

# **Preliminary evidence of the cardiovascular effects of polysubstance misuse in nightclubs.**

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## **Abstract**

Adverse reactions to polysubstance misuse are common in nightclubs, yet little is known of the physiological effects of polysubstance misuse in this environment. This study examined the heart rate, blood pressure and oral temperature of 50 participants recruited in a nightclub on four separate nights. In addition, the increase in environmental temperature was recorded throughout each night. There were no differences in oral temperature between polysubstance misusers (i.e. those who used Ecstasy, amphetamine, cocaine, alcohol and cannabis) and alcohol/cannabis misusers. On the other hand, there were significant differences in both heart rate and blood pressure between the two groups. These data suggest that polysubstance misusers may be at risk from cardio- and cerebrovascular toxicity. Further field/on-site work is clearly needed to investigate the effects of polysubstance misuse.

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