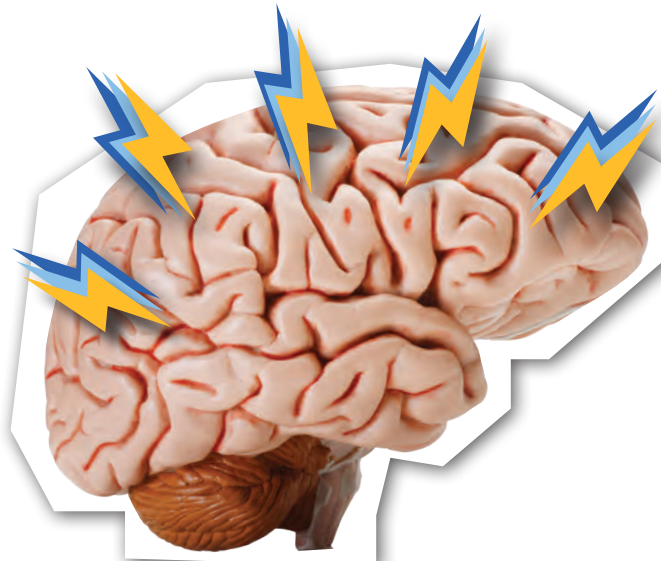


# THE DANGERS OF METHAMPHETAMINE

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.

## 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

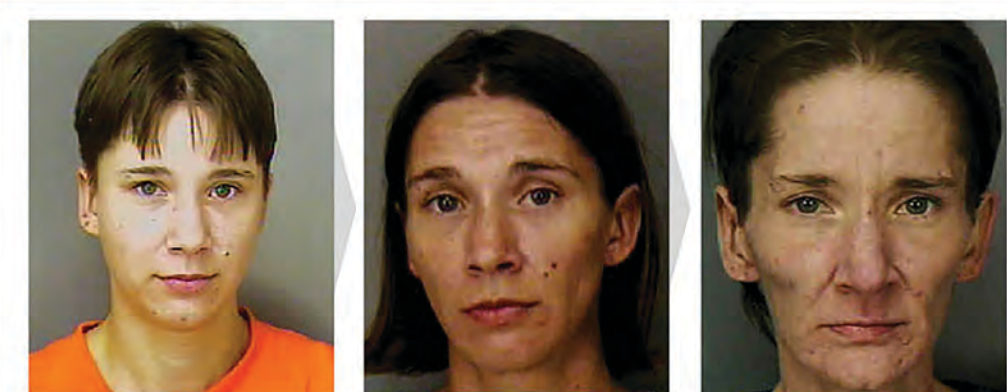
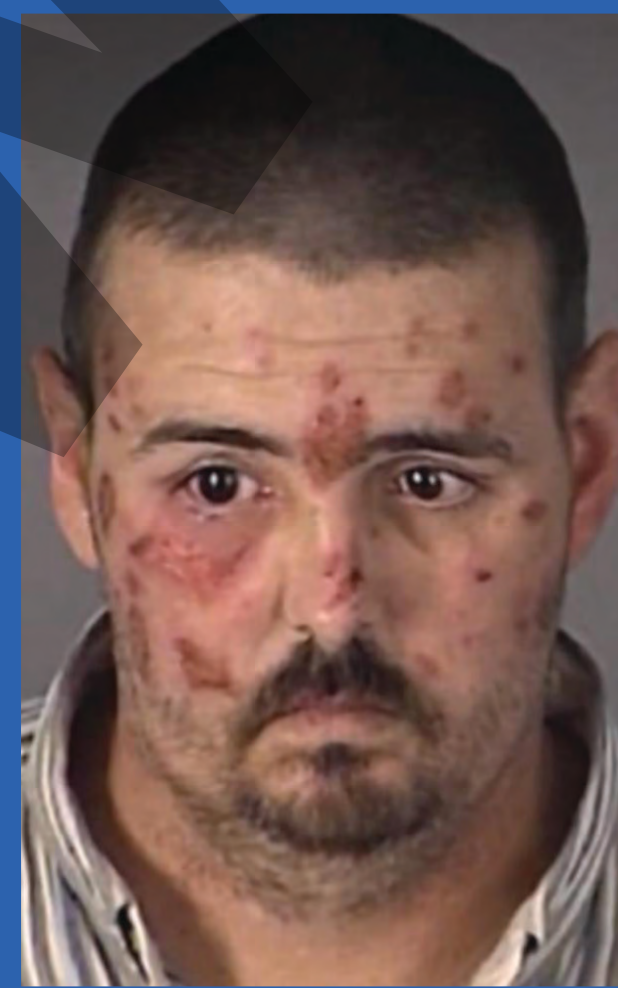


## APPEARANCE

**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.**

## 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, user 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.

## 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

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

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

# DON'T METH UP YOUR LIFE!