

WHAT SHOULD I DO IF SOMEONE I KNOW IS USING METHAMPHETAMINE?

Substance abusers typically don't understand the risk of using a drug and they are unable to recognize their need for help once they start. The same is true for a meth user. It's up to family members, friends, co-workers or other concerned persons to work with substance abuse professionals to get the user into treatment. To get information on treatment programs in your area, call the Michigan Substance Abuse Treatment Referral Line:

1-888-736-0253

Though you may not be able to stop a methamphetamine user yourself, there are many treatment programs and support options available to help them regain control of their life.

If you suspect someone is manufacturing methamphetamine, or for any other meth related questions or inquiries, call the Meth Tip Hotline toll-free at **1-866-METH-TIP**

The call is anonymous and confidential.
Or visit us on the web at:

www.michiganmethwatch.com



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WHAT IS METH?
A LOOK AT WHAT METHAMPHETAMINE IS, AND WHAT TO DO IF SOMEONE YOU KNOW IS USING METHAMPHETAMINE.



WHAT IS METHAMPHETAMINE?

Methamphetamine is a powerful synthetic stimulant. It is known by a variety of names including meth, speed, crystal meth, crank and cat. The drug comes in chunk, powder, pill, and capsule form. "Ice" is a clear form of methamphetamine that looks like chunks of ice or crystal.

It can be snorted, taken orally, smoked, or injected. Ice is usually heated and the vapors produced are inhaled.

WHO USES METHAMPHETAMINE?

While the drug is used by a wide range of men and women, most users are men in their late teens through early thirties. Methamphetamine has also gained popularity at rave parties in the last few years.

WHAT HAPPENS WHEN PEOPLE TAKE METHAMPHETAMINE?

In the short term, methamphetamine causes increased blood pressure, dilated pupils, increased breathing rate, loss of appetite, tremors, heavy sweating, nausea, headache and dizziness. Very high doses can quickly kill users by damaging blood vessels in the brain.

HOW CAN I TELL IF SOMEONE IS USING METHAMPHETAMINE?

People who are under the influence of methamphetamine can appear restless, anxious, and very talkative. They often speak quickly and in fragments, making them difficult to understand. Some users also show impaired judgement, hallucinations, paranoia and increased aggression.

They may also experience amphetamine psychosis 36 to 48 hours after taking a large dose of methamphetamine. The effects include hallucinations and delusions. Most meth users take the drug continuously for several days at a time. During these "runs," they usually do not eat or sleep. Meth runs are always followed by a "crash," during which users sleep for days at a time and experience anxiety and severe depression. While depressed, suicide is a major concern.

IS METHAMPHETAMINE ADDICTIVE?

Yes, extremely. The binge-and-crash cycle that the drug creates can lead to addiction after only a one-time use. Severe exhaustion, depression, and a strong craving for more of the drug accompany the crash. The body's tolerance to methamphetamine builds quickly, which means that frequent users must take more and more to get the same effect.

WHAT ARE THE RISKS OF USING METHAMPHETAMINE DURING PREGNANCY?

Women who are pregnant, considering pregnancy, or breast feeding should never use methamphetamine. In addition to the problems normally associated with the drug, use during pregnancy can cause premature labor, separation of the placenta, and other problems.

Babies born to mothers who use methamphetamine during pregnancy often experience problems that follow them for many years. They often have stunted growth, tremors, poor feeding habits, disturbed sleep patterns, and poor muscle tone. They also show elevated heart rates, rapid breathing, and an increased risk of Sudden Infant Death Syndrome.