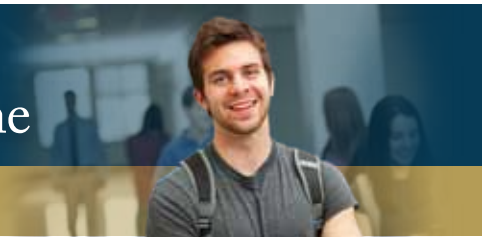


METH 101: An Introduction to Methamphetamine

www.getsmartaboutdrugs.com



SIGNS OF METH ABUSE

Methamphetamine, or “meth,” is a highly-addictive stimulant drug that can have many harmful side effects and can even lead to death. The following are signs of possible meth abuse.

Physical Signs

- Extreme anorexia
- Tremors and convulsions
- Increased heart rate and blood pressure
- “Crank bugs” – One of the effects of meth abuse, “crank bugs” refers to the delusion of insects or parasites, crawling under one’s skin. Users scratch at the skin, to fight these imagined insects, causing open sores that can often lead to infections.
- “Meth mouth” – Meth users also consume excess sugared, carbonated soft drinks, tend to neglect personal hygiene, grind their teeth and clench their jaws, leading to what is commonly called “meth mouth.” Teeth can eventually fall out from meth abusers’ mouths.

Behavioral Signs

As meth directly attacks the nervous system, meth abuse leads to many behavioral changes. Some behavioral signs of meth abuse are:

- Irritability, dizziness, or confusion
- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Paranoia
- Hallucinations

Paraphernalia

Paraphernalia is also a strong indicator of possible meth abuse. Items that suggest this include:

- Razor blades
- Mirrors
- Straws
- Syringes
- Heating spoons
- Surgical tubing

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