

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

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

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

In the event of an emergency or suspected overdose call 9-1-1 immediately!

Methamphetamine



La Crosse County Heroin and Other Illicit Drugs Task Force

Visit us on the Web:

<http://www.lacrossecounty.org/hTaskForce.asp>

or Call: (608) 785-9872

What it is

- A powerful, highly addictive 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.



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.



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.

‘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.

