

Running on Empty

Amphetamines—"speed" or "uppers"—stimulate the brain. The brain gets all revved up and sends the body spinning faster and faster. But just like a racecar can't speed around and around the track without a pitstop, the human body can't race around endlessly, either. It must have fuel. The body requires sleep, food, exercise, and downtime.

Amphetamines are prescription drugs used to treat the sleeping disorder narcolepsy and attention deficit hyperactivity disorder. The people who need actual prescriptions for amphetamines rarely develop addictions because their brains start out with a lack of the natural "speedy" chemicals. Abusers often steal the drugs, or obtain them through forged prescriptions. Some drug dealers make "look-alike" amphetamines in underground labs.



After running hard on all cylinders for a while, if an addict goes without amphetamines he crashes head-on into stomach cramps, heavy sweating, pounding headache, and agonizing muscle pain. It's tough for addicts to escape the cycle of using and crashing once they're on that track.

Amphetamine abusers expend so much energy racing around on the drug that their bodies have no resources left. The drug runs the users at top speed until something's got to give. What "gives" is the abuser's heart or mind.

For More Information

Go to www.intheknowzone.com for an extension of this pamphlet.

Increase your knowledge using the information, statistics, images, and links.

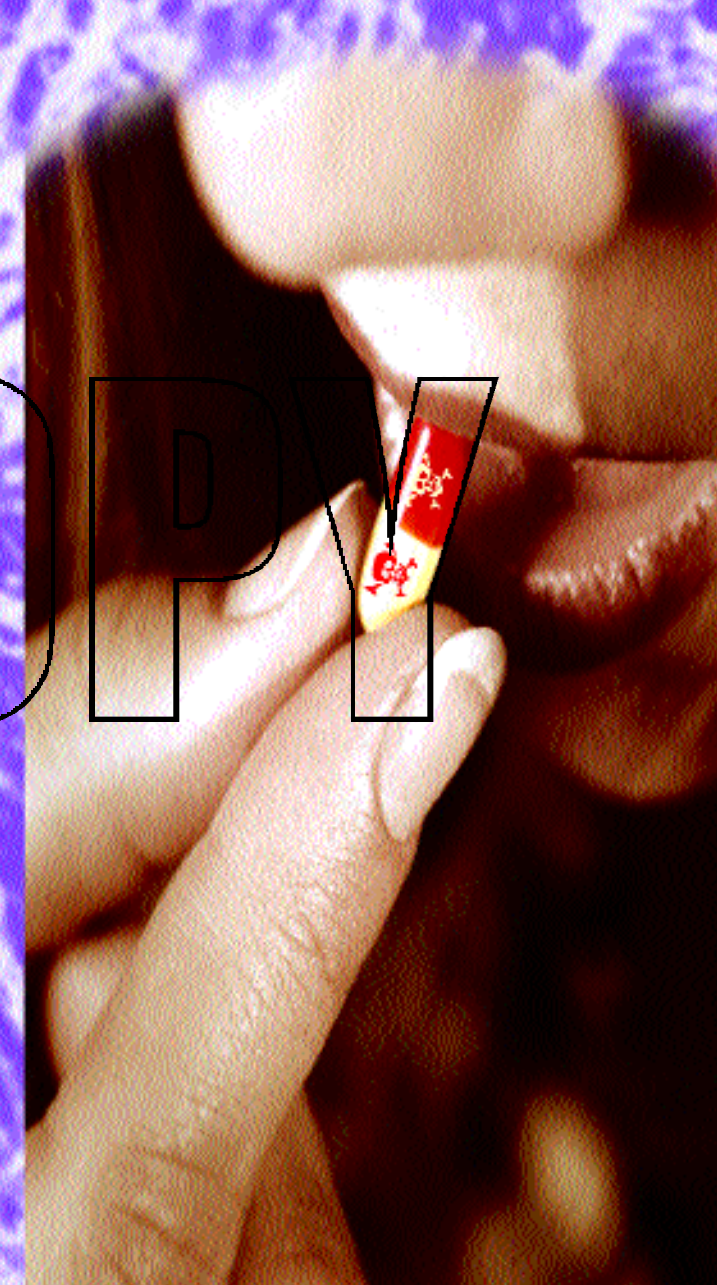
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Don't stay in the dark.
Get In the Know!

Amphetamines

excessive speed



SAMPLE COPY

in the know

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Speeding Violation

Amphetamines are rapidly addicting psychomotor stimulants, like cocaine. Amphetamines "speed up" the brain and body processes such as heart rate.

Amphetamine abusers may begin using the drug for a burst of energy, like a mega cup of coffee. At first, abusers can go for hours without sleep. But nothing lasts forever. Before they know it, abusers run into a wall of dependence, tolerance, and withdrawal.

It doesn't take long before amphetamine abusers can think of nothing *but* the drugs.

The addict may have started with amphetamines for increased energy, but

pretty soon that energy turns into wild nervousness,

intense anxiety, and deadly fatigue.

The Amphetamine Profile

Whether the drugs are stolen prescriptions or "look-alikes," they are usually colorful tablets or capsules, but are sometimes yellowish crystals that are sniffed or injected. Amphetamines made in underground labs can be especially dangerous since there is no way of knowing what's in them.



Images of Amphetamines

www.intheknowzone.com/amphet/pix/



Amphetamines in the Brain

Amphetamines stimulate the release of *dopamine* in the midbrain, and negatively affect learning and memory. Abusers have less *serotonin* in the front part of the cortex of the brain, where higher-level thought processes take place, permanently affecting decision-making abilities.

Amphetamines in the Brain

www.intheknowzone.com/amphet/brain/

What are amphetamines called?

Some common names of amphetamines are Ritalin®, Preludin®, and Dexedrine®. Street names include Speed, Uppers, Cross-tops, Whites, Black Beauties, Bennies, Pep Pills, Copilots, Bumblebees, Hearts, and Footballs.



Amphetamines & Other Stimulants

www.intheknowzone.com/amphet/uppers/

Short-term Effects of Amphetamines

Amphetamine use causes hyper-alertness, talkativeness, a temporary sense of well-being, and reduced appetite. Abusers are paranoid and aggressive, and drug-induced fears may make them violent.

The physical effects of amphetamine abuse include dry mouth, headache, acne, sweating, diarrhea or constipation, blurred vision, twitching, insomnia, and itchy skin. Abusers suffer impaired speech, convulsions, and lost physical coordination. Deadly effects

include rapid heart and breathing rates, increased blood pressure, and elevated body temperature.

Even the first abuse of amphetamines can kill a person. They may die from burst blood vessels in the brain, heart failure, or super-elevated body temperature.



Long-term Effects of Amphetamines

Over time, amphetamines cause malnutrition, ulcers, sexual dysfunction, and unwanted weight loss. Long-term abusers may have hallucinations and become deeply depressed. Abusers often suffer from hypochondria (the false belief that they are physically ill.) Delusions of power or fame are common. Abusers are intensely antisocial, isolating themselves from others. They may even lose touch with reality altogether. Permanent brain damage can occur, leaving abusers with disturbed thought processes, speech difficulties, confusion, and memory loss.

In addition to the sudden brain bleeds, heart attacks, and body temperature peaks that kill first-time users, long-time users die of heart infections or systemic infections in the blood.

Long-term abusers continue to use because of withdrawal symptoms like heavy sweating, rapid pulse, tremors, insomnia, vomiting, physical agitation, anxiety, hallucinations, suicidal thoughts or attempts, and seizures.



Effects of Amphetamines

www.intheknowzone.com/amphet/damage/

Observe the Speed Limit

Amphetamines are killers. Abusing them *even once* can speed up your heart and brain past their breaking points. If someone offers you amphetamines, say "No, thanks," and then say "Goodbye." Don't hang around with someone who wants to mix you up with speed. Observe a safe, sane, healthy pace in your life.

antisocial

paranoia