



## Methcathinone (Khat/Cat)

<b>DESCRIPTION</b>	Methcathinone is a structural analogue of methamphetamine and cathinone. The drug is made from a mixture of battery acid, Drano, and over-the-counter flu or asthma medication and sold as a white or off-white crystalline powder.
<b>MODE OF ADMINISTRATION</b>	Cat is usually snorted, but can be taken orally, intravenously or anally.
<b>PRIMARY EFFECT</b>	Central nervous system stimulant
<b>SHORT-TERM EFFECTS</b>	<p>The effects can last between 4 and 6 hours. The following effects are usually present:</p> <ul style="list-style-type: none"><li>• Speeds up the nervous system;</li><li>• Increases blood pressure and heart rate;</li><li>• Increases body temperature and sweating;</li><li>• Enhances mood, with an increase in confidence and energy;</li><li>• Increased alertness;</li><li>• Increase in impulsive and erratic behaviour;</li><li>• Increased sexual appetite;</li><li>• Loss of appetite;</li><li>• In large doses, may cause insomnia, tremors, muscle twitching, fever, headaches, convulsions, irregular heart rate and respirations, profuse sweating and dehydration, anxiety, restlessness, paranoia, hallucinations, delusions, depression, convulsions, stroke and death.</li></ul>
<b>LONG-TERM EFFECTS</b>	<p>Although toxic to the body, the long-term effects are difficult to identify because of variations in pharmacological agents, chemicals used to manufacture them, and possible contaminants present. However, long-term Cat use can lead to:</p> <ul style="list-style-type: none"><li>• Cognitive impairments (including memory loss);</li><li>• Persistent nasal congestion (“Columbian Flu”)and perforated nasal septum;</li><li>• Psychiatric complications (including depression, anxiety, paranoid ideation, increased impulsiveness, insomnia, psychosis);</li><li>• Hyper excitability, impulsivity and restlessness;</li><li>• Malnutrition and weight loss;</li><li>• Other long-terms effects may be present depending on other ingredients used;</li></ul>
<b>ADDICTION POTENTIAL</b>	High psychological and physical addiction potential.
<b>TREATMENT OPTIONS</b>	In cases of heavy and prolonged use, inpatient and/or outpatient treatment with the use of multiple therapeutic methods (individual, family and group psychotherapy) is usually necessary to achieve lasting abstinence. Co-morbid conditions are treated if required.