

THE DANGERS OF METHAMPHETAMINE

Commonly referred to as "meth," methamphetamine is a powerful and extremely addictive stimulant. It can be smoked, snorted, injected, or taken orally. However it is used, methamphetamine brings with it terrible and life-changing side effects.

**AN ESTIMATED
12 MILLION
AMERICANS HAVE
TRIED METH AT
LEAST ONCE.**

HOW DOES IT WORK?

Meth quickly increases the level of dopamine in the brain, especially if the drug is injected or smoked. This surge of dopamine provides users with a "rush" of euphoria.

STREET NAMES

- CHALK
- GLASS
- TWEAK
- CRANK

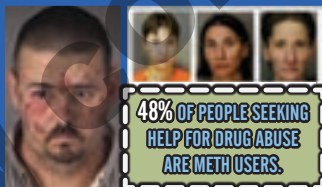


APPEARANCE

Methamphetamine is a white, bitter-tasting crystalline powder. It may also take the form of clear, chunky crystals, which is usually called Crystal Meth or Ice.

THE DANGERS OF MAKING METH

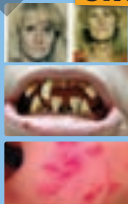
Meth can be made in laboratories of varying size, from so-called "superlabs" to clandestine laboratories the size of a small room. The production of the drug involves toxic chemicals, which remain even after production has stopped which affects the health of those living nearby. In addition, the ingredients are highly flammable, raising the risk of explosions.



**48% OF PEOPLE SEEKING
HELP FOR DRUG ABUSE
ARE METH USERS.**

LONG TERM EFFECTS

- Severe tooth decay and dental problems known as "meth mouth"
- Malnutrition and extreme weight loss
- Permanent brain damage
- Psychosis
- Skin sores
- Violent and aggressive behavior
- Heart attack or stroke



SHORT TERM EFFECTS

- Decreased appetite
- Increased energy
- Rapid or irregular heartbeat
- Nausea
- Hallucinations
- Convulsions or seizures

**58% OF U.S. COPS RANK
METH AS THE #1 DRUG
THEY BATTLE TODAY.**

THE CYCLE OF ADDICTION

Withdrawal

Lasts up to 30 to 90 Days

Abuser becomes depressed, apathetic, and craves meth. Over 90% of individuals in treatment programs go back to abusing meth.

The Rush

Lasts up to 30 Minutes

Includes feelings of euphoria as well as rapid heart rate and increased blood pressure.

The High

Lasts 4 to 16 Hours

Abusers become talkative and argumentative. They may become extremely focused on one task for an extended period of time.

The Hangover

Lasts up to 2 to 14 Days

Abuser is physically exhausted as well as dehydrated and starved, leading them to use again to get rid of these feelings.



The Binge

Lasts up to 3 to 15 Days

To maintain their high, users take more meth or other drugs, but experience smaller rushes.

The Crash

Lasts up to 1 to 3 Days

The body shuts down and the abuser sleeps for an extended period of time.

Tweaking

Length Varies

The most dangerous stage as abusers have not slept for days. They frequently hallucinate and experience intense itching. Abusers become violent.

DON'T METH UP YOUR LIFE!