

THE PULL OF CRYSTAL METH

Methamphetamine is a highly addictive stimulant drug that is largely used as a recreational “club drug.” Illegal meth is most often “cooked” in home labs using a mix of dangerous chemicals and over the counter medications. It is usually white, clear or blue crystals that look like shattered glass. The drug is usually smoked in a pipe, crushed into a powder which is then snorted, injected or swallowed. It is illegal to purchase or use, but over 12 million people have admitted to using methamphetamine, and of those over 500,000 consider themselves regular users.

METH DESTROYS RELATIONSHIPS

While meth use leads to many physical issues, perhaps its greatest damage is to the relationships between users and their loved ones. Addiction to meth can lead someone to resort to methods such as

lying and stealing from the people closest to them in order to pay for the drug. It can also lead to losing contact with family and friends. This combination of eroding trust and lost connections can lead to serious damage to the relationships with the people that can help support someone in recovery.

EFFECTS & CONSEQUENCES

EFFECTS

- Loss of Appetite
- Dilated Pupils
- Fast Heart Rate
- Loss of Sleep
- Nausea
- Violent or Strange Behavior
- Hallucinations
- Irritability
- Panic and Psychosis
- Convulsions

CONSEQUENCES

- Liver, Kidney, Lung Damage
- Weight Loss
- Tooth Decay
- Damage to Blood Vessels
- Addiction
- Depression
- Stroke
- Heart Attack
- Brain Damage

FOR MORE INFORMATION

Go to www.intheknowzone.com for more information on substance abuse. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.

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

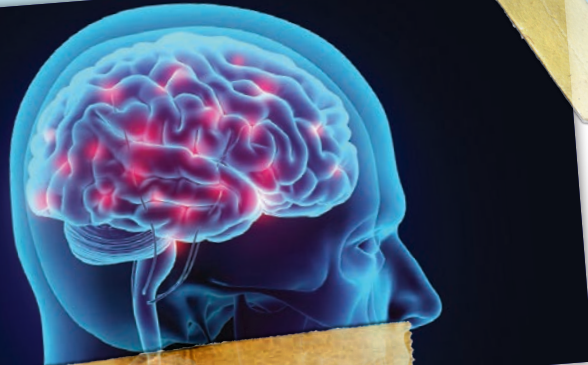
in the know

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STREET NAMES INCLUDE: BLADE, CRYSTAL, BATU, ICE, QUARTZ, GLASS, CRISTY, BEANIES, CRANK, TWEAK, REDNECK COCAINE, CRINK

**CRYSTAL METH
NOT WORTH IT**





EFFECTS ON THE BRAIN

Meth is a stimulant. It makes chemicals in the brain - like dopamine - work on overdrive to give users a rush of happiness and pleasure. This rush can increase focus, energy, confidence, and even sexual desire. However, after just the first try users need more and more of the drug to get the same high.

Unlike most drugs, meth is mentally addictive not physically. It changes the chemical make up of the brain. The more meth is used, the less the brain produces dopamine naturally and over time it is nearly impossible to experience any pleasure or happiness at all. Repetitive use damages the brain more affecting the most basic abilities - coordination, memory, problem solving, decision making and judgement. This damage can be permanent.

Meth doesn't just affect "happy" chemicals in the brain. It also fills the body with adrenaline - the body's "fight or flight" signal. This causes violent and disturbing behavior, anxiety, insomnia, and intense focus. Users become irrational and want to argue or fight.

BRAIN DAMAGE

BINGEING AND TWEAKING

Meth use involves a cycle of bingeing and crashing. When the body becomes overloaded with drugs the brain cannot get back to the original high, this is called "tweaking." Tweaking is when the body and mind cannot react to the meth any longer. The result can be a psychotic state with delusions and hallucinations. This often leads to run-ins with law enforcement and when most accidents, violent behavior or extreme lapses in judgement (robbery, assault, theft etc.) occur. Meth use can result in decisions and behavior that have serious negative consequences.

Bingeing and tweaking are followed by a crash and the body finally shuts down. The result can be sleeping for days while the body tries to repair itself. Hunger and dehydration are common during this period. Once the body has rested, mental withdrawals are common. This includes depression or suicidal thoughts. The lack of dopamine significantly reduces the ability to experience pleasure. Intense feelings of sadness increase the likelihood of use, starting the cycle over again.



THE OUTWARD SIGNS

Meth causes physical damage to the body more than any other drug. The "look" of chronic meth use is strikingly obvious. Meth damages blood vessels, causing them to shrink which lowers blood flow throughout the body. The body can no longer heal easily or repair damage. The result is rapid aging because the skin loses its elasticity and luster. Acne appears and won't heal, leading to scarring. Chronic use can lead to hallucinations that bugs are crawling under and on the skin. Consequently, individuals pick and scratch, leading to sores and wounds on the face and body.

METH MOUTH

Broken, discolored and missing teeth are common for even short term meth use. Rapid tooth loss comes from all sides, it is both the drug and the body destroying the mouth. The chemicals in meth are corrosive and damage teeth. Plus, when blood vessels shrink it causes the gums to pull away from the teeth. Teeth eventually die and begin to rot. Meth use also leads to grinding teeth, dry mouth, and poor dental hygiene. Combine this with the urge to eat sugary food/drinks and extreme decay in the mouth can quickly occur.

EFFECTS ON THE ORGANS

Meth affects almost every single organ in the body. It overstimulates the heart, lungs, and blood vessels. It causes the user's heart rate to rise quickly. Over time it causes heart damage, and can lead to cardiac arrest.



Smoking and snorting meth can lead to collapsed lungs, infections, bleeding and serious lung disease. Due to lack of blood flow it is common for the bowel tissue to die and holes can form in the intestinal walls, this usually leads to a fatal infection called sepsis. Immune systems are usually severely compromised, increasing the risk for infection, viruses and serious illness is higher. Combined with using and sharing needles, increased sexual activity, and impaired judgement chronic meth use leads to higher rates of STD's, HIV/AIDS, hepatitis and other serious life threatening diseases.

Methamphetamine is an extremely addictive drug. Its side effects are both physically and mentally damaging. Avoiding meth empowers people to have a healthier life and better relationships.

ONE DOSE TO ADDICTION. DON'T START A PROBLEM YOU CAN'T STOP.

MENTAL ADDICTION

ADVANCED AGING

While meth makes a user feel confident and more desirable it does the opposite, users become unattractive rather quickly.