

METHAMPHETAMINE

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2

What Is Methamphetamine?

- Stimulant drug, classified as psychostimulant
- A Schedule II drug (along with cocaine and several other drugs) under the Federal Controlled Substances Act
- Highly addictive

Why Do People Use Methamphetamine?

- An initial intense sensation called a “rush” or “flash” that lasts only a few minutes. The rush is followed by a high that can last 6 to 8 hours. Oral or nasal use produces the same long-lasting high, but not the intense rush.
- To reduce fatigue and maintain productivity—particularly for tedious, repetitive, or physically demanding tasks or when working long hours.
- To increase sexual desire and activity.
- To lose weight.



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Why Do People Use Methamphetamine?

- Psychological effects of methamphetamine include:
 - Euphoria
 - Alertness or wakefulness
 - Feelings of increased strength and renewed energy
 - Feelings of invulnerability
 - Feelings of increased confidence and competence
 - Intensified feelings of sexual desire.
- Regardless of reasons why people use, the meth high is followed by a devastating low. This depression can be so intolerable that an individual will start using again.



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What's the Downside?

- Highly addictive
- Users can experience:
 - Irritability/aggressiveness/frustration
 - Anxiety
 - Depression
 - Fatigue
 - Paranoia
 - Hallucinations or delusions (e.g., sensation of insects crawling on the skin)
 - Intense drug cravings



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What's the Downside?

- "Binge and crash" pattern
- "Tweaking"—the crash phase—produces:
 - Anxiety
 - Irritability
 - Paranoia
 - Unpredictable/dangerous behavior
- To counter withdrawal, users frequently resort to alcohol, heroin, or marijuana.



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What's the Downside?

- Memory problems
- Insomnia
- Decreased appetite and anorexia
- Increased heart rate, blood pressure, and body temperature
- Tremors or convulsions
- Breathing problems
- Lung, kidney, and liver damage
- Irreversible damage to blood vessels in the brain, which can produce strokes
- Increased risk of getting or transmitting HIV/AIDS, hepatitis B and C, and other diseases
- Brain damage



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Effects of Meth

- Decreases fatigue and appetite
- Heightens attention
- Increases activity and respiration, creating feelings of high energy
- Enables people to stay awake and be physically (also sexually) active for long periods



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Where Does Meth Come From?

- Made using ingredients that are legally available.
- Manufactured in the United States and imported from Mexico and other countries.



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Who Is Using Methamphetamine?



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Trends in Use

- Meth use is greatest among those ages 19 to 40.
- Average age of first use of meth increased to 22.1 years in 2004.
- Males and females use meth at similar rates.

“If we prevent use, we prevent the problem!”



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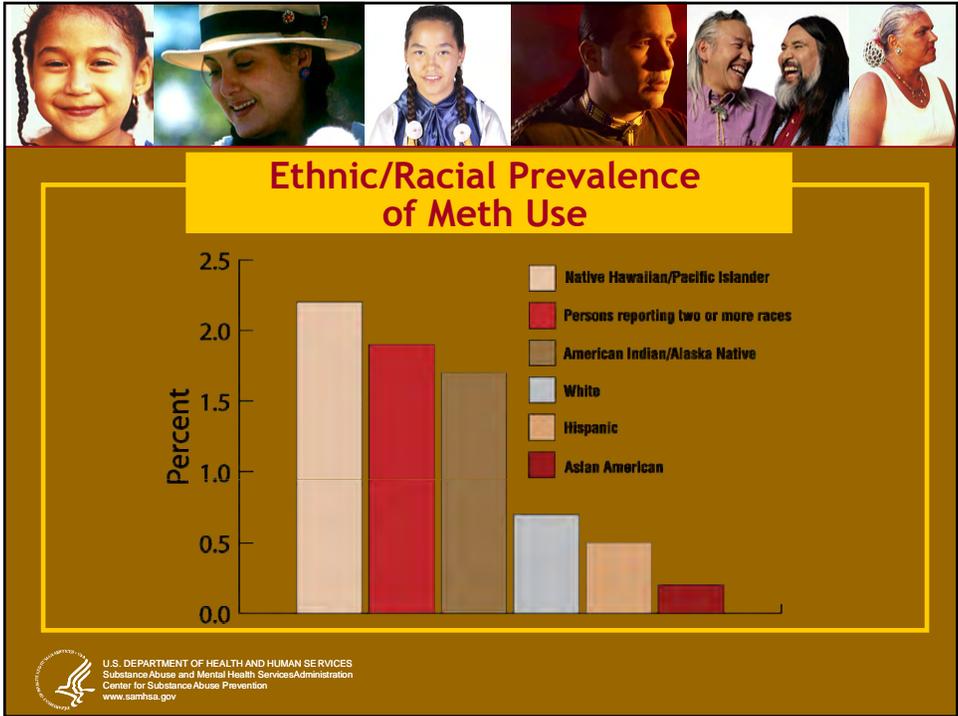


Adults and Meth Use

- Lifetime use: 4.9 percent of those aged 12 and older (12 million people)
- Past-year use: 0.6 percent of those aged 12 and over (1.4 million people)
- Past-month use: 0.2 percent of those aged 12 and over (600,000 people)



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What Can Communities Do To Prevent Meth Use?

- Combine efforts.
- Join, support, or help to start a local prevention group.
- Take steps to ensure that substance abuse prevention programs in your community are comprehensive and long term, with defined goals and objectives.

Next Steps

- In 2006, SAMHSA/CSAP awarded grants to 10 sites to support expansion of methamphetamine prevention interventions and/or infrastructure development.
- Grantee sites include the Cherokee Nation of Oklahoma and the Native American Rehabilitation Association in Portland, OR.

For More Information

Grant application information: www.samhsa.gov

National Clearinghouse for Alcohol and Drug

Information: 800-729-6686;

<http://www.ncadi.samhsa.gov>



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