

# WHEN TO SEEK HELP

Chest Pain  
Difficulty Breathing  
Extreme Tiredness  
Confusion

Symptoms of Chalk Lung can mimic symptoms of long-term smoking like chronic cough or asthma.  
Seek help to rule out these diagnoses



# REFERENCES & RESOURCES

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Interior Health Peer Advisory Group

Pamphlet produced by: fourth-year COTR nursing students & IH Population Health Sexual Health and Harm Reduction Team 2021



# CHALK LUNG

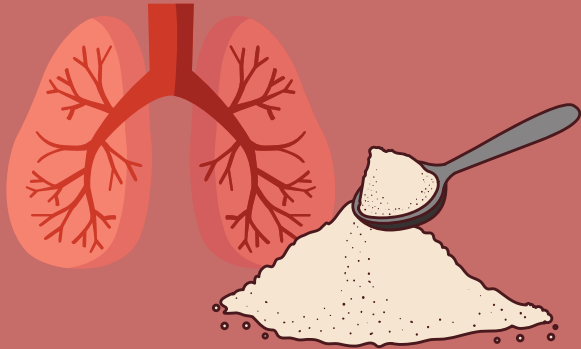
What is Chalk Lung & How to Avoid it: A Pamphlet for Intravenous & Inhalation Drug Use Complications



# WHAT IS CHALK LUNG?



Chalk lung is a condition that affects the lungs. It is caused by injecting or smoking drugs that are cut with fillers such as Talc Mineral, Corn Starch, and Chalk.



## SYMPTOMS OF CHALK LUNG

- Shortness of Breath
- Chest Tightness
- Body Weakness
- Cough
- Phlegm
- Night Sweats
- Unexplained Weight Loss



## HOW TO AVOID IT

Can only be prevented through proper filtration. Try to use a Steri-Filt or sterile cotton



For more information on the use of SteriFilt's please see: [BCCDC SteriFilt Link on \(towardtheheart.com\)](http://BCCDC.SteriFilt.Link.on.towardtheheart.com)

### PRO TIP

PILLS FROM THE PHARMACY ARE SAFER TO INJECT BECAUSE THEY ARE WAY LESS LIKELY TO CAUSE AN OVERDOSE



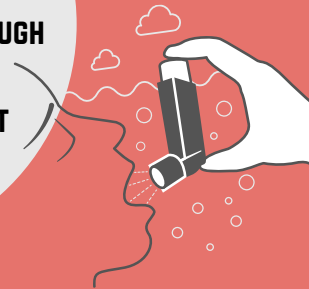
WHEN YOU INJECT DRUGS CUT WITH TALC IT PUTS YOU AT AN EXTREMELY HIGH RISK FOR CHALK LUNG

## TREATMENT

Chalk lung has NO cure but the symptoms can be eased with medications such as puffers used to treat asthma

### HOW DO YOU KNOW YOU HAVE IT?

HAS TO BE DIAGNOSED THROUGH AN X-RAY AND/OR LUNG BIOPSY FROM PERSISTENT SHORTNESS OF BREATH



### DID YOU KNOW?

WITHOUT TREATMENT THIS CONDITION GRADUALLY GETS WORSE, EVEN IF THE DRUG USE STOPS