

# All About METH

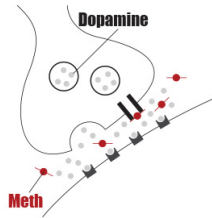


From the makeshift labs, to the streets, to the silver screen, meth is everywhere. Whether it is smoked, snorted, injected or swallowed, the drug is in the limelight.

Learn more about the drug that is sweeping the nation.

## What Is Meth?

Methamphetamine is a stimulant that affects the central nervous system. It increases the release of dopamine and blocks dopamine re-uptake.



Its legal uses included treating narcolepsy and attention deficit hyperactivity disorder.

Now, meth is a schedule II drug with a high potential for misuse. It is created illegally in labs.

**439,000**  
people used meth in 2011

out of the 439,000 people  
**133,000**  
of them were new users.

The average age of new meth users was 17.8 years old.

## What Does Meth Do?

Short-term effects:



Euphoria



Insomnia



Decreased  
Appetite



Irritability  
Aggression



Anxiety



Arrhythmia



Convulsions



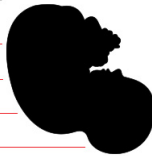
Heart Attack

Long-term effects:

Extreme paranoia	Severe dental problems ("meth mouth")
Anxiety	Delusions of parasites or insects crawling under the skin
Hallucinations	Damaged skin from scratching
Insomnia	Emotional and cognitive problems

## Women who use meth during pregnancy increase their risk for:

- Premature delivery
- Placental abruption
- Fetal growth retardation
- Heart and brain abnormalities



## Meth in the Media: It's Everywhere!

**Breaking  
Bad**

"Breaking Bad." The Emmy-Award winning show on AMC features Walter White, a chemistry teacher who turns to making meth after facing a cancer diagnosis.

**THIRD EYE BLIND**  
SEMI-CHARMED LIFE

Third Eye Blind's "Semi-Charmed Life." The first single from Third Eye Blind hit the Top 10, with lyrics about meth.

AMERICA'S NEXT  
**top model**

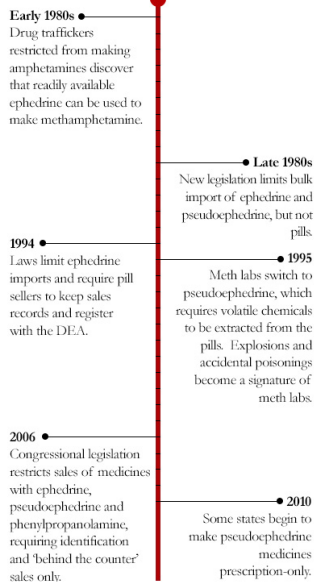
"America's Next Top Model." Contestant **Jael Strauss** appeared on the program in 2007, but by 2012 her meth problem was bad enough that family members tried an intervention on the "Dr. Phil" show. It failed.

## Movies

Winter's Bone (2010), Requiem for a Dream (2000)

## Meth Timeline

Meth can be made from ephedrine and pseudoephedrine, ingredients in cold medicines. Meth production has been a cat and mouse game with legislation. Each law changed spurred a change in production.



## Treatment for Meth Addiction

### Cognitive behavioral therapy

**Matrix model:** Combines behavioral therapy, family education, individual counseling, 12-step groups, drug testing.

### Sources:

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