

METHAMPHETAMINE

What is it?

Methamphetamine (meth) is a powerfully addictive stimulant drug that has a high potential for abuse and dramatically affects the central nervous system. It comes in various forms, the most common being a white, odorless, bitter-tasting powder or crystal that easily dissolves in alcohol or water.

Where is it made?

Most of our country's meth supply is produced by super labs in Mexico and Southern California run by organized crime and street gangs. About 10% is made in makeshift labs found in basements, bedrooms, kitchens, garages, hotel rooms, and trunks of cars. Since the ingredients used to make meth are highly flammable there is always a pending danger of explosion or fire. The by-products are toxic and harmful to the environment.

How is it used?

Meth is usually smoked or injected and produces a high that can last 6 to 10 hours. It is so compelling that people will often re-dose and binge without sleeping, which is then followed by coma-like sleep.

Why is it used?

Like most drugs, people use meth for the rush. They also use it to increase energy, lose weight and/or to increase alertness.

Who uses meth?

A meth user could be anyone in your neighborhood: teen or adult, student or professional, male or female.

What are the short-term effects on the user?

- Euphoria and rush
- Alertness and inability to sleep
- Increased energy
- Increased heart rate and respiration
- High body temperature
- Decreased appetite
- Carelessness about appearance
- Paranoia and aggression
- Increased sexual arousal
- Oral disease

What are the long-term effects?

- Powerful addiction to meth
- Depression
- Brain impairment
- Severe health consequences
- Insomnia
- Severe anorexia

Is meth addiction treatable?

Yes, it is treatable, but recovery takes time and requires on-going support.

For more information:

Alcohol, Tobacco and Other Drug Services
800-804-0909

<http://www.dhhs.nh.gov/dcbcs/bdas/>

Online:

The National Institute DrugFacts at: https://www.drugabuse.gov/sites/default/files/drugfacts_meth.pdf

The Drug Enforcement Agency's Drug Fact Sheet at www.dea.gov/druginfo/drug_data_sheets/Methamphetamine.pdf

FACT SHEET

Alcohol, Tobacco and Other Drug Clearinghouse

NH Department of Health and Human Services

NHBDAS
NH DEPT. OF HEALTH AND HUMAN SERVICES
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

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