

## Signs of Abuse

If someone is addicted to meth they may exhibit...

- Nervousness, anxiousness and extreme moodiness.
- Repetitious behavior, such as scratching skin or pulling out their hair.
- They may have a false sense of power and confidence.
- Aggressive or violent behavior.
- Disinterest in previously enjoyed activities.
- Severe depression.
- Scabs and sores developing all over



1998

2002

The picture above shows a women who used Meth for only a few years, and the effects it had on her.

If yourself, or someone you know is struggling with addiction, please contact your local addiction, mental health, or medical facility for further information and help.

## Facts about Methamphetamine

- ◆ Some experience severe “formication”, or the feeling of insects crawling all over the body. People will scratch so hard to get rid of “them” that they will bleed.
- ◆ The “high” from Meth can last 8-24 hours.
- ◆ 94% of people who smoke Meth, become addicted after their first time trying the drug.
- ◆ People get severe scabs and sores on their body with usage. Some will smoke their scabs in hope there are methamphetamine deposits in them to reach a high.
- ◆ People who use meth chronically will not sleep, the record holder is a women who never slept for 21 days.
- ◆ Women may become infertile with prolonged usage and men may develop breasts.



# Meth



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## What is Methamphetamine?

Methamphetamine is a stimulant in the Amphetamines family. They were developed in the 1920's to treat depression and obesity but stringent controls have greatly reduced their use in Canada. Amphetamines are now used to treat narcolepsy, attention-deficit hyperactivity disorder and Parkinson's disease.

- Methamphetamine is made in illegal laboratories with inexpensive under the counter products such as paint thinner, Drano, anti-freeze and sinus medication.
- Meth can be taken orally, smoked or injected.
- Manufacturing meth is extremely dangerous and many die in the process alone.

## Street Names

Methamphetamine is also known as....

- Crystal Meth
- Ice
- Crank
- Rock



## Stimulant

- Stimulant comes from the Latin word *stimulare*, meaning "to goad, torment and incite."
- Stimulants are drugs that produce a quick temporary increase of energy.
- They are generally used to increase alertness, endurance, wakefulness, decrease appetite and produce feelings of well-being and euphoria.

## Short-Term Effects

- ◆ Effects include increased alertness and energy and feelings of well-being.
- ◆ Causes rapid heart beat and breathing, increased blood pressure, sweating, dilated pupils and dry mouth.
- ◆ The person using will become restless, excited, feel "powerful", aggressive, hostile or behave in a bizarre, repetitive way.
- ◆ Large doses can produce very rapid or irregular heart beat, tremors, severe paranoia and frightening hallucinations.
- ◆ Death can result from use as a consequence of burst blood vessels in the brain, heart failure and very

## Long-Term

- Heavy users may develop malnutrition and amphetamine psychosis, which is a mental illness similar to paranoid schizophrenia.
- They may be extremely prone to violence.
- When injected, impurities in the drug can block and weaken blood vessels.
- Kidney damage, lung problems and strokes are common.
- Severe anorexia, memory loss and extreme dental problems.
- Death!

## Tolerance and Dependence

- Chronic use results in tolerance, which makes the user need more of the drug to reach its desired effects.
- Methamphetamine produces very powerful psychological dependence which lead to compulsive patterns of use.
- Major physical signs of withdrawal may or may not occur, the psychological effects are extremely prominent.
- Some will experience fatigue, prolonged but extremely disturbed sleep, irritability, tiredness and depression.