

Methamphetamine first achieved notoriety in the 1960's and 70's. Methamphetamines are the souped-up version of amphetamines, stimulant drugs that were once used to treat certain medical conditions. Unlike other illegal drugs which are imported into the country, meth can be made anywhere, making it potentially much more deadly and wide-spread than crack cocaine.

In the 1980's drug traffickers brought ICE, the most potent free-base form of methamphetamine, to Hawaii and the West Coast. Methamphetamines are making a dramatic comeback. Within the last three years, the death count from meth abuse has tripled.

...of a fast killer

Nothing ruins your chances in life quite like...

If you or someone you know uses METH... get help. Quitting meth is a slow and difficult process. The addict needs the assistance of a drug treatment facility. Have the addict call or visit a treatment center nearby, or if they refuse, call one for them. Every day with a meth addiction takes a person further from a cure and closer to death.

...a damaged mind and body.



For more information contact the  
**Public Information Office**  
**IGCN - 100 North Senate Avenue**  
**Indianapolis, IN 46204-2259**  
[www.state.in.us/isp](http://www.state.in.us/isp)  
**ISP Methamphetamine Hotline**  
**1-800-453-4756**

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crank junk fast tweek crystal meth jet fuel speed glass zoom wake up stuff ice rocket fuel sketch

# methamphetamine

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## Where does Methamphetamine come from?

Methamphetamine is produced in makeshift underground laboratories. The people making the drug usually have no scientific background and manufacture it dangerously. There is no way to know how strong the meth is on the street, or even what is actually in it. Doctors have reported cases of people whose throats were severely burned by meth that was cut with Drano.

## What is Methamphetamine and how does it affect the body?

A more potent form of amphetamine, METH can be either smoked, eaten, snorted or injected. Meth's effect on the body is similar to that of the natural chemical adrenaline, but with deadly side effects. Once in the body, meth quickly affects the central nervous system, speeding up the heart and increasing blood pressure uncontrollably. While the high from one hit of crack lasts about 15-20 minutes, a meth high can last for hours. Smoking the rock form, ICE, can produce a high for up to 24 hours. And users on a "run" or a "marathon", taking meth hits every few hours, go for days on end without eating or sleeping.

Meth is highly addictive. Meth causes the brain to release dopamine, a natural chemical that makes you feel good and is vital to normal brain functioning. After a while, meth's presence in the brain forces neurons to release an enzyme that destroys the extra dopamine, as well as the brain's ability to produce dopamine. Prolonged use of meth results in a permanent altering of the brain's natural chemistry. Translation: brain damage.

The body also builds up a tolerance for methamphetamine. This means that a user will need more of the drug each time to reach the same high. It's like listening to high volume music – after a while it doesn't seem loud.

As the effects of the drug wear off, users experience a severe "crash".

Some may sleep for long periods of time, but most users experience what is called "tweaking" or "methamphetamine psychosis", a condition similar to schizophrenia. They turn paranoid, delusional and strike out aggressively at those around them and themselves. They may also have fevers of up to 108°, which can also cause permanent brain damage. With continued use, the "crashes" get worse and worse.

Eventually, chronic users wind up lying like vegetables in hospital beds, if they're not already dead.

## What are the short term side effects?

- A false sense of well-being
- Convulsions, twitching and jerky movements
- Aggressive behavior
- Increased heart rate
- Increased muscle tension
- Grinding of teeth
- Stimulation of the adrenal gland
- Constriction of blood vessels
- Rise in blood pressure
- Impaired speech
- Dry, itchy skin
- Loss of appetite
- Hallucinations
- Acne, sores
- Paranoia
- Insomnia

## What are the long-term effects?

- Malnutrition
- Liver damage
- Brain damage
- Severe weight loss
- Fatal kidney and lung disorders
- Insomnia
- Permanent psychological problems
- Lowered resistance to illness
- Stroke
- Coma
- Death

## Myth

Using meth will give you lots of energy.

**Fact** Meth dangerously increases your heart rate and blood pressure. The extra energy leads to convulsions and tremors, stroke, heart attack, coma or death.

## Myth

Meth is safer than heroin and cocaine.

**Fact** Meth is more harmful than cocaine and heroin. It is highly accessible and cheaper to produce, with side effects that are just as deadly.

## Myth

Meth will help you lose weight.

**Fact** Meth takes away your appetite for everything except meth, resulting in a pale complexion, sunken eyes and cheeks, and rotten teeth. Meth makes your body cannibalize itself.

