

## SHORT-TERM SIDE EFFECTS

- A false sense of well being
- Convulsions, twitching, jerking
- Aggressive behavior
- Increased heart rate
- Increased muscle tension
- Grinding of teeth
- Stimulation of the adrenal gland
- Constriction of blood vessels
- Rise in blood pressure
- Impaired speech
- Dry, itchy skin
- Loss of appetite
- Hallucinations
- Acne, sores
- Paranoia
- Insomnia



## LONG-TERM SIDE EFFECTS

- Malnutrition
- Liver damage
- Brain damage
- Severe weight loss
- Fatal kidney and lung disorders
- Insomnia
- Permanent psychological problems
- Lowered resistance to illness
- Stroke
- Coma
- Death

**“THERE IS NO BENEFIT TO USING METH. IT DAMAGES EVERYTHING IT TOUCHES INCLUDING MEANINGFUL RELATIONSHIPS.”**

**NOTHING RUINS YOUR CHANCES IN LIFE QUITE LIKE A DAMAGED MIND AND BODY.**

If you or someone you know is struggling with methamphetamine use, get help. Quitting meth is a slow and difficult process, and requires professional help. Have the person call or visit a treatment center nearby.

*in the know*

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## WHAT IS METH?

Methamphetamine, or meth for short, is a highly addictive, more potent form of amphetamine. It can be either smoked, eaten, snorted or injected.

Unlike other illegal drugs, which are imported into the United States, meth can be made anywhere. This makes it potentially more deadly and widespread than other drugs.

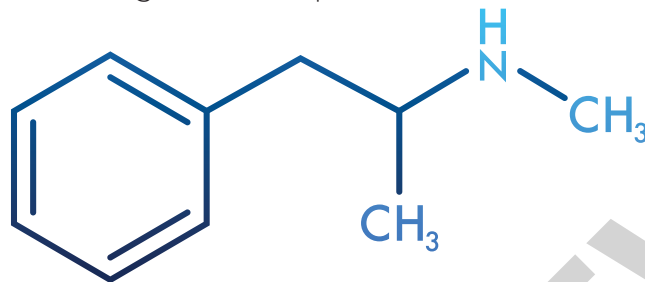
## WHERE DOES METH COME FROM?

Meth is produced in makeshift underground laboratories. The people making the drug usually have no scientific background and manufacture it dangerously. There is no way to know how strong the meth is on the street, or even what is actually in it. It may often include dangerous and toxic household or automotive products.



## HOW DOES METH AFFECT RELATIONSHIPS?

People with meth use disorder often choose the drug over other important aspects of their life. Meth use can lead to behaviors, like stealing from loved ones, that undermine trust and relationships. Those who use meth may be cut off by friends and family because of the drug. In addition, people who use meth face an increased risk of going to jail and further straining relationships.



**METHAMPHETAMINE**

## HOW DOES IT AFFECT THE BODY?

Meth's effect on the body is similar to that of the natural chemical adrenaline, but with deadly side effects. Once in the body, meth quickly affects the central nervous system, speeding up the heart and increasing blood pressure.

While the high from one hit of crack lasts about 15-20 minutes, a meth high can last for hours. Smoking the rock form, ICE, can produce a high for up to 24 hours. Users on a "run" or a "marathon," taking meth hits every few hours, go for days on end without eating or sleeping.

Meth causes the brain to release dopamine, a natural chemical that makes you feel good and is vital to normal brain functioning. After a while, meth's presence in the brain forces neurons to release an enzyme that destroys the extra dopamine, as well as the brain's ability to produce dopamine. Prolonged use of meth results in a permanent altering of the brain's natural chemistry. Translation: brain damage.

The body also builds up a tolerance for methamphetamine. This means that a user will need more of the drug each time to reach the same high. It's like listening to high volume music – after a while it doesn't seem loud. As the effects of the drug wear off, users experience a severe "crash." Some may sleep for long periods of time, but most users experience what is called "tweaking" or "methamphetamine psychosis," a condition similar to schizophrenia. They turn paranoid, delusional and strike out aggressively at those around them and themselves.



## MYTH

Using meth will give you lots of energy.

## FACT

Meth dangerously increases your heart rate and blood pressure. The extra energy may lead to convulsions and tremors, stroke, heart attack, coma or death.

## MYTH

Meth is safer than heroin and cocaine.

## FACT

Meth is more harmful than cocaine and heroin. It is highly accessible and cheaper to produce, with side effects that are just as deadly.

## MYTH

Meth will help you lose weight.

## FACT

Meth takes away your appetite for everything except meth, resulting in a pale complexion, sunken eyes/cheeks and rotten teeth. Meth makes your body cannibalize itself.

**"CHOOSE A BRIGHTER METH-FREE FUTURE."**