

Have you ever been pressured into trying Crystal Meth?

Do you know anyone that uses Crystal Meth?

So what do you do when a friend or someone you barely know thrusts some form of Meth into your face and everyone is expectantly staring at you? Your best defense is knowledge. Before making any uninformed decisions about using Crystal Meth read this article and get the facts.

The decision is yours.

METHAMPHETAMINE

What is Methamphetamine?

Methamphetamine is a type of drug that branches from amphetamines. Amphetamines stimulate the central nervous system into releasing a chemical called dopamine. Today, amphetamines are highly illegal and addictive drugs often found on the black market and are no longer used for treatments and therapies due to their potential for abuse.



SOME OTHER NAMES FOR METHAMPHETAMINE

Crystal Meth	Jib
Speed	No Doze
Crank	Snow
Tweak	Whizz
Chalk	Shabang
Go-Fast	Dope
Zip	Teena
Cristy	Sparkle
L-A	Rocket Fuel
Ice	Nose Candy

How Does Meth Work?

When the brain wants us to experience feelings of pleasure, like after a good meal or laughing with friends, it releases a chemical called dopamine. Dopamine provides the body with a glow of happiness and the mind temporarily blocks its needs, such as sleep and food, until the chemical is reabsorbed back into the blood stream and into the brain.

When Methamphetamine is ingested the brain is forced to release an unnatural amount of dopamine creating the instant feeling of euphoria and exhilaration. Any natural high of pleasure pales in comparison to this artificial one.

METHAMPHETAMINE

What does Meth look like?

Crystal Meth can even be smoked in which case it appears as shaved glass or clear crystals.



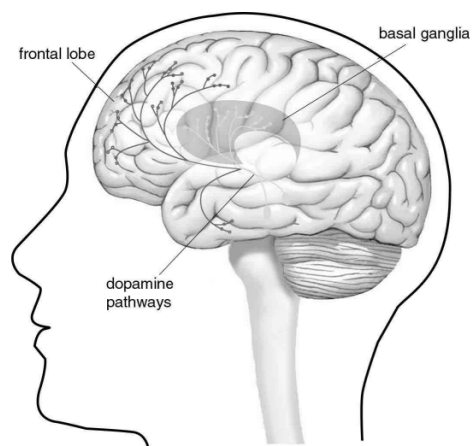
Methamphetamine can be taken orally and appears as a tablet or capsule.

It can be inhaled as a white powder or chunks of white powder.

Dopamine: We only have so much.

However, due to the unnaturally large flow of the chemical released during a high, most of the dopamine is flushed out of the body through the bladder rather than being reabsorbed by the brain. The brain cannot produce dopamine in large quantities. As a result, there will never be a high as intense as the first one. Taking the drug repeatedly will exhaust the brain of dopamine and make each high less and less effective. Also, the natural highs of everyday life cannot be achieved without the aid of Methamphetamine.

This is the nature of a Methamphetamine addiction. Each time it takes more of the drug to achieve the effects of the previous high. Also, the everyday pleasures of life, such as eating, laughing, the excitement of playing sports, reading or watching your favourite movie no longer produce much dopamine and therefore an addicts hobbies and interests that once gave pleasure, are quickly forgotten.



METHAMPHETAMINE

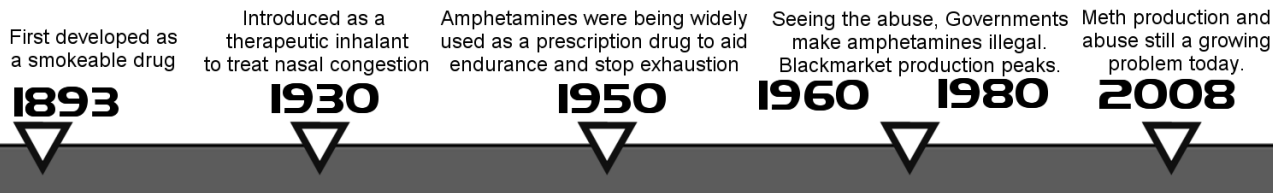
Where does Meth come from?

Amphetamines were available in the 1930's as an over the counter inhalant to treat nasal congestion. They soon became readily available in tablets to treat the sleeping disease Narcolepsy and Attention Deficit Hyperactivity Disorder or ADHD (At that time it was referred to as minimal brain dysfunction or MBD). During the Second World War amphetamines were being used to keep soldiers awake and active. Both dextroamphetamine and methamphetamine branched from their parent amphetamine, each with their own unique properties for keeping the soldiers active.

Use and addiction of amphetamines became wide spread. Truckers used the drug to keep themselves awake during long hauls. Athletes used the drugs to enhance performance and endurance. Some prescriptions were used to treat depression and some people employed the drug as a method of drastic (and dangerous) weight loss. It soon became apparent that the abuse of amphetamines far outweighed its therapeutic applications.

During the 1960's federal governments began to curb sales of amphetamines and doctors no longer prescribed them, except in extreme cases. Black market production and demand for the drug hit an all time high especially for methamphetamine. Of the three types of amphetamines, Meth is the most popular because of the effects it produces in high doses.

Timeline



True or False?

Q: Crystal Meth is currently the number one addiction problem in Canada?

A: False. Crystal Meth is a big problem, however Alcohol is still the number one addiction problem.

Did you know?

Crystal Meth is called a designer drug. This means that it does not require specialty ingredients from foreign countries for its manufacturing. Most of its ingredients come from everyday household items like lye, battery acid, and lantern oil.

METHAMPHETAMINE

Where is Meth manufactured?

Crystal Meth is known as a “Designer Drug”. This means that these drugs can be produced anywhere like trailers, basements or motel rooms. Other black market drugs such as cocaine or heroin, need special ingredients, climates and plants that cannot be grown in Canada or have been outlawed. There are thousands of different recipes for designer drugs, such as Methamphetamine, available on the internet making them easily accessible and, by the same token, dangerous.

Recipe

Some ingredients used to make Meth are:

Ephedrine	Battery Acid
Hydriotic Acid	Lantern Fuel
Hydrochloric Acid	Lye
Lead Acetate	Anti-Freeze
Drain Cleaner	

Why are there so many Meth labs?

Because any dealer that can make designer drugs will try. By cutting out the supplier the dealer makes all the profit for themselves. Making designer drugs requires great care and some delicate chemistry that some dealers will not bother to be patient about. The variety of ‘do it yourself’ recipes available on the internet make it quite probable that the average dealer off the street has some bogus ingredients or processes for producing the drug. There is no guarantee that the recipe of the pill you are about to ingest has been produced properly. Making every pill an uncertain gamble between a legitimate high and a bad overdose leading to permanent brain damage or death.



Recycling Urine

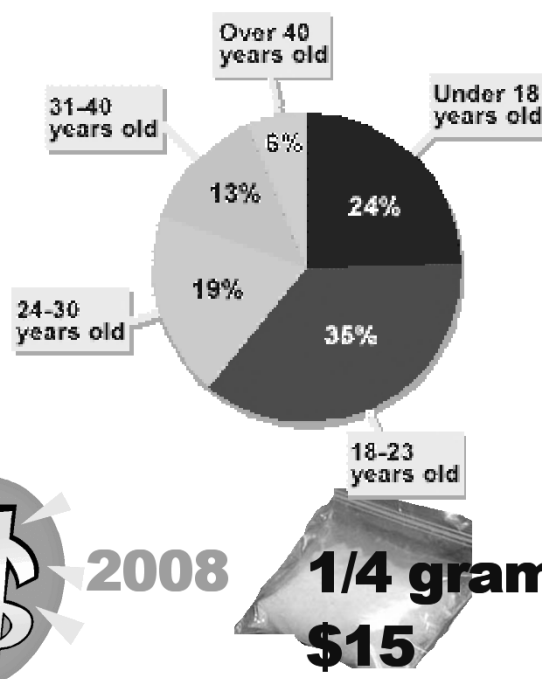
Some Meth labs use the recycling method of using an addicts urine. As much as 40% of the Methamphetamine can be filtered and reused from the urine of an addict. some addicts are so desperate for the high they have been known to drink their own urine to reuse the Methamphetamine.

METHAMPHETAMINE

Costs Down / Use Up

In 1996, the RCMP opened 13 files regarding drug use in Alberta. In 2002 the number of drug files were sitting at 164.

Meth labs appear anywhere from residential houses to trailer parks to industrial warehouses. For every pound of Meth produced there are five to six pounds of toxic by-product. This toxic waste is usually disposed of in a careless manner that creates a hazard for the surrounding neighbourhood and environment. Most of these labs were discovered due to fires and explosions that occurred while the drug was being produced.



1999



2008



What are the odds I could overdose?

A toxic reaction can occur at a relatively low dose of 50 milligrams of pure Meth. However, an overdose will vary from person to person depending on their weight and tolerance. Also, a recipe for the drug will vary from lab to lab.

At one lab a pill may be 10% pure and at another lab it may be 50% pure. Predicting the odds of an overdose is fairly impossible without specific details about the person and the manufacturer of the drug.

Signs of an Overdose

1. The high no longer feels good.

2. Nausea, vomiting, increased heart rate

GET TO A HOSPITAL NOW!

3. Fever, convulsions, unconsciousness, death

How Meth takes hold of you.

OVERDOSING

Overdosing occurs when too much of the drug is taken at one time and side effects begin to outpace your body's ability to absorb the drug. Heart rates continue to accelerate causing permanent damage to your heart. Nausea, vomiting, uncontrolled body movements that will ultimately result in seizures and finally death depending on the severity of the overdose.

THE HIGH

You feel a burst of energy and a rush of euphoria. Even if you were dead tired and starving you would forget about everything except the exhilarating feeling that you are having. Your heart rate increases along with body temperature. So along with feeling active you also feel hot.

CRASHING

Coming off the high of Meth you can expect the ultimate hangover. Dehydration, diarrhea, extreme fatigue and hunger. Also expect to be moody and depressed for the next couple of days to a week. There may also be the craving to get out of this Crash which is the first steps leading to ...

ADDICTION

It actually comes quite often from people crashing. Cravings for that same euphoric rush cause them to pursue the drug again. The following high is never as good as the previous but good enough to keep them coming back for more in order to avoid crashing. Often the user concentrates on nothing but the high and forgets about food and sleep. Extreme and unhealthy weight loss occurs at this point.

PROLONGED USE

The physical effects of an addict after prolonged use are pretty horrid. Prolonged periods of increased blood pressure, heart disease, nausea, diarrhea, vomiting, loss of limb control, seizures and a rise in body temperature. But nothing compares to the mental damage that occurs with a prolonged Meth addiction. Hallucinations, paranoia, violent and erratic behaviour and cases of the feeling - that bugs are crawling all over your skin, resulting in red welts from the continued scratching. There is premature aging and the body will build a tolerance to Methamphetamine. Eventually it will have little to no effect of pleasure.

Meth Myth

Not everyone who tries Meth becomes instantly addicted! Meth IS highly addictive but it has never been established how addictive. The potential for addiction varies from person to person based on their genetic makeup and life circumstances. Spreading white lies to scare others into staying away from Meth may work well initially. However, the lie does not work with those who have tried the drug and know the truth about Meth. It is fair to say that the risk of addiction is fairly high. 42% of first time users report an intense desire to use it again. 84% of second time users begin a pattern of increasing use. Are you willing to gamble with these odds for a temporary high?