

# Facts n

## Drugs

### SECTION: METHAMPHETAMINE

#### Overview

- Methamphetamine is a stimulant and is considered a club drug.
- Methamphetamine users will experience increased physical energy and hyperactivity.
- A methamphetamine high can last from 20 minutes to 12 hours.
- Among club drugs, methamphetamine accounts for the largest number of emergency room visits by teens.

#### Definition

- Methamphetamine is a stimulant that affects the body's central nervous system.
- It stimulates brain cells and enhances mood and body movement, while simultaneously destroying brain cells.
- It's a white, odorless, bitter-tasting crystalline powder that easily dissolves in beverages.
- It can be swallowed, smoked, snorted, or injected.  
Street names for methamphetamine include: Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass.

#### **Short-term effects of methamphetamine use:**

- Enhanced mood
- Increased levels of energy
- Excited speech
- Decreased appetite
- Aggression
- Violence
- Convulsions
- Hypothermia
- Death

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### **Long-term effects of methamphetamine use:**

- Memory loss
- Psychotic behavior
- Respiratory problems
- Extreme anorexia
- Brain damage
- Stroke
- Heart damage
- Death

### **Quick Facts**

- It is usually produced in secret labs using inexpensive, over-the-counter ingredients.
- Meth is typically sold through networks of acquaintances, not on the street.
- Methamphetamine is extremely addictive, and users can get hooked after one dose.
- Methamphetamine produces a jittery high.
- Among club drugs, methamphetamine accounts for the largest number of emergency room visits by teens.
- Over time, methamphetamine users can develop symptoms similar to Parkinson's disease, a severe movement disorder.

### **Frequently Asked Questions**

Q. Are there any medical uses for methamphetamines?

A. Methamphetamines may be prescribed for narcolepsy, attention deficit disorders, and obesity. Prescriptions for this drug are rare because it is highly addictive and the side effects are severe.

Q. Can using methamphetamine make you thin?

A. Short term use of methamphetamine decreases a person's appetite, and if used over a long period of time, it can lead to extreme anorexia.

Q. If I'm shy, will using meth make me more social?

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- A. Meth will produce a jittery high and excited speech, but it can also cause convulsions, hyperthermia and death in just one use...not worth the risk!
- Q. If methamphetamine makes people feel so good, why do some people get violent?
- A. Methamphetamine makes users paranoid which often results in violent behavior. Users may also be aggressive and violent when they are coming down from a high.

### Quick Quiz

#### **QUESTION #1**

Fact or Myth? You would be able to tell if your drink had methamphetamine in it.

This statement is a myth. Methamphetamine is a white, odorless, bitter tasting powder, but it is easily dissolved in beverages like fruit juice that hide the taste.

#### **QUESTION #2**

Fact or Myth? Methamphetamine is usually made in secret labs with low-quality ingredients.

This is a fact. Methamphetamine is created in secret labs with inexpensive over-the-counter ingredients.

#### **QUESTION #3**

Fact or Myth? Using methamphetamine increases energy levels.

This statement is a fact. Methamphetamine users have increased energy which produces a jittery high.

#### **QUESTION #4**

Fact or Myth? There is a low risk of brain damage from using methamphetamine.

This is a myth. The damage to the brain caused by methamphetamine use is similar to damage caused by Alzheimer's disease, stroke, and epilepsy.

#### **QUESTION #5**

Fact or Myth? Among club drugs, methamphetamine accounts for the largest number of emergency room visits by teens.

This is a fact. Using methamphetamine presents serious health risks and it is the club drug most likely to send teens to the Emergency Room.