

Methamphetamine

What is methamphetamine?

- Methamphetamine ("meth") is a powerful stimulant that speeds up the brain and body.
- It is made from poisonous ingredients (battery acid, fertilizer, drain cleaner, lantern fuel, anti-freeze).
- It is usually a white, bitter-tasting powder or a pill. One form of the drug, called crystal meth, looks like glass fragments or shiny, bluish-white rocks.
- It is swallowed, injected, smoked, or snorted.
- The euphoric (joyful) feeling from methamphetamine fades quickly, so people often take repeated doses in a "binge and crash" pattern.

Methamphetamine has more than one victim

Secondhand Smoke

- When methamphetamine is being made or used in a home, children are at risk for getting "high" from secondary smoke.

Burns

- The flammable, poisonous chemicals used to make methamphetamine can cause fires, produce harmful mist, and damage the environment. When cooking methamphetamine, anyone nearby is at risk because it can explode.

Violence

- Adults and children are at risk for sexual and physical abuse when around people using methamphetamine.

Risks of methamphetamine use

Short Term

- Negative health effects (see other side).
- Overdose, which means taking more methamphetamine than your body can handle.
- Signs of an overdose are enlarged pupils, irregular heart rate, chest pains, stomach pain, anxiety, paranoia.

Long Term

- Tolerance, which means needing more methamphetamine to get the same feeling.
- Addiction, which is a brain disease that is manifested by compulsive substance use despite harmful consequences.
- Withdrawal, which means the symptoms you have when you stop using, including anxiety, fatigue, severe depression, and psychosis (believing, hearing, or seeing things that aren't real).
- Long term use of methamphetamine can damage the parts of the brain that help us feel pleasure and store memories.

Methamphetamine and pregnancy

- Using methamphetamine while pregnant can cause complications such as reduced blood flow to the unborn child, slow growth, and birth defects.
- Methamphetamine use can lead to long-term negative health effects in exposed babies. These include reduced mental skills, and reduced ability and ease in the use of the hands or body.

Methamphetamine increases your risk of disease

- People who use methamphetamine are at high risk for HIV, Hepatitis B and C, and other sexually transmitted diseases.
- People who use methamphetamine have an increased risk of developing Parkinson's disease.

Tips for quitting

Getting started

- Get others involved in your decision to quit using methamphetamine.
- Think about how quitting methamphetamine will impact your life.

Know your options

- *Treatment.* Effective treatment can be provided at a treatment center (residential or outpatient).
- *Medications.* While research is under way, there are currently no government-approved medications to treat methamphetamine addiction.
- *Counseling.* The most effective counseling treatments are behavioral therapies, such as:
 - cognitive-behavioral therapy, which helps patients recognize, avoid, and cope with the situations in which they are most likely to use drugs
 - motivational incentives, which uses vouchers or small cash rewards to encourage patients to remain drug-free.

Helpful links

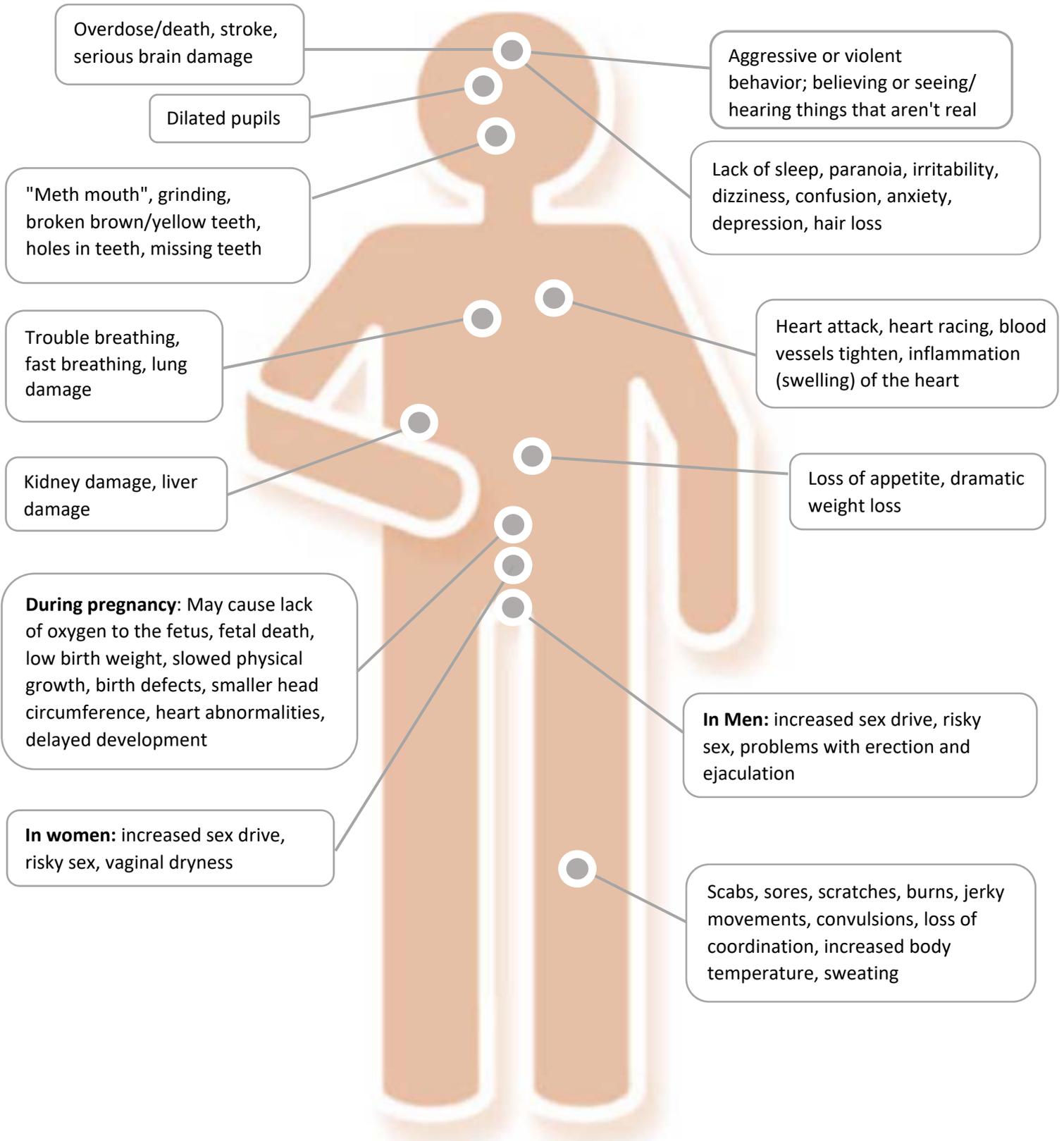
<https://www.drugabuse.gov/publications/drugfacts/methamphetamine>

<http://www.projectknow.com/research/crystal-meth-overdose/>

Sources: Indiana University SBIRT@IU; SAMHSA, Tips for Teens; NIH Drug Facts, What is methamphetamine; DrugAbuse.com, Meth and Pregnancy

Methamphetamine

Effects on the Body



Mid-America (HHS Region 7)

ATTC

Addiction Technology Transfer Center Network
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Visit www.sbirt.care for more resources!