

METHAMPHETAMINE

Is a highly addictive stimulant drug that produces a rapid high, coupled with a rapid 'crash' causing a cyclical pattern of use that can last days, continuing until the drug is gone, often foregoing food and or sleep.



FACTS:

- Meth can have a variety of colors including: clear or yellowish crystalline appearance or be a white powder, depending on how it's processed.
- Meth can be made from household products, some of which are now controlled making 'home labs' more difficult.
- Meth is commonly used by mixing it with other substances (MDMA, Molly, or ecstasy) and calling it by that name. Dealers call it a 'meth bomb'. Most ecstasy today is as much as 80% meth.
- Although research is scarce, it appears that kids who have been prescribed stimulants, usually for ADD, are more likely to abuse stimulants like meth.
- In long term users, studies have indicated deficits in attention, working memory and decision making.
- Both amphetamine and methamphetamine were originally developed, like many drugs of abuse, to be medically useful. Amphetamines were originally utilized as a decongestant, and diet aid with methamphetamine being used for focus and attention (extensively by the military in both World War I and II). It was only recognized in the 1960's and 1970's for the addictive potential.

Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation.



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PHYSICAL EFFECTS:

Short Term Effects:

- increased wakefulness and physical activity
- decreased appetite
- faster breathing
- rapid and/or irregular heartbeat
- increased blood pressure and body temperature
- dilated pupils
- chemical odor

Long Term Effects:

- extreme weight loss
- severe dental problems ("meth mouth")
- intense itching, leading to skin sores from scratching
- anxiety and or confusion
- sleeping problems
- violent behavior
- paranoia*
- hallucinations*

METHODS OF INGESTION:

- inhaling/smoking
- swallowing (pill)
- snorting
- injecting the powder that has been dissolved in water/alcohol

COMMON SIGNS OF USE:

- Relationship problems with family
- Mood swings
- Reduced interaction with family
- Sleep disturbance
- Trouble with the police
- Declining school/work performance
- Changes to eating patterns leading to poor nutrition
- Explosive outbursts
- Unexplained need for money
- Sudden change of friends

OVERDOSE EFFECTS:

- Hyperactivity/sweating
- Chest pain/pounding heart
- Severe Headache
- Difficulty passing urine
- Shaking/trembling/spasms
- Paranoid, delusional, irritable, anxious or psychotic behavior
- Raised temperature
- Rapid breathing/feeling that you can't breathe
- Disorientation
- Convulsions

*paranoia—extreme and unreasonable distrust of others

*hallucinations—sensations and images that seem real though they aren't

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Sources:

NIDA. (2018, June 6). Methamphetamine. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/methamphetamine> on 2018, September 24