**Short-Term Effects**
- Increased attention
- Increased activity and wakefulness
- Decreased appetite
- Increased respiration
- Rapid/irregular heartbeat

**Long-Term Effects**
- Addiction
- Paranoia
- Hallucinations
- Repetitive motor activity
- Changes in brain structure and function
- Deficits in thinking and motor skills
- Increased distractibility
- Memory loss
- Aggressive or violent behavior
- Mood disturbances
- Severe dental problems

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**Treatment**
- There are currently no medications that counteract effects or promote abstinence of methamphetamine.

The most effective treatments for methamphetamine addiction at this point are:
- Behavioral therapies, Contingency management, & Motivational Incentives for Enhancing Drug Abuse Recovery

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For More Information on Methamphetamine or Treatment Information Please Call or Visit:

- **Partnership for Drug-Free Kids**  
  Or Call: 1-855- DRUG- FREE

- **National Substance Abuse Treatment Facility Locator**  
  or Call 1-800-662-HELP (4357)

- **Peace of Mind Counseling**  
  608-797-5679

- **Coulee Council on Addictions**  
  608-782-7152

- **Mayo Clinic Health Systems**  
  608-392-9555

- **Gundersen Health Systems**  
  608-782-7300

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In the event of an emergency or suspected overdose call **9-1-1 immediately!**
What it is

- A powerful, highly additive stimulant.
- Also known as meth, chalk, ice, and crystal.
- Common chemicals of meth production also include: Acetone, ammonia (fertilizer), ether, red phosphorous and lithium.
- The powder is typically white, odorless, bitter tasting crystalline powder, easily dissolvable in water or alcohol.
- Sometimes the color may be brown, yellow-gray, orange, or pink.
- Crystal meth resembles glass.

How it is Abused

- Smoked, inhaled/snorted, injected, or taken orally.
- Smoking or injecting produces a very quick “rush” as the drug enters the bloodstream & brain.
- Typically used in a “binge and crash” pattern which may last several days foregoing food and sleep.

Effects on the Brain & Body

- Meth increases the amount of dopamine in the brain & may cause emotional & cognitive issues.
- Meth reduces motor skills & impairs verbal learning.
- Meth use leads to an increased risk of HIV, Hepatitis B and C due to sharing contaminated syringes & unsafe sex.
- Meth alters judgment and inhibition. This can lead people to engage in these and other types of risky behaviors.
- Meth use may also worsen the progression of HIV/AIDS.

Signs Someone May be Using

- Psychotic behavior characterized by paranoia and hallucinations - they may obsess over the idea of being watched.
- Strange sleeping patterns - staying up for days or even weeks, then sleeping for days.
- Borrowing money often, selling possessions, or stealing.
- Changes in physical appearance including deteriorating hair, poor skin, or decaying teeth.
- Obsessively picking at hair or skin.
- Unusual or foul body odor - some may smell like ammonia.
- “Meth Mouth” - broken, discolored and rotting teeth and gums due to lack of saliva, tooth grinding or clenching, bad hygiene, and craving sugary foods and drinks.

‘Shake & Bake’

- Fast, cheap and simple way to make meth.
- Just as dangerous as super labs.
- Is dangerous to handle to toxic waste.
- Can produce explosions.
- Often done in vehicles or public bathrooms.
- Cookers leave the bottles in the public, hid in dumpsters, attics, or basements.
- **VERY** dangerous if found.