

# TIP FOR TEENS

## THE TRUTH ABOUT METHAMPHETAMINE



To learn more about methamphetamine or obtain referrals to programs in your community, contact:

### INFORMATION



**Through Phone/Fax:**  
 Phone: 671-477-9079 thru 9083  
 Fax: 671-477-9076  
 On The Web: [www.peaceguam.org](http://www.peaceguam.org)  
[www.healthychoicesguam.org](http://www.healthychoicesguam.org)

**The bottom line:** If you know someone who uses meth, urge him or her to stop or get help. If you're use meth-stop! The longer you ignore the real facts, the more chances you take with your life.

**It's never too late.** Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

**Do it today!**  
 Check out the Web site at <http://www.freevibe.com> or visit the Office of National Drug Control Policy Web site at <http://www.whitehousedrugpolicy.gov>  
 SAMHSA's National Clearinghouse for Alcohol and Drug Information 800-729-6686 / TDD 800-487-4889  
 linea gratis en español 877-767-8432  
 Website: [ncadi.samhsa.gov](http://ncadi.samhsa.gov)

## QUESTION AND ANSWER

**Q. Isn't methamphetamine less harmful than crack, cocaine, or heroin?**  
 A. Some users get hooked the first time they snort, smoke, or inject meth. Because it can be made from lethal ingredients like battery acid, drain cleaner, lan-tern fuel, and antifreeze, there

is a greater chance of suffering a heart attack, stroke, or serious brain damage with this drug than with other drugs.  
**Q. Isn't using methamphetamine like using diet pills?**  
 A. No. Though it is easily attainable, methamphetamine is dangerous and addictive. Methamphetamine

mines play a major role in criminal behavior linked to illicit drug use on Guam. Methamphetamine ("ice") accounted for 68.0% of local arrests for drug violations. With regards to federal arrests, in 2003, methamphetamines accounted for majority (>90%) of cases on Guam, unlike the US mainland, where methamphetamine was involved in less than 20% of drug related federal sentences.



# TIPS FOR TEENS

## THE TRUTH ABOUT METHAMPHETAMINE

**SLANG** - SPEED, METH, CRYSTAL, CRANK, TWEAK, GO-FAST, ICE, GLASS, UPPERS, BLACK BEAUTIES, SHABU, ICE KE'KI

### Get the facts...

**Methamphetamine affects your brain.** In the short term, meth causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.

**Methamphetamine affects your body.** Over "amping" on any type of speed is pretty risky. Creating a false sense of energy, these drugs push the body faster and further than it's meant to go. It increases the heart rate, blood pressure, and risk of stroke.

**Methamphetamine affects your self-control.** Meth may be as addictive as crack and more powerful.

**Methamphetamine is not what it seems.** Even speed drugs are not always safe. Giga-jolts of the wellknown stimulants caffeine or ephedrine can cause stroke or cardiac arrest when overused or used by people with a sensitivity to them.

**Methamphetamine can kill you.** An overdose of meth can result in heart failure. Long-term physical effects such as liver, kidney, and lung damage may also kill you.

### Before You Risk it...

**Know the law.** Methamphetamine is illegal in all states and highly dangerous.

**Get the facts.** The ignitable, corrosive, and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors, and damage the environment.

**Stay informed.** Methamphetamines play a major role in criminal behavior linked to illicit drug use on Guam. Methamphetamines ("ice") accounted for 68.0% of local arrests for drug violations.

**Know the risks.** There are several risks associated with using methamphetamine, including:

- Meth can cause a severe "crash" after the effects wear off.
- Meth use can cause irreversible damage to blood vessels in the brain.
- Meth users who inject the drug and share needles are at risk for acquiring HIV/AIDS.

### Know the Signs...

**How can you tell if a friend is using meth?** It may not be easy to tell. But there are signs you can look for. Symptoms of methamphetamine use may include:

- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Irritability, dizziness, or confusion
- Extreme anorexia
- Tremors or even convulsions
- Increased heart rate, blood pressure, and risk of stroke
- Presence of inhaling paraphernalia, such as razor blades, mirrors, and straws
- Presence of injecting paraphernalia, such as syringes, heated spoons, or surgical tubing

### Methamphetamine Use Facts for Guam Youth:

- Methamphetamines play a major role in criminal behavior linked to illicit drug use on Guam.
- Methamphetamines ("ice") accounted for 68.0% of local arrests for drug violations.
- With regards to federal arrests, in 2003, methamphetamine accounted for majority (>90%) of cases on Guam.
- Among court-involved adults using illicit drugs, methamphetamine is the drug most frequently reported, followed by marijuana.
- Most drug-related crime is associated with methamphetamine use.

**What can you do to help someone who is using meth?** Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help.

### For information and referrals:

Call the Department of Mental Health and Substance Abuse:  
CRISIS HOTLINE - 647-8833  
Drug & Alcohol Branch - 475-5438  
Prevention and Training Branch  
477-9079 thru 82 or 477-2301-4  
Website: [www.peaceguam.org](http://www.peaceguam.org)  
[www.healthychoicesguam.org](http://www.healthychoicesguam.org)  
National Clearinghouse for Alcohol and Drug Information (NCADI) at 800-729-6686