

# Facts About:

## **Methamphetamine**

***(Crystal Meth, Glass, Ice, Gak, Crank, Tina)***

### **What is Methamphetamine?**

Methamphetamine is a drug that stimulates the central nervous system. When people use methamphetamine, they feel alert and energetic and often have no interest in food or sleep. Users may experience any or all of the following negative effects:

- Rapid and unhealthy weight loss (under no circumstances should this drug be considered as an aid to weight loss)
- Sores on the skin, or itchy skin that can lead to scratching and sores and infection,
- Confusion, irrational anger, paranoia and irritability,
- Damage to the inside of the nose from "railing" (snorting) the drug,
- Out of control rages (violent and aggressive behavior some times called "tweaking"),
- Problems with thinking, memory, concentration and movement,
- Brain damage - there is evidence that brain damage occurs in some users.

### **What to expect when someone quits**

In general, when people are withdrawing from methamphetamine they will experience the opposite of the effects of the drug. The severity of withdrawal depends on how long and how much they used. The following physical symptoms may last for about five days:

- Extreme tiredness - they may sleep for most of two to four days,
- Disturbed sleep patterns which may not return to normal for many weeks,
- Dry mouth,
- Headaches,
- Anxiety,
- Paranoia,
- Hallucinations.
- Loss of motivation,
- Low energy,
- Extreme craving for the drug.

### **What you can do**

Watching others withdraw from drugs can be frightening and you may feel helpless. You can support them by:

- Helping the person get plenty of sleep,
- Ensuring they get plenty of fluids, and providing healthy food,
- Encouraging and affirming their quitting as a very good thing,
- Acknowledging that withdrawal is difficult and sometimes painful,
- Reminding them that the brain and body need time to heal,
- Helping them learn to live again without the drug

# Facts About:

For more detailed information about Crystal Meth and how to help yourself or someone else go to: <http://www.CrystalRecovery.com>

## **What crystal did to Me!**

For several years, I was a pretty confused person.  
I got high for happiness and became unhappy.  
I got high for joy and became miserable.  
I got high to be out going and became self-centered.  
I got high for sociability and became argumentative and lonely.  
I got high for sophistication and became crude and obnoxious.  
I got high for friendship and made enemies.  
I got high to soften sorrow and wallowed in self-pity.  
I got high for sleep and awaken without rest.  
I got high for strength and felt weak.  
I got high medicinally and got sick.  
I got high because I thought my job called for it.  
You see I sold drugs. I lost my job and went to jail.  
I got high for relaxation and got the shakes.  
I got high for confidence and became uncertain.  
I got high for courage and became afraid.  
I got high for assurance and became doubtful.  
I got high to stimulate thought and blacked out.  
I got high to make conversation and couldn't remember what I said.  
I got high to feel heavenly and came to know hell.  
I got high for power and became powerless.  
I got high because I thought I had the right and everything turned out wrong.  
I got high to cope with life and almost died.

I wrote this 8 or 9 m in to my recovery. I am now into my second year and still going strong. By Corry G. in 2005

**The choice is yours – choose to live free from addictions!**