What is methamphetamine?
• Methamphetamine ("meth") is a powerful stimulant that speeds up the brain and body.
• It is made from poisonous ingredients (battery acid, fertilizer, drain cleaner, lantern fuel, anti-freeze).
• It is usually a white, bitter-tasting powder or a pill. One form of the drug, called crystal meth, looks like glass fragments or shiny, bluish-white rocks.
• It is swallowed, injected, smoked, or snorted.
• The euphoric (joyful) feeling from methamphetamine fades quickly, so people often take repeated doses in a "binge and crash" pattern.

Methamphetamine and pregnancy
• Using methamphetamine while pregnant can cause complications such as reduced blood flow to the unborn child, slow growth, and birth defects.
• Methamphetamine use can lead to long-term negative health effects in exposed babies. These include reduced mental skills, and reduced ability and ease in the use of the hands or body.

Risks of methamphetamine use
Short Term
• Negative health effects (see other side).
• Overdose, which means taking more methamphetamine than your body can handle.
• Signs of an overdose are enlarged pupils, irregular heart rate, chest pains, stomach pain, anxiety, paranoia.

Long Term
• Tolerance, which means needing more methamphetamine to get the same feeling.
• Addiction, which is a brain disease that is manifested by compulsive substance use despite harmful consequences.
• Withdrawal, which means the symptoms you have when you stop using, including anxiety, fatigue, severe depression, and psychosis (believing, hearing, or seeing things that aren't real).
• Long term use of methamphetamine can damage the parts of the brain that help us feel pleasure and store memories.

Methamphetamine increases your risk of disease
• People who use methamphetamine are at high risk for HIV, Hepatitis B and C, and other sexually transmitted diseases.
• People who use methamphetamine have an increased risk of developing Parkinson's disease.

Helpful links
https://www.drugabuse.gov/publications/drugfacts/methamphetamine
http://www.projectknow.com/research/crystal-meth-overdose/
Sources: Indiana University SBIRT@IU; SAMHSA, Tips for Teens; NIH Drug Facts, What is methamphetamine; DrugAbuse.com, Meth and Pregnancy
Methamphetamine Effects on the Body

- Overdose/death, stroke, serious brain damage
- Aggressive or violent behavior; believing or seeing/hearing things that aren't real
- Lack of sleep, paranoia, irritability, dizziness, confusion, anxiety, depression, hair loss
- Heart attack, heart racing, blood vessels tighten, inflammation (swelling) of the heart
- Loss of appetite, dramatic weight loss

**During pregnancy:** May cause lack of oxygen to the fetus, fetal death, low birth weight, slowed physical growth, birth defects, smaller head circumference, heart abnormalities, delayed development

**In Men:** increased sex drive, risky sex, problems with erection and ejaculation

**In women:** increased sex drive, risky sex, vaginal dryness

Scabs, sores, scratches, burns, jerky movements, convulsions, loss of coordination, increased body temperature, sweating

Visit www.sbirt.care for more resources!