

"Methamphetamine"

Knowing the Facts = Smart choices

Methamphetamine is an extremely addictive stimulant drug that strongly activates certain systems in the brain. Use releases high levels of the neurotransmitter dopamine, which stimulates brain cells enhancing mood and body movement. This eventually leads to permanent brain damage as natural dopamine production sites are destroyed, forcing the user to become even more reliant on meth for pleasure. *Data from <http://www.metheducation.com/methfacts.html> and Parents. The Anti-Drug.

DID YOU KNOW...? According to the 2011/2012 California Healthy Kids Survey, 12% of Laytonville High School 11th and 12th graders have used methamphetamine or any amphetamine at least once, and 76% of high school 9th and 10th graders have used some sort of drug in their lifetime.

METH-A-MORPHOSIS



Why is "Meth" Dangerous?

According to the American Council on Drug Education, methamphetamine is a drug with immense abuse potential. The drug can be swallowed, smoked, snorted or injected. Users may become addicted quickly and use it with increasing frequency and in larger doses. Users may exhibit signs of increased wakefulness, increased physical activity, decreased appetite, increased respiration, hypothermia and euphoria. They may also display signs of irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness. Hypothermia and convulsions can result in death. Meth can be swallowed, smoked, snorted or injected. Meth can be in powder form, or chunks which resemble rock candy.

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METH

A synthetic stimulant that affects the central nervous system

Full name: Methamphetamine

Nicknames: Ice, speed, chalk, crystal, glass, crank, yaba, fire, tina, tweak, poor man's cocaine, uppers, trash, yellow bam, methlies quick, stove top, go-fast

Composition: Pseudoephedrine, a decongestant, and a number of toxic ingredients like lye and drain cleaner

Form: White or yellowish crystalline powder, crystals, or a pill

Use: Snorted, smoked, injected, or swallowed

Addiction Factor: Extreme—one of the most addictive substances

Physical and Mental Effects: A host of undesirable effects including brain damage, organ failure, stroke, open sores, rotting teeth (meth mouth), mania, paranoia, obsessive compulsive behaviors, and psychosis

Social Effects: Withdrawal from friends and family, increases in criminal activity to support addiction, violent behavior, and suicide

Environmental Effects: Over 5 pounds of toxic waste created for every pound of Meth—contaminates water, endangers wildlife, and is hazardous to human health

Where can I go for help?

Long Valley Health Center offers Alcohol & Other Drug Counseling, for info call 984-6131.

For acute toxicity call the California Poison Center: 1-800-222-1222.

For more info, check out:
www.methproject.org



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