

Crystal Meth

Overview

Crystal Meth

- ◆ Your knowledge/Our knowledge
- ◆ Why people choose to use it
- ◆ Short and Long Term Effects
- ◆ How it works

What is Crystal Meth

Amphetamine or Methamphetamine

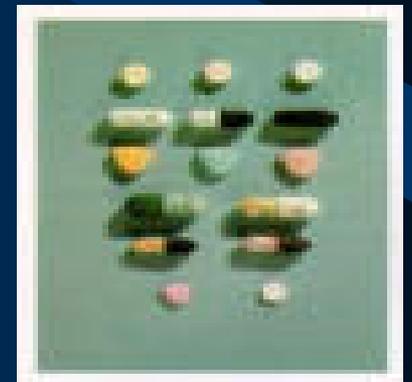
Synthetic or Natural



How is it Used



Smoked
Injected
Snorted
Swallowed



Why Do People Start Using Crystal Meth

- Improve mental and physical performance
- Alert
- Weight loss
- Energy
- Feel good

Patterns of Use

- Low intensity
- Chronic Periodic
- Binge and Crash

Binge and Crash

The rush:
5-30 minutes

The high:
6-12 hours or more

Bingeing:
3-15 days

Tweaking:

Withdrawal:

Crash:
1-3 days

Short Term Effects

- Pleasure
- Confidence
- Sexy
- Joy
- Irritability
- Aggression
- Power
- Fatigue

Short Term Effects

- Increased wakefulness, breathing, and heart rate
- Decreased appetite
- Dry mouth
- Overheating
- Tremors and Convulsions
- Depression as it wears off

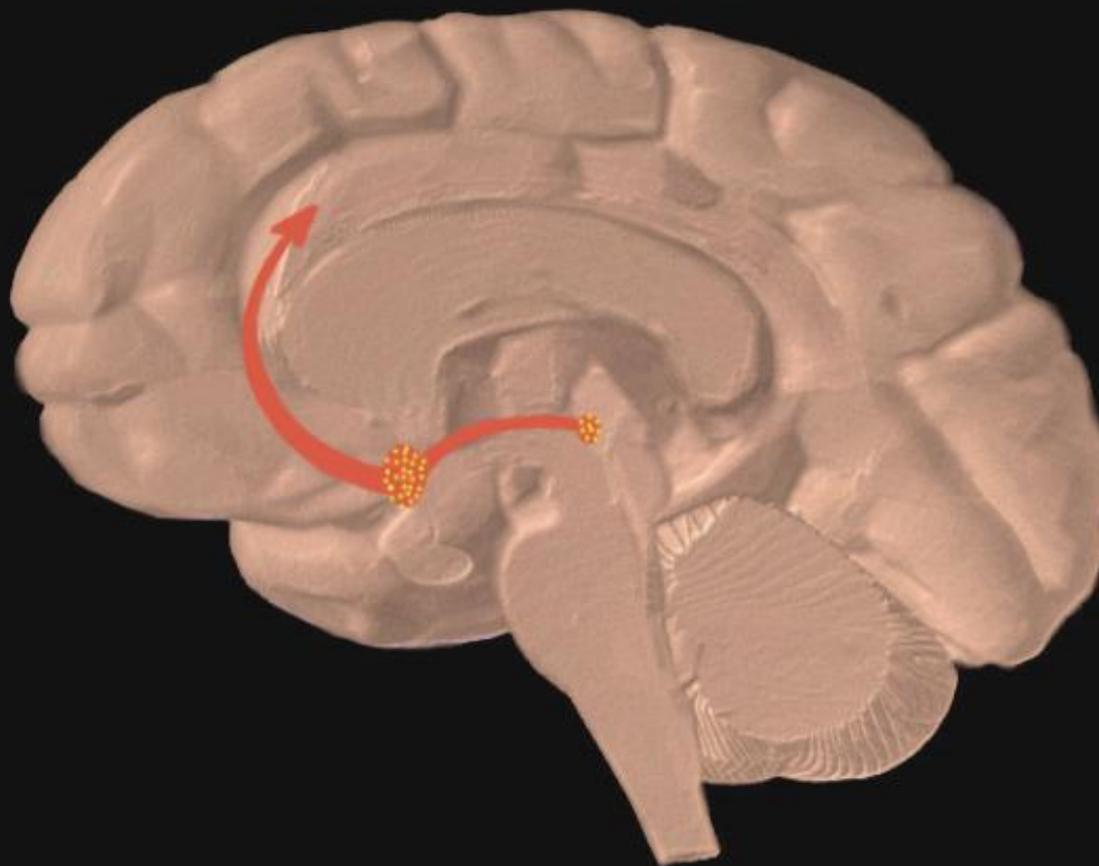
Dangers !

- Overdose
- Tolerance
- Addiction

Long-Term Effects

- Anxiety, confusion, and sleep problems
- Hallucinations and delusions
- Methamphetamine Psychosis
- Psychotic behaviour
- Chronic depression
- Severe weight loss
- Brain damage

How Does It Work?

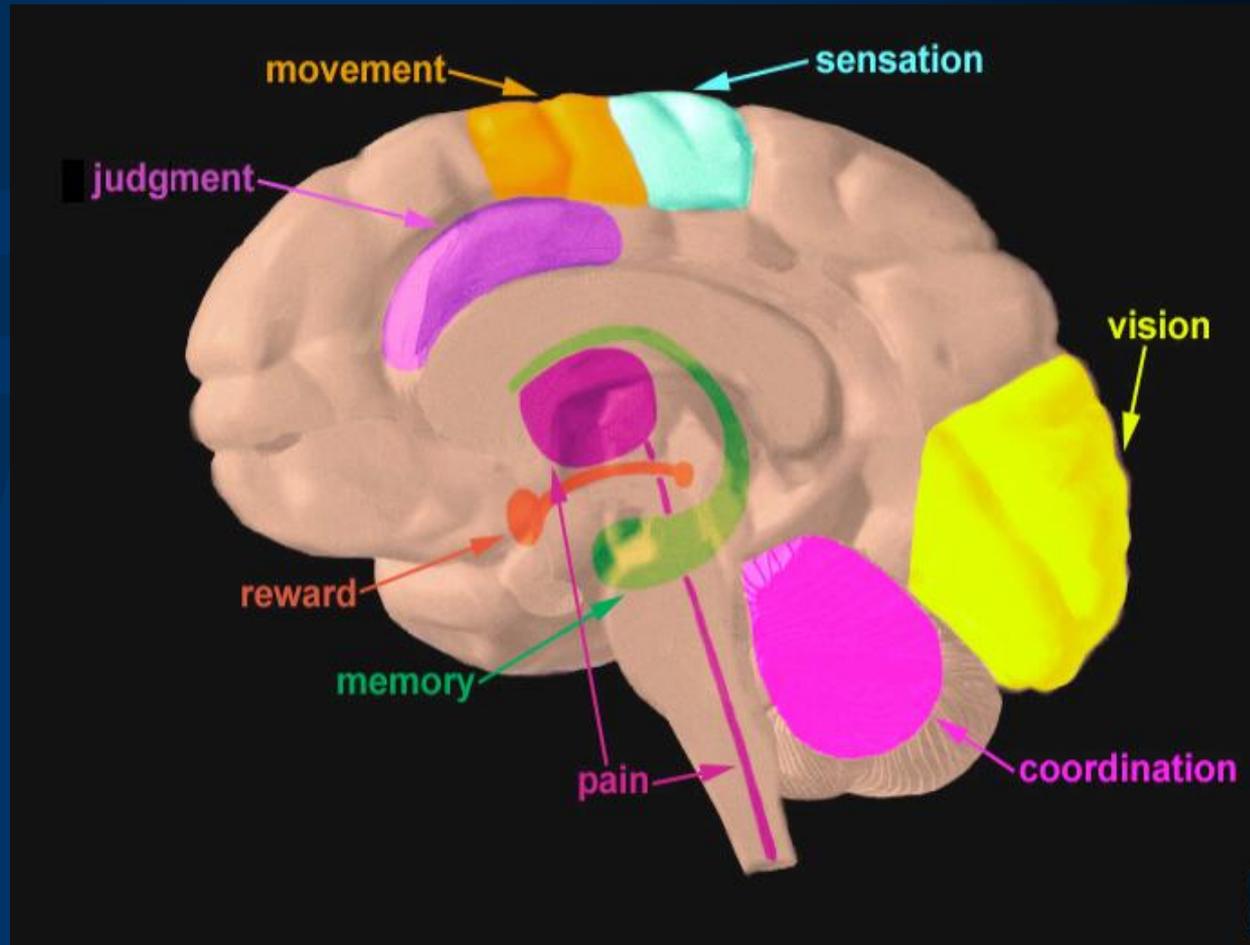


Dopamine

Pleasure

Movement

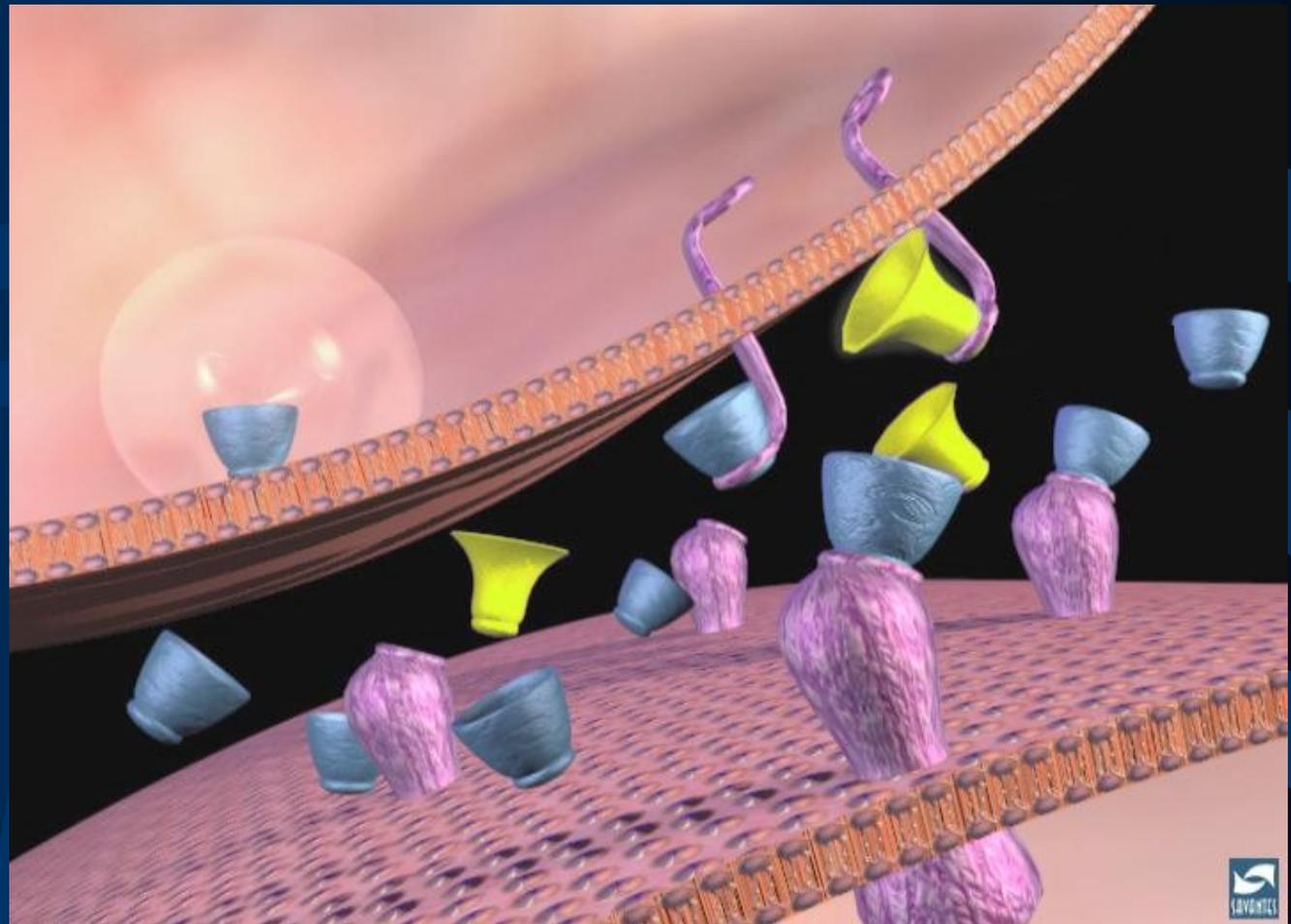
Coordination



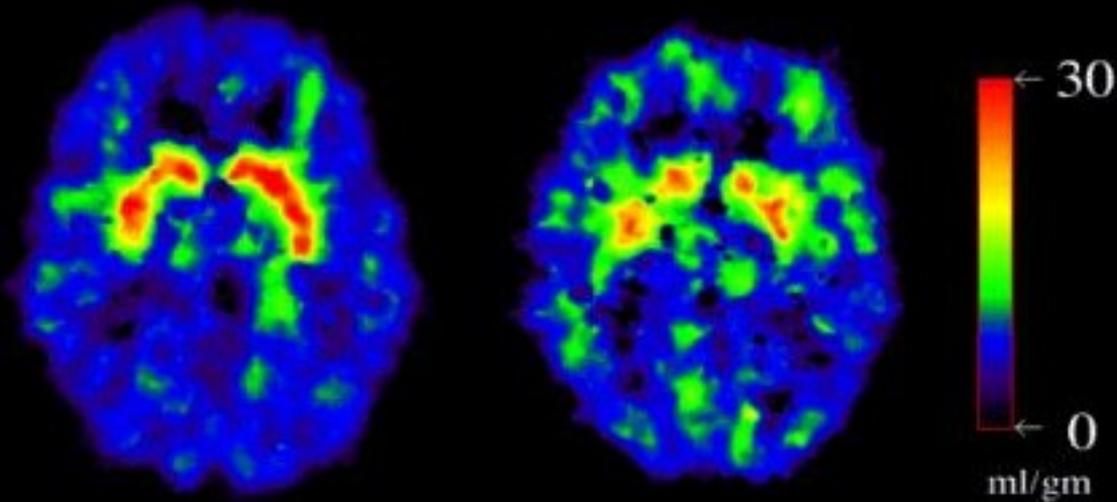
Dopamine Transmission

Dopamine

Crystal Meth



Loss of Dopamine Neurons After Heavy Methamphetamine Use



Comparison Subject

METH Abuser

Source: Volkow, N.D. et al., Am J. Psychiatry, 158(3), pp. 377-382, 2001.