

Easy-to-Read Drug Facts

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Meth (Crank, Ice) Facts

Methamphetamine—meth for short—is a white, bitter powder. Sometimes it's made into a white pill or a clear or white shiny rock (called a crystal).

Meth powder can be eaten or snorted up the nose. It can also be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe.

Meth at first causes a rush of good feelings, but then those who use it feel edgy, overly excited, angry, or afraid. Their thoughts and actions go really fast. They might feel too hot.

Some slang names for meth are:

- Crank
- Ice
- Crystal
- Glass
- Chalk



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Signs of Meth Use and Addiction

Meth speeds up breathing and raises blood pressure.

Meth can make people hyperactive (full of too much energy). They might talk and move around a lot. They might not stop to eat or sleep.

People who use meth often scratch their skin, causing sores. They might have burns on their lips or fingers from holding a hot meth pipe.

Meth can make a person's mood change quickly. For example, they might feel excited, and then become angry and violent. They might feel afraid that someone's out to get them. They might want to end their own life.

People who get addicted to meth start needing to take more of it to get the same high. People who usually eat or snort meth might start to smoke or inject it (shoot up) to get a stronger, quicker high.



People who are trying to quit taking meth might:

- feel sad
- get really tired but have trouble sleeping
- feel angry or nervous
- be unable to feel happy

They will feel a very strong need to take the drug.

Effects of Meth on Brains and Bodies

These are just some of the problems meth can cause:

You Overheat

Meth can make your body temperature so hot that you pass out. Sometimes this can kill you.

Crank Bugs

Meth can make you feel like bugs are crawling on or under your skin. It makes you scratch a lot. Scratching causes sores on your face and arms.

Meth Mouth

People who use meth break, stain, or rot their teeth. They often drink lots of sweet things, grind their teeth, and have dry mouth. This is called "meth mouth."

You Look Old

People who use meth start looking old. They burn a lot of energy and don't eat well. This can make them lose weight and look sick. Their hands or body might shake. Their skin looks dull and has sores and pimples that don't heal. Their mouth looks sunken as the teeth go bad.

HIV/AIDS, Hepatitis

People who inject (shoot up) meth can get HIV/AIDS or hepatitis (a liver disease) if they share used needles. People also get these diseases by having unsafe sex. They often forget to use condoms because they're high on the drug.

Addiction

Meth use can quickly lead to addiction and hurt different parts of your brain. It can cause thinking and emotional problems that don't go away or that come back again even after you quit using the drug. For instance, you might feel, hear, or see things that aren't there. You might think that people are out to get you or start believing strange ideas that can't really be true.

