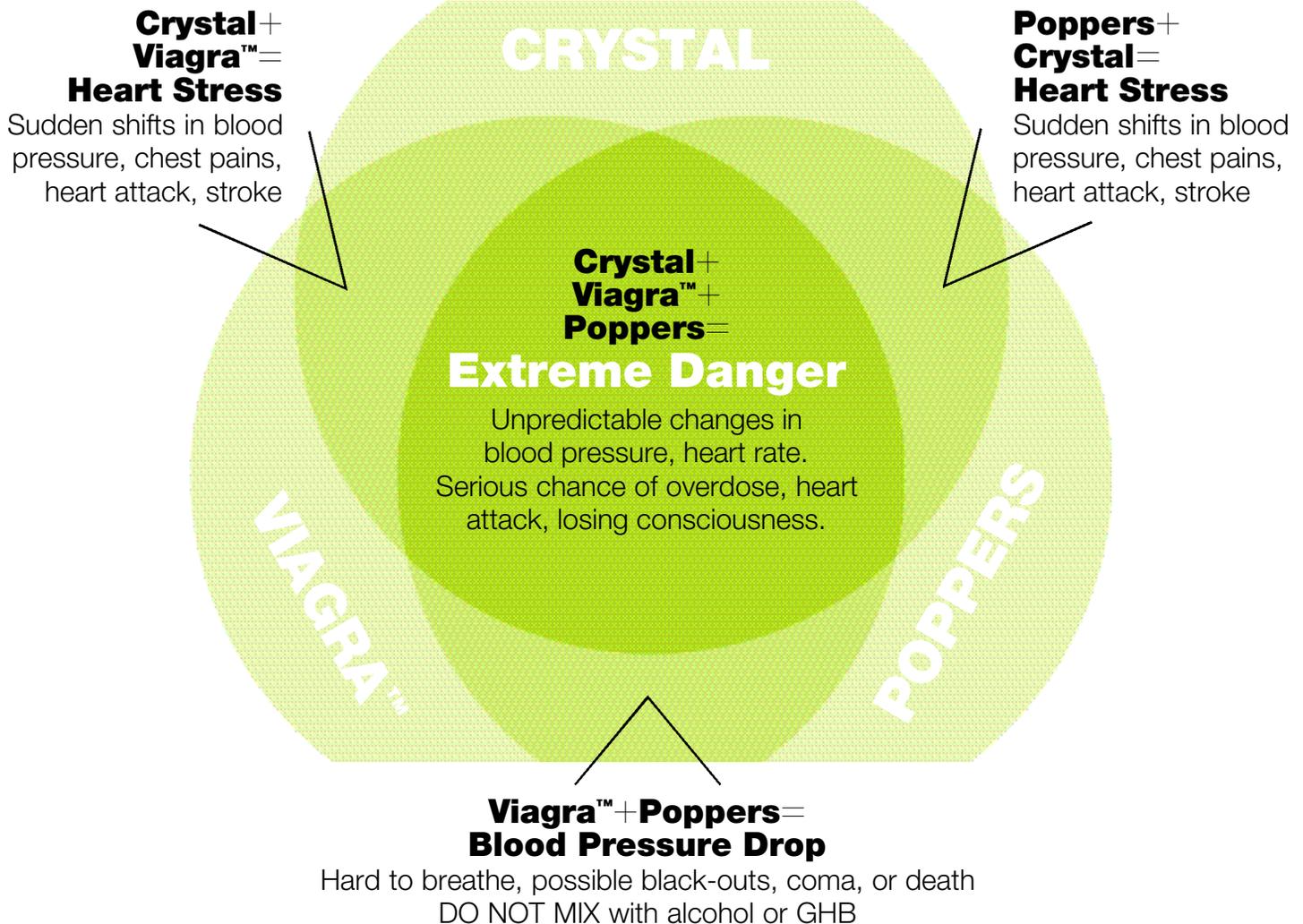
"Crystal dick" is common among crystal users. It's most likely the result of vein damage and changes in brain chemicals that cause an erection. Sometimes, these changes are permanent. Will Viagra™ help? Reports from crystal users vary. Sometimes taking a break from crystal does the trick. Over time, many men see their erections improve once they stop crystal for a while. Before you start popping little blue wonder pills, talk to your doctor first!

Avoiding the emergency room

Mixing crystal, Viagra™ or poppers at the same time can have very serious health risks. The danger lies in how these drugs affect your heart rate and blood pressure. Using two drugs together that both lower your blood pressure can cause fainting, unconsciousness, coma, or

even death. Using two drugs that speed up your heart can send your blood pressure zooming towards heart attack or stroke. Strenuous all-night dancing, intense sex, dehydration, and lack of sleep could make the problem worse. So can alcohol, ecstasy, GHB, or Special K.

DON'T MIX Crystal, Viagra™ and Poppers!!!



“But I love all three!! I don't want to quit any! What can I do?”

You don't have to quit any of them — **just don't use them together!** That's your safest choice. If you do choose to mix, then at least cut back on one drug. This isn't the best option, but it might lessen your risks.

Cutting back can mean using less of a drug or using it less often. One may be easier for you than the other. So, how do you decide?

In general, **you have the most control over the drug you do first.** Your judgment is usually better at the beginning. Once you start adding drugs or getting surprise offers of drugs, your choices may not be the best. Use less of your first drug.

But what if your first drug is the one you love the most and can't cut down? Then ask, **Which drug can I say “no” to most easily?** For example, if you can't resist crystal, then skip or do less poppers.

Trying Viagra™ for crystal dick? Have poppers become your “pick-me-up” during weekend sex-fests? Some men are using crystal, poppers, and Viagra™ together. Using these drugs at the same time can cause serious problems.

To keep your party from ending in the emergency room or worse, here are some things to know about mixing these drugs into your sex play.

Here are some other tips for safer drug and sex play:

- ❖ Don't buy into “the drugs made me do it” excuse. Plenty of guys use speed and other sex drugs and still use condoms or negotiate safety. You can too.
- ❖ Plan ahead BEFORE you get high! If you think you might have sex later, take condoms and lube. Keep them with your drugs, wallet, or keys.
- ❖ Lube, lube, more lube – and always water-based lube!
- ❖ Condoms and lube may wear out before you do. Check them often during sex, when you change position, or withdraw.

Still have questions about safer crystal or other drug use? Project NEON provides reliable, peer-based information and services to gay and bisexual crystal users. Our staff and peer educators can answer questions about crystal, party drugs, and safer sex or needle use. If you need help with life problems, managing your use or feel you want to quit, our speed-savvy counselors at Stonewall Recovery Services can also help. And it's **FREE**. You don't have to quit or even want to quit to get help. You'll find our numbers in the Resource List.

