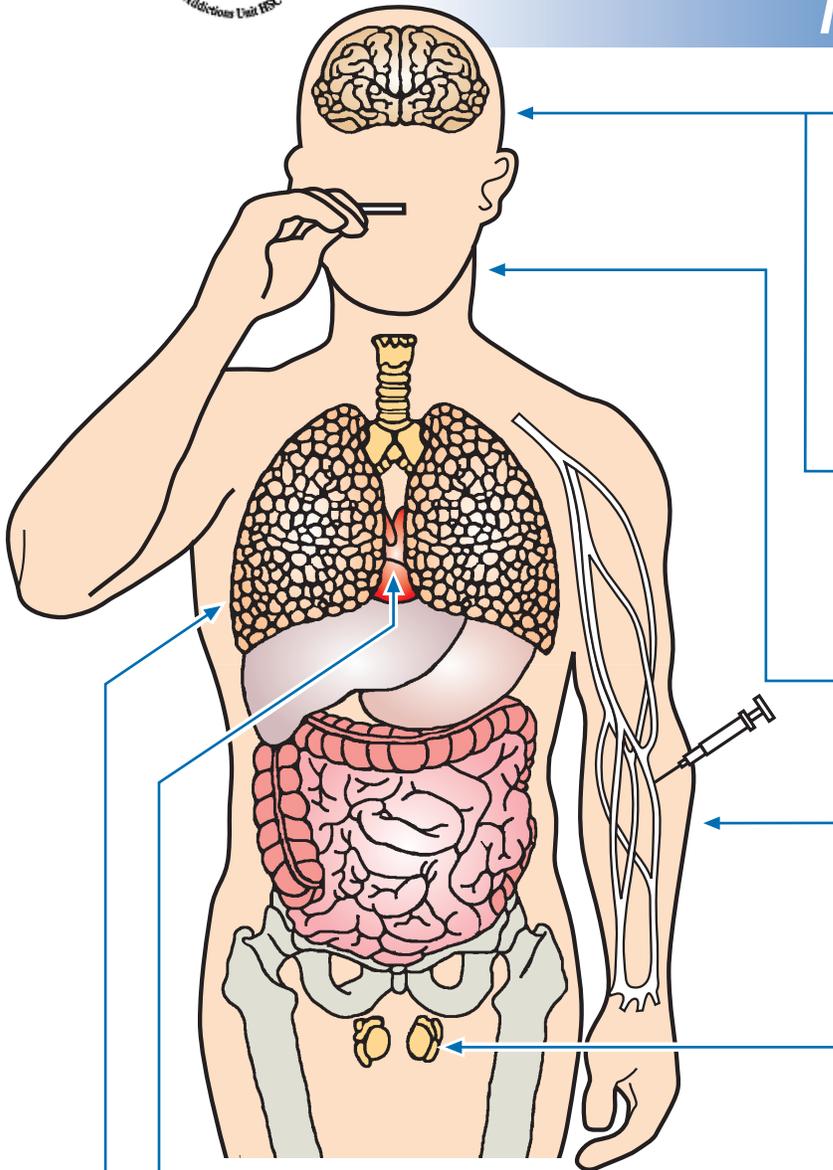




The Harmful Effects of **CRYSTAL METHAMPHETAMINE**



BRAIN

- Early effects are euphoria, increased energy and self-confidence.
- Extended periods of drug use may result in depression and suicidal feelings or psychosis (losing touch with reality, hallucinations, and paranoia).
- Brain damage whose symptoms mimic Parkinson's disease.
- Seizures.

BEHAVIOR

- Mood swings and irrational or violent behavior.
- Impaired judgment.
- Homicidal or suicidal.
- Criminal activity.

TEETH

- Often with long-term use of crystal methamphetamine, the teeth rot and fall out or break off.

SKIN

- At risk to develop infection because of needle use.
- Often feel itchy or "crawly" and may scratch until scabbed sores develop.
- May pick at fingernails.

REPRODUCTIVE ORGANS

- Men may develop difficulty maintaining an erection.
- Both males and females may be more likely to engage in compulsive, unprotected sex with multiple partners, putting people at increased risk of spreading a sexually transmitted disease.

HEART

- Increased pulse rate and blood pressure.
- Increased constriction of blood vessels and risk of stroke (bleeding in the brain).
- Heart disease, including angina, heart attack and sudden death.

LUNGS

- Pulmonary edema (which means swelling of lung tissue, making breathing difficult or impossible).





The Harmful Effects of **CRYSTAL METHAMPHETAMINE**

What is crystal methamphetamine?

It's a member of the drug class called 'amphetamines'. It is a rocky substance made by mixing over-the-counter cold and asthma drugs with toxic compounds and then crushed into a fine powder. From this powder form, the drug can be used as powder or used in an altered form if swallowed, placed in the rectum, inhaled or snorted, by needle, or smoked. It is highly addictive for many people.

What happens to crystal methamphetamine (a.k.a. 'crank', crystal meth', or 'ice') in the body?

- The most common effects most people have are: a "high", carefree feelings, increased energy and feel more sure of oneself, enhanced sexual feelings, feel less hungry and weight loss.
- Increased heart rate and blood pressure, constriction of blood vessels, increased risk of stroke (due to bleeding in the brain), seizures, and heart disease (including chest pains and heart attack), pulmonary edema (which means swelling of lung tissue) and sudden death.
- Psychosis (similar to paranoid schizophrenia) – which means losing touch with reality, paranoia, hallucinations (hearing, seeing, and feeling things that aren't real), irritability, problems sleeping, impaired judgment, irrational/violent behavior, and delirium, homicidal or suicidal.
- With chronic use, irreversible structural brain damage may occur that doesn't get better and may include symptoms that look like Parkinson's disease.
- Problems getting an erection ('crystal dick') and may be more likely to engage in compulsive, unprotected sex with many partners.
- Crystal meth may react differently if the person is already on anti-viral medication (for HIV).

What about tolerance?

Over time and with long-term use, the person develops 'tolerance' and requires more drug and higher doses to achieve the desired 'high'. With prolonged use and increased dose, drug dependence is created.

What about withdrawal?

When the person experiences withdrawal, it can appear as if the person has a Major Depressive Disorder, including depressed mood, loss of ability to feel pleasure, fatigue, cravings for the drug, and suicidal thoughts.

What about Long-term Psychiatric Problems?

Psychosis due to crystal meth use may last several days or weeks and the depressed mood may be long-lasting (sometimes for a few years). Often the person may need prescribed drugs, such as antipsychotic or antidepressants, and long-term follow-up with a doctor and/or psychiatrist as well as receiving treatment for addiction.



TRIGGERS	PLAN FOR TRIGGERS
<input type="checkbox"/> WHEN YOU ARE ON HOLIDAYS	
<input type="checkbox"/> WHEN YOU FEEL IRRITABLE OR TIRED	
<input type="checkbox"/> ON SPECIAL OCCASIONS (CHRISTMAS, BIRTHDAYS)	
<input type="checkbox"/> FEEL LONELY OR BORED	
<input type="checkbox"/> FEEL PRESSURED BY LACK OF MONEY OR DEBT	
<input type="checkbox"/> WHEN YOU HAVE MONEY TO SPEND	
<input type="checkbox"/> FEEL AFRAID	
<input type="checkbox"/> FED UP WITH LIFE OR WHEN YOU FEEL DEPRESSED	
<input type="checkbox"/> START THINKING YOU ARE HOOKED ON ALCOHOL OR DRUGS	
<input type="checkbox"/> NOT FEELING UNDERSTOOD	
<input type="checkbox"/> UNREALISTIC EXPECTATIONS OF SELF OR OTHERS	
<input type="checkbox"/> NOT USING SUPPORT SYSTEMS (ISOLATION)	
<input type="checkbox"/> GOING AROUND FRIENDS OR PLACES	
<input type="checkbox"/> RELATIONSHIP PROBLEMS	
<input type="checkbox"/> SELF-ESTEEM ISSUES	
<input type="checkbox"/> PROBLEMS AT WORK, SCHOOL OR HOME	
<input type="checkbox"/> WHEN YOU HAVE TO MEET NEW PEOPLE	