



## Methamphetamine

**REMEMBER:** A person's experience with any drug can vary. There are a number of things that have an impact on person's experience with a drug including but not limited to: the amount and the strength of the drug consumed, the setting in which the drug is used, a person's mood or expectations prior to using the drug as well as the person's past experience with that drug.

- Methamphetamines are stimulants that can come in powder or crystal form. Powdered methamphetamine is commonly referred to as speed, meth or chalk. The crystal form is commonly referred to as crystal meth, ice or glass.
- Methamphetamine can be taken orally, injected, inhaled or smoked. The effects typically last 4-8 hours.
- The majority of methamphetamines are made in illegal labs using using toxic household chemicals and solvents.

### Short term effects may include:

- alertness, talkativeness, feelings of euphoria
- increased heart rate, blood pressure and body temperature
- uncontrolled, repetitive movements
- irritability and aggression
- diminished appetite

### Long term effects may include:

- skin problems
- speech and thought disturbances
- malnutrition and vitamin deficiencies
- weight loss
- depression, insomnia, psychosis and paranoia
- damage to heart, lungs, liver, kidneys and nerve cells
- decreased ability to experience pleasure

Methamphetamine continued.....

Other Dangers:

- Methamphetamine use has been known to produce hostility and paranoia, which may result in violence.
- Many people who inject methamphetamines are at risk for problems resulting from used/dirty needles including infections, HIV, AIDS and hepatitis.
- High doses can cause seizures and heart attacks.
- Methamphetamine use can cause irreversible damage to blood vessels in the brain which may produce strokes.
- Tolerance can develop with regular use.
- This drug is highly addictive. Withdrawal symptoms may include fatigue, irritability, hunger, depression, convulsions and intense cravings.
- Methamphetamines are dangerous to use during pregnancy or in combination with other stimulant drugs.
- Methamphetamines are often produced using toxic household chemicals and solvents which can be very harmful to the body.

**Is my use of alcohol/other drugs a problem for me? If you are wondering whether it may be causing problems for you and would like to speak to an AFM Youth Counsellor you can call us at ( 204)944-6235 for more information.**