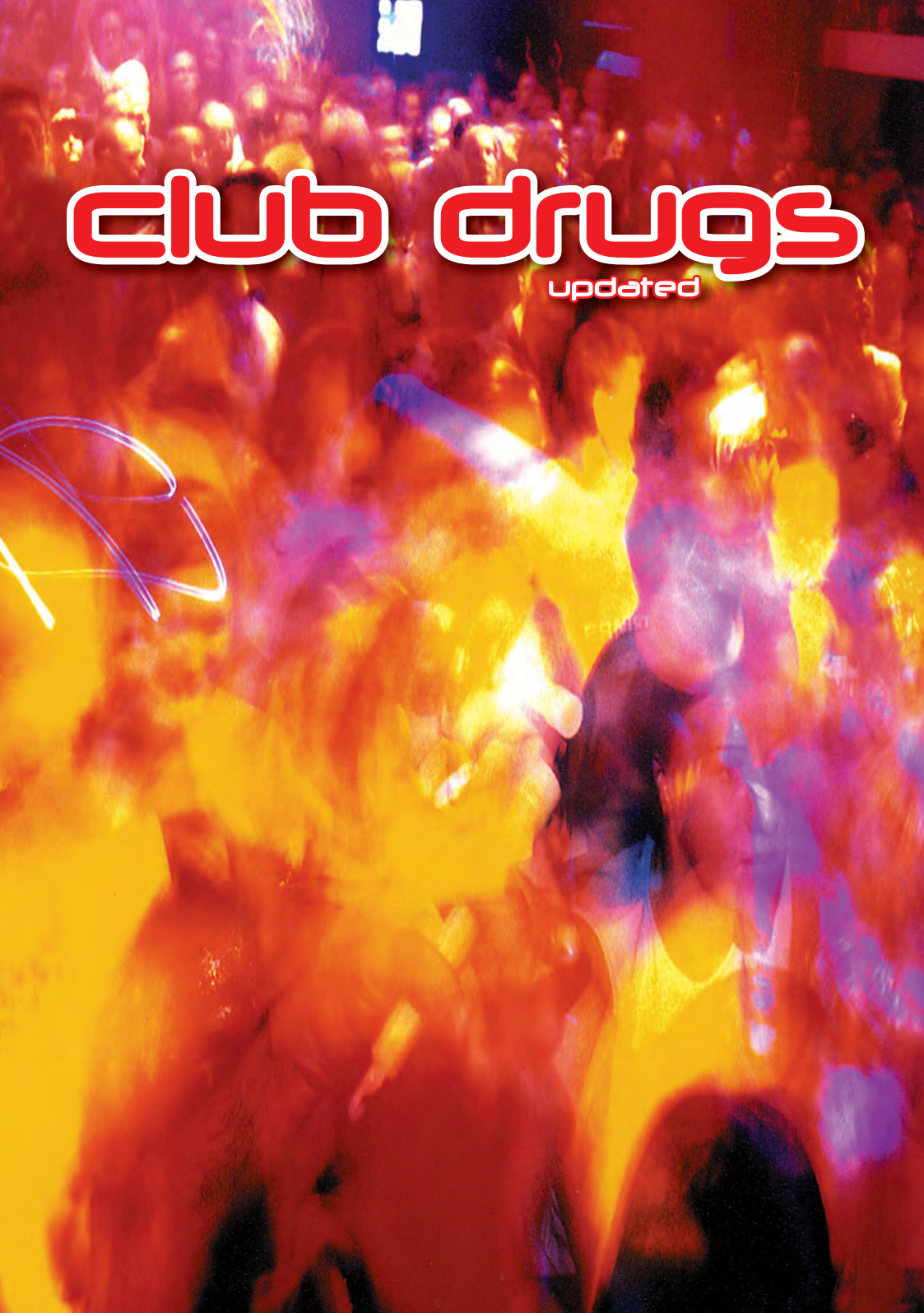
club drugs
updated

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This booklet provides information for people who use, or are considering using, the range of substances known as 'club drugs'. These include drugs such as ecstasy, speed, crystal, LSD, ketamine and GHB. The National Drug and Alcohol Research Centre (NDARC) has conducted many interviews with club drug users. Many of those interviewed have requested more information on these drugs. This booklet is an attempt to provide accurate and up-to-date information about these drugs.

The best way to avoid problems with drugs is to not use them. However, if you do choose to use them it is important to do so in the safest way possible. This booklet aims to give information to club drug users about the drugs and the risks involved, so that they can make well informed decisions.

Every weekend, across Australia, thousands of young people attend nightclubs, dance parties and a range of other entertainment venues. For some of them this also means taking club drugs – a range of substances that are used to 'enhance' the party environment. This group of drugs is also now referred to as ERDs, or ecstasy and related drugs.

Club drug users take these substances to make the music sound different, the lights appear brighter and the beat more powerful. For many of them, the stimulant club drugs also enable them to dance for much longer periods, giving them more energy and the ability to stay awake.

Unfortunately, these drugs also have the potential to cause harm. These harms range from confusion through to psychosis, and in extreme cases, death. Although drugs like ecstasy and speed are talked about much more today, for many in the general community these drugs are relatively unfamiliar. Even those who may have experimented with drugs during their adolescence know little about drugs such as ketamine and GHB.

guidelines for safer clubbing

Clubs can get very crowded and extremely hot. Some drugs, like ecstasy and crystal, will raise your body temperature, while alcohol dehydrates your body. Even if you don't use drugs there are certain guidelines to follow when clubbing that will reduce the risk of feeling unwell and overheating.

- **Rest regularly** – stop dancing, sit down and sip some water
- **Dress light** – light absorbent clothing is better than bare skin when it comes to keeping cool
- **Find a cool spot to recover** – if there is a chill out space, use it
- **If someone is "too hot" they need to seek medical attention**

Water is essential as it prevents dehydration and keeps body temperature down. When dancing strenuously, lost fluids (e.g., sweat) need to be replaced.

The recommended levels of water are:

- 500ml per hour – if active
- 250ml per hour – if inactive

mixing drugs

Using any drug involves risks. Taking more or mixing drugs increases the chances of problems arising.

The effects of any drug are determined by a combination of things including the type of drug itself, the amount you take and how often, where you take it, what you think the drug will do, how you are feeling at the time, your health, and what you've eaten that day.

Mixing drugs will have a significant influence on the effects the different drugs may have and also increases the chance of problems occurring. Mixing drugs, especially with alcohol, can make the effects seem different or weaker, which could lead you to take greater amounts of your drug of choice.

Many of the club drugs are stimulants. Stimulants speed up activity in the central nervous system and increase the user's heart rate. Mixing stimulants, such as ecstasy and crystal, can put great pressure on the user's heart and a cardiac arrest, particularly for those with pre-existing conditions, is a possibility.

what to do when something goes wrong

Different drugs affect people in different ways. Some drugs can make people very drowsy. Others can cause people to become very tense and panicky. Some drugs cause people to become overheated and dangerously dehydrated. Sometimes users can take too much or have a bad reaction to the drug they have taken. This can even lead to loss of consciousness.

If someone you know has taken drugs and begins to panic and starts breathing rapidly, take them to a quiet place and calm them down by reassuring them that they are safe. Do not give them anything to eat or drink other than sips of water. Help them to breathe slowly and deeply by counting each breath slowly in and out with them. If they do not begin to calm down, seek medical help.

If a person collapses (eyes rolled back, erratic breathing, skin cold and clammy) do the following:

- **Check for a response – if no response, call '000' immediately**

The ambulance call operator will tell you what to do and will provide medical instructions until ambulance officers arrive. If you know what type and the amount of drugs the person has taken, tell the ambulance call operator and ambulance officers

- **Check that the person's airway is clear**

- If not clear, place in the recovery position and open and clear the airway
- If clear, leave on back and extend the neck to open the person's airway

- **Check for breathing:**

- If the person is not breathing call '000' immediately. If you are on your own with the person, first place them in the recovery position and then call '000'
- If the person is breathing, place them in the recovery position and call '000'. Wait with the person until the ambulance arrives

- **For those who are not breathing**

the next step is to place the person on their back and **give two initial breaths,** ensuring that the chest rises with each breath. If they start breathing, place them in the recovery position and monitor until ambulance arrives. If they are still not breathing, **commence CPR** until the ambulance arrives

- **Give any information about the drugs the person has used, including packaging, to the ambulance officers.**

Remember that the police are only involved when ambulance officers feel endangered, someone dies, or there are other non-drug crimes involved (such as violence or theft). Never be worried about calling an ambulance if something goes wrong, it could save a life

ecstasy

Short-term effects

- euphoria
- feeling of well-being
- nausea
- sweating
- increased closeness with others
- confidence and lack of inhibitions
- jaw clenching and teeth grinding

Long-term effects

- little is known about the long-term effects, although it has been linked to some deaths. Some long-term users have also been seen to experience depression and some memory and cognitive impairment

Ecstasy is the commonly used street term for the chemical MDMA (methylenedioxy-methamphetamine). It is structurally similar to amphetamines or 'speed', but has quite different emotional effects.

Although ecstasy usually comes in a pill form, it can also be available as a capsule or powder. As with other illegal drugs, there is no 'quality control' during the manufacturing process and therefore a user can never be sure what he or she is actually taking. Ecstasy may contain a number of substances, some of them very dangerous and others that you may find in your kitchen cupboard.

Ecstasy pills may carry a branded design such as a lightning bolt or crown. In recent times well-known brands such as Mitsubishi, Calvin Klein and Rolls Royce have been found stamped on ecstasy tablets. Despite this identification, there is no reliable method of determining the quality of the drug, since pills with the same stamp can vary widely in the content of MDMA and other substances.

MDMA's effects usually begin 30-60 minutes after taking the drug. Users say that they feel relaxed but energetic, happy, calm, exhilarated, warm and loving. Some people also experience unsteadiness, nausea and vomiting. It is particularly dangerous for anyone suffering from high blood pressure or a heart condition to take ecstasy.

Some people have died after taking ecstasy. Although this is unusual, it does happen. Even though the toxicity of MDMA is fairly low, this is not what usually gets ecstasy users into trouble. The majority of ecstasy-related deaths have not been caused by 'poisoning' from the drug but rather as a result of where and when people use it, i.e. using it in a hot, crowded environment which may result in death by overheating or dehydration.

A few people have also died from drinking too much water after taking ecstasy. Drinking too much water affects the levels of salt and other minerals in the blood, causing the brain to swell, which in turn can lead to a coma and maybe death.

Like any drug, ecstasy will affect different people in different ways and there is no way of knowing how the drug will affect the person using it in the long-term.

Ecstasy affects serotonin levels. Serotonin is a chemical in the brain that affects mood, memory, aggression, appetite, sexual function and sleep. We know that ecstasy damages brain cells that produce serotonin. However, we still don't know what the change to the brain actually means.

Little is known about the long-term effects of ecstasy as it is a relatively new drug and as a result little research has been conducted. However, it is believed that some health problems will result from long-term use, including memory and learning problems and depression. Even though we don't know much about the long-term risks of ecstasy, experts do believe that the more a person uses now, the more chance there is that they are going to suffer in some way in the future.

Some ecstasy tablets in Australia contain methamphetamine. Methamphetamine's chemical structure is similar to that of amphetamine ('speed'), but it has more pronounced effects on the central nervous system. Like amphetamine, methamphetamine causes increased activity, decreased appetite and a general sense of well-being.

How will this affect a person who is taking the drug believing it to be ecstasy or MDMA? Essentially users will find that they will not get the 'ecstasy rush' they are seeking and will instead find themselves staying awake for a long time. Methamphetamine can produce a high that lasts from anywhere between 8-24 hours and can put great strain on the body due to its long-lasting effects. Methamphetamine can cause a variety of cardiovascular problems. This is an extremely powerful stimulant and users need to be particularly vigilant about taking breaks when dancing and monitoring their pulse rate.

Ecstasy is an illegal drug and if you are caught with ecstasy there can be severe consequences, including large fines and the possibility of going to prison.

pma

PMA (Paramethoxyamphetamine) is an amphetamine-type drug with both stimulant and hallucinogenic properties. It has no medical uses. PMA is much more potent than most of the other drugs in the 'amphetamine family' and it is far more toxic. Some ecstasy deaths in Australia have been due to PMA.

The toxicity of PMA is related to excessive central nervous system stimulation. Users may experience hallucinations, delirium, restlessness, agitation, muscle contractions, thrashing around, muscle rigidity, sweating, high fever, seizures, coma and death. It has been estimated that PMA's adverse effects may be

seen by taking approximately 50 mg. An ecstasy tablet can weigh anything from 150-200 mg and can contain up to 50% of active material, so it would not take many pills to cause a problem.

A number of Australians have died after taking PMA, either alone or combined with MDMA. All indications are that the users believed they were taking MDMA alone and did not realise that PMA was present in the tablet they used.

PMA deaths highlight one of the major risks when using ecstasy – the user simply never knows exactly what it is that they are taking.

Amphetamines - Speed and Crystal

Short-term effects

- euphoria
- feeling of well-being
- nausea and anxiety
- sweating
- increased blood pressure and pulse rate
- jaw clenching and teeth grinding

Long-term effects

- 'speed psychosis' - hallucinations, paranoid delusions and uncontrolled violent behaviour
- sleeping problems and appetite suppression
- high blood pressure and rapid and irregular heartbeat

Amphetamines are stimulant drugs. Stimulants are drugs that increase central nervous system activity – they speed up the way the brain does things, including making the person breathe faster, making their heart beat quicker and giving them more energy. This means that a person's body is put under great stress, leading to problems with the heart and other parts of the body.

Sometimes, but not often, doctors give amphetamine drugs to treat some health problems, such as ADHD. When these are used they are given out carefully with instructions and should only be used by the person for whom they are prescribed. It is also important to know that amphetamine drugs have a different effect on people with conditions such as ADHD. It is very dangerous for someone to use another person's prescription medicine. Most people use speed that is made illegally.

Currently we know that much of the amphetamine available in Australia is methamphetamine, the strongest form of the drug. Methamphetamine comes in a number of different forms - 'speed', 'base' and 'ice'.

Amphetamines can come in many different forms, and is often sold as a white to beige powder (usually called 'speed'), a damp or oily gluggy powder that users of the drug call 'base', and very high purity translucent crystals called 'crystal', 'crystal meth', 'ice' or 'shabu'. A lot of ecstasy tablets are believed to contain methamphetamine.

Methamphetamine is most commonly taken orally or snorted. However, due to the change in the type of amphetamine now available in Australia we are seeing more people smoking the drug. A smaller number continue to inject amphetamine.

Like any drug, amphetamine will affect different people in different ways and there is no way of knowing how the drug will affect the person using it in the long-term. However, one of the most frequently discussed long-term effects of amphetamine is 'speed psychosis'. Once levels of amphetamine have reached a toxic level the user may begin to experience hallucinations and paranoid delusions. In some cases this can result in violent behaviour. Fortunately, this state usually disappears after the drug wears off.

Speed is the powder form of amphetamine varying greatly in quality. The chemicals that were used to make speed were made illegal in the past. This has meant that the backyard chemists making the drug have had to find new substances to produce it. It also means that now what we call 'speed' is really a whole family of different but related drugs, each with its own recipe. Police seizures of street speed, which have been analysed regularly, show purity levels as low as 5%!

In other words, if you buy a gram of speed, chances are only 5% of the bag will contain speed – the other 95% could be a range of products, such as sugar or glucose, bicarbonate of soda, ephedrine, pseudoephedrine, vitamins, Epsom salts or some other substance. There is no quality control on street drugs, and no guarantee that what you are buying is truly speed.

Speed often has a bitter, chemical taste and sometimes a strong smell, so often people taste or smell it before they buy it to make sure they are actually getting what they pay for. Often manufacturers of the drug will put specific substances into the mix to make it smell or taste as if it is speed.

Recently in Australia there has been an increase in the availability of the high purity crystalline methamphetamine, or 'crystal'. Crystal may have more powerful effects than the other powder forms of methamphetamine because of its higher purity.

Crystal is a powerful synthetic stimulant, similar to speed, but it has more pronounced effects on the central nervous system. Like speed, it causes increased activity, decreased appetite and a general sense of well-being. Users will usually find that they will stay awake for a long period of time after taking the drug. It can also cause a variety of cardiovascular problems. This is an extremely powerful stimulant and users need to be particularly vigilant about taking breaks when dancing and monitoring their pulse rate.

Crystal, in its pure hydrochloride salt form, is colourless. However, products on the market today are rarely colourless, once again clearly illustrating that where street drugs are concerned, users are rarely getting what they pay for.

Cocaine

Short-term effects

- increased blood pressure, heart rate and temperature
- increased alertness and energy
- feeling of well-being
- sexual arousal
- dilated pupils
- loss of appetite

Long-term effects

- sleeping disorders
- sexual problems, often impotence
- nose bleeds, sinusitis and tearing of the nasal wall
- heart attacks, strokes and respiratory failure

Cocaine has recently had a resurgence in popularity in some areas as it appears to have become more pure and more widely available. Unfortunately, cocaine has a fairly innocent image and many people believe it to be relatively harmless. With street names like 'coke', 'blow' and 'nose candy', it is easy to see from where this impression has come. Movies and television shows have also given the drug a fairly glamorous image.

Cocaine is a stimulant which, in pure form, is a white crystalline powder with a bitter, numbing taste. The powder is called cocaine hydrochloride and is made from the leaves of the coca plant originally found in South America. Cocaine in Australia is very impure and is mixed with many other substances. Some of these can have even more unpleasant or dangerous effects than the cocaine by itself.

Cocaine does not have a very long duration of effect – in fact, about half of a dose is removed from the body in an hour. This means that a user is usually ready for another dose in about forty minutes or less. The rapid rush in blood levels, followed by a rapid fall – a rush followed by a crash – often leaves the user wanting to experience the original high. This rush and crash phenomenon can lead a cocaine user to keep using the drug until blood levels accumulate to toxic levels.

Another feature of the drug is, that at doses not much greater than those that cause effects on mood, cocaine can cause seizures. Other stimulants, such as speed, rarely do this, unless used at very high doses. Since other local anaesthetics can also cause seizures, it is believed that this effect of cocaine is a result of its anaesthetic action.

Cocaine hydrochloride in powder form cannot be smoked because the drug is destroyed at high temperatures. Users sometimes chemically convert the drug into another form which can then be smoked. This is known as 'freebase cocaine'.

A very pure type of freebase cocaine is known as 'crack'. This is made by adding baking soda to the cocaine hydrochloride and heating it. It is sold in the form of small lumps known as 'rocks'. Crack is widely used in the USA and Europe but it is rarely seen in Australia.

MDA

Short-term effects

- euphoria
- feeling of well-being
- empathy and closeness to others
- nausea and anxiety
- decreased appetite
- increased blood pressure and pulse rate
- jaw clenching and teeth grinding

Long-term effects

- little is known about the long-term effects, although it has been linked to some deaths. Some studies have shown that repeated MDA use in animals causes destruction of certain brain cells, so there is the possibility of neurotoxicity in humans

MDA (Methylenedioxyamphetamine) is a hallucinogenic drug with properties similar to those of both LSD and amphetamines. In fact MDA was the original 'love drug' until the emergence of MDMA as a street drug in the 1980s. There are no approved medical uses for MDA. It was patented in 1956 as a cough suppressant and in 1961 as a diet aid, although there is no evidence that it was ever used for these purposes.

In terms of effect, MDA is far more similar to LSD than to amphetamine. Some of the perceived positive effects at moderate doses include intensification of feelings, heightened but not distorted sensory awareness, spontaneous recalling of events long past and a belief of greater awareness and self-insight. On the other side of the coin, adverse effects include confusion, fatigue and anxiety.

Deaths have also been linked to MDA, usually from seizures, hyperthermia or heart problems.

We have almost no information on the purity of MDA in Australia. Police seizures rarely identify the drug, so we know little about the quality of street MDA. Unlike ecstasy, MDA is hardly ever sold in tablet form. In its pure form it is a white powder, but on the street it ranges from white through yellow to brown depending on its state of purity.

Around 1995 when users believed the quality of ecstasy began to drop, MDA became increasingly popular to overcome the 'heavy' effect of the ecstasy taken at that time. Users believed that MDA gave you extra energy and would keep you dancing!

If you talk to MDA users about their drug of choice there are two points that suggest that it may not actually be MDA they are using. Firstly, the fact that it nearly always comes in powder form or capsules suggests that it could be locally made, and secondly, the effects that Australian users usually identify with MDA are far more stimulant-like than hallucinogenic.

This again highlights one of the major problems with illicit drugs – street drugs can contain a variety of substances, some harmless and others lethal, you simply never know what you are buying.

LSD

Short-term effects

- vivid perceptual distortions
- poor co-ordination
- distorted sense of time and place
- increased body temperature and/or chills

Long-term effects

- 'flashbacks'
- decreased memory
- prolonged depression and anxiety

LSD (lysergic acid diethylamide) is a powerful hallucinogen which can produce significant changes in perception, mood and thought. Only a very small amount is needed to cause visual hallucinations and distortions. These experiences are known as 'trips'.

LSD is manufactured in illicit laboratories except for a small amount which is legally produced exclusively for research purposes.

LSD is commonly prepared as a liquid and sold on small pieces of blotting paper. These tiny pieces of paper (trips) are usually decorated with small designs which are often culturally specific to the user groups. LSD is so potent that trips are often torn into halves or quarters and shared with others. It is usually swallowed, but may be sniffed or injected.

In the 1960s the potency of the drug was extremely high, each trip containing approximately 250 micrograms of LSD. Nowadays the average potency of a trip is roughly 50 micrograms. Its current popularity appears to stem from the fact that its potency is fairly stable, it is extremely cheap and readily available.

LSD affects different people in different ways. The effect can be influenced by many things including how often of the drug is taken, the environment it is used in, as well as the weight, size and mood of the person using it.

Tolerance to the effects of LSD builds quickly so that a normal dose taken three or four days running will, by the fourth day produce no trip. No use for several days will allow sensitivity to return.

LSD is not particularly poisonous but its mind altering properties can make people more prone to experience an accident. There have been deaths linked to LSD, usually involving a fall, a traffic accident, or something similar.

Unpleasant reactions to LSD include fear, anxiety and depression. Many people who have used LSD talk about a ‘bad trip’. This is when the hallucinogenic experience they have is very unpleasant. Some people report that they just felt very frightened and wanted the experience to stop, whereas others see scary things such as spiders and snakes crawling up walls. Unfortunately, once they have taken LSD there is no way of stopping the experience. They simply have to wait for the drug to wear off.

In vulnerable people, these psychological effects can persist after comedown. The idea that the drug can cause a lasting schizophrenia-type psychosis has been discussed, but has not been proven. What we do know is that if you have a pre-existing mental condition, LSD can ‘unlock’ that condition. Most people have no idea whether or not they may have a mental condition. Experimenting with drugs is always a risk. One of the greatest risks is in the area of mental health. No-one can give you a definite answer on whether using a particular mind-altering substance will unlock a pre-existing mental condition or not. You really are playing Russian roulette.

Ketamine

Short-term effects

- euphoria
- hallucinations
- pleasant sensations of floating and stimulation
- confusion
- dizziness
- impaired motor co-ordination
- slurred speech
- nausea and vomiting

Long-term effects

- dependence has been identified
- 'flashbacks'

Ketamine is a short-acting general anaesthetic for human and veterinary use. The drug was first manufactured in the United States in the 1960s and has been described as a 'dissociative anaesthetic' because of its ability to induce a lack of responsive awareness, not only to pain but also to the general environment.

Ketamine or 'Special K' as it is better known on the street has become increasingly popular amongst certain groups over the past few years. It would appear that one reason for this is that the quality of the drug appears to be relatively constant compared to other drugs such as ecstasy. When it was first introduced, many people snorted lines of the drug and as a result fell into an anaesthetised state, or as it is now called a 'k-hole'. Over time, users have found that smaller, measured doses reduce this risk.

How ketamine actually affects the brain and creates the dissociative effect is not exactly known. However, ketamine is believed to bind to NMDA receptors, which play a key role in thinking, memory, seeing, hearing, pain and other senses. The drug blocks normal thinking, memory formation, pain and other incoming data. The mind then is believed to fill the resulting vacuum with a 'new' reality. Tunnels, experiencing God, meeting aliens, out-of-body experiences, life-changes, seeing the future, experiencing a true reality, believing that you have died and experiencing things that words cannot describe are all common elements of descriptions of K use.

What little evidence there is around recreational use indicates that some K users are horrified by the experience and never try it again. Some become nauseous and throw up, particularly if they have been drinking alcohol. A few users report heavy after-effects.

The potential for ketamine users to do harm to themselves while anaesthetised is great and there are many stories of users burning or cutting themselves unknowingly while using the drug. However, one of the primary dangers in taking Special K stems from the loss of judgement users experience which has particular implications for safe sex. The drug has also proven to be highly addictive.

GHB

Short-term effects

- euphoria
- sense of well being
- aphrodisiac properties
- drowsiness
- nausea/vertigo
- respiratory distress
- seizures
- death, particularly when used with other drugs

Long-term effects

- no long-term effects are known as the drug has been used recreationally for such a short time, although there is now some evidence of developing a dependence on GHB

Gamma-Hydroxybutyrate (GHB) is a naturally occurring substance found in the body. It was produced synthetically and used as a sleeping agent and an anaesthetic, but was withdrawn in most parts of the world due to unwanted side effects.

'True' GHB can be difficult to buy in Australia. Gamma butyrolactone (GBL) is often used in a variety of industrial products such as paint thinner, varnish and wood-stripping products and when mixed with other more easily obtainable substances makes GHB.

However, if GBL is taken into the body on its own, it metabolises into GHB, creating the same effects.

GHB can be found in the form of a white powder but more usually as a liquid, available in small vials or bottles or soy sauce fish containers. Originally it was available as a clear liquid, but in recent times it has been coloured by manufacturers to stop it being mistaken for water or other liquids.

Sometimes people are sold this drug as liquid ecstasy or liquid E, i.e., ecstasy in a liquid form. This is not true – GHB is a very different type of drug to ecstasy. Unlike ecstasy and amphetamines, GHB is not a stimulant. It is a depressant, slowing the user's heart rate and breathing. If a person takes too much of this drug, or mixes it with another depressant such as alcohol, there is the possibility that they may become unconscious and stop breathing.

GHB is highly dose-dependent. Analysis of different vials of GHB/GBL has shown a range of concentrations and as a result users can never be sure of how much they are actually taking. As more dealers are making their own 'backyard batch' of the drug the difference in dosage can range dramatically. The difference between a 'pleasurable' effect and one that is going to find you in hospital is very minimal. Unfortunately we have seen a number of people die after taking GHB in Australia.

In these circumstances it is extremely difficult to deliver harm reduction strategies to current and/or potential users. There is so much we don't know about this drug that the easiest message is **not to use**. GHB users can never be sure of how much they are actually taking as 'backyard batches' of the drug vary in strength.

Amyl Nitrite

Short-term effects

- lightheadedness and giddiness
- increased sensual awareness
- removal of inhibitions
- skin sensitivity
- headache
- nose bleeds
- loss of consciousness

Long-term effects

- death can occur if amyl is swallowed or used in conjunction with Viagra

Discovered in 1857, amyl nitrite is a vasodilator, meaning it dilates blood vessels. When first used as a medicine, amyl came in a small glass capsule encased in cotton wool. This was crushed between the fingers resulting in a popping noise – giving the drug their street name - 'poppers'.

Amyl nitrite causes relaxation of almost all smooth (involuntary) muscles, including the muscles of all blood vessels. These muscles control dilation of the blood vessels of the heart and the diameter of blood vessels and the iris of the eye. When these muscles relax, the blood vessels enlarge and blood flows to the heart, and more light is let into the eye.

Some people use these drugs not for the mental effects, but because of their muscle-relaxing properties, also for enhancing anal intercourse.

For a while, researchers thought amyl nitrite was a cause of AIDS or some AIDS-related syndromes. This did not prove to be true. Research has found that amyl nitrite is immuno-suppressive. Your immune response dips immediately on inhaling amyl, and stays down for about 96 hours. An already compromised immune system can suffer even more damage from repeated amyl use.

There are no recorded sudden deaths from inhaling nitrites. While the possibility of death or serious injury from inhaling is remote, there is a major problem with nitrites if they are swallowed rather than inhaled. When they are ingested, nitrites can cause major medical problems by interfering with the ability of the blood to transport oxygen. Oral consumption of nitrites has led to death in some circumstances. With the introduction of GHB vials on the dance floor there have been reports of people taking a gulp of amyl mistaking it for another drug!

Combining amyl and Viagra is particularly problematic, causing loss of consciousness – even death.

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For a list of other booklets available from the NDARC Education Trust and more information on the work of NDARC, visit www.med.unsw.edu.au/ndarc

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