



# ***HOT Sheet***

## **Methamphetamine**

- Methamphetamine, or meth, is a highly addictive synthetic chemical that acts as a stimulant.
- It is snorted, injected, smoked, or swallowed.
- It is not to be confused with methadone, a synthetic opiate used to rehabilitate heroin users.
- Regular meth is a pill or a powder. Crystal meth resembles glass fragments or shiny blue-white “rocks” of various sizes.
- Most of the methamphetamine abused in the USA comes from foreign or domestic super labs. It is made from easily accessed legal ingredients such as battery acid and antifreeze.
- It can also be made in small, illegal laboratories, where its production endangers the people in the labs, their neighbors, and the environment. It is a high-level biohazard.
- Symptoms of use include increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia (when the body overheats), and a severe “crash” when it wears off. The skin of a user often has multiple acne-like sores.
- Other consequences of use include unhealthy weight loss, severe dental problems, anxiety, confusion, insomnia, mood disturbances, and violent, aggressive behavior.
- Psychotic features include paranoia, visual and auditory hallucinations.
- There can be damage to blood vessels in the brain which causes structural and functional changes in areas of the brain associated with emotion and memory.
- Use can cause a stroke, heart attack, and death.
- Street names include speed, meth, crystal meth, chalk, ice, crystal, crank, and tweak.

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing [bcunningham@blairdap.org](mailto:bcunningham@blairdap.org).