

10 Ways **METH** can **MESS** with you

Methamphetamine, also known as “speed,” “meth,” “ice,” or “crystal” is an illegal drug that is highly addictive and potentially lethal. It is a white, odorless, bitter-tasting powder that can be either smoked, injected or snorted. Meth is one messed-up drug. Here are the top 10 reasons you should stay far, far away.

10. Meth can mess with your head.

Meth can make you act crazy. It can cause you to become delusional, paranoid, and suffer from hallucinations. It can also lead to psychotic behavior even months after you stop using.

9. Meth can mess with your social life.

Meth is highly addictive, and many users spend most of their free time looking for another way to find more of the drug instead of with family and friends.

8. Meth can mess with your weight.

Meth can decrease your appetite, causing you to drop some serious weight and leave you with a sickly, skeleton-like appearance.

7. Meth can mess with your mouth.

Use meth and you can kiss your pearly whites goodbye. Meth seems to take a terrifying toll on a user’s mouth.



Photo provided courtesy of the American Dental Association.

6. Meth can mess with your neighborhood.

Makeshift meth labs can be set up anywhere — from bedrooms to garages to children’s play areas to motel rooms — and can cause serious health hazards to you, your family, friends and neighbors. Cooking meth produces large amounts of highly toxic waste, which often gets dumped in yards, alleys and streets. Meth labs can explode, they can contaminate the environment, and they can endanger children (injury from fire, malnutrition, physical and sexual abuse, overdose, and exposure to toxic chemicals).

5. Meth can mess with your moods.

Meth can cause extreme mind and mood changes including irritability, anxiety, euphoria, confusion and severe depression. It can also result in episodes of aggressive and violent behavior.

4. Meth can mess with your sleep.

Meth keeps users awake and wired all night and even for days after using. When the binge is over, however, most users crash — becoming severely depressed, disoriented and unable to function. Long term effects can include chronic fatigue.

3. Meth can mess with your sex life.

Meth can cause impotence. And if that doesn’t scare you — this might: When high on meth, often the last thing on a user’s mind is protection, which can lead to the contraction of HIV/AIDS or other STDs.

2. Meth can mess with your skin.

Sores and scabs are common among meth users who pick and scratch at their skin because they think there are bugs crawling underneath it.



1. Meth can kill you.

If you use meth, you may experience liver, kidney, lung, and heart problems — all of which can be fatal.

What can I do to help a friend who is using?

If you know someone who is using meth, encourage him or her to stop and seek professional help.

To find a treatment facility in your area, visit <http://:dasis3.samhsa.gov/>.

To report suspected child abuse or neglect, call the DCFS Child Abuse Hotline at 1-800-25-ABUSE or 217-785-4020 (outside Illinois).

If you suspect a meth lab in your neighborhood, call your local police station.

