

# DID YOU KNOW?

- Meth changes the way the brain works.
- Meth actually damages the part of the brain that helps us feel pleasure.
- When meth is used in high doses or over a long period of time, the brain may not be able to recover from the damage it causes.

**Contact your doctor for help making a change!**



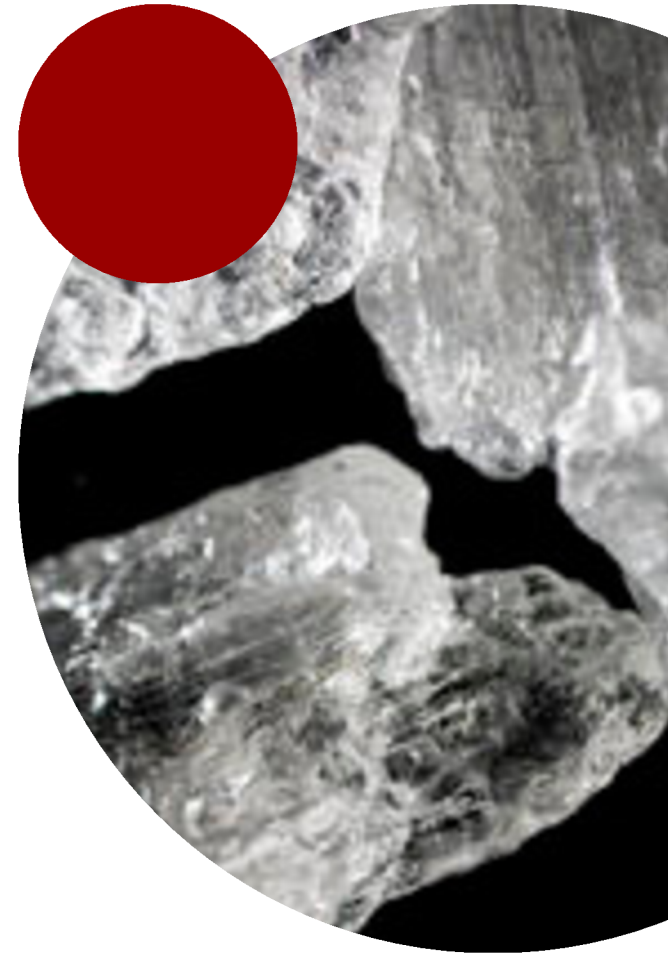
**Something to try:**

**Community resources:**

**My provider's name:**



[IndianaSBIRT.org](https://IndianaSBIRT.org)



**Thinking About Making a Change?**

**METHAMPHETAMINE**



# SELECTED EFFECTS OF METHAMPHETAMINE

## EYES

- Dilated pupils

## TEETH

- "Meth Mouth"
- Grinding
- Broken
- Brown/yellow
- Holes in teeth
- Missing teeth

## SKIN

- Scabs
- Sores
- Scratches
- Burns

## LIVER

- Liver damage

## KIDNEYS

- Kidney damage

## HEART

- Inflammation of the heart lining
- Heart attack

## LUNGS

- Trouble breathing
- Breathe fast

## MUSCLES

- Jerky movements
- Convulsions/seizures
- Loss of coordination

## PSYCHOLOGICAL

- Insomnia
- Paranoia
- Less appetite
- Dramatic weight loss
- Increased alertness
- Irritability
- Dizziness
- Confusion
- Hallucinations

## SERIOUS HEALTH RISKS ARE:

- Heart attack
- Stroke
- Overdose/death

"Meth" is a powerful stimulant that affects every part of the body.

At first, a person using meth may feel extra energy. The energy-filled high can stop a person from sleeping for several days.

Lack of sleep can cause:

- Paranoia
- Hallucinations
- Irritability
- Anxiety

## Other Risks:

- HIV
- Hepatitis B & C
- Sexual assault
- Skin burns

## METH AND CHILDREN

When meth is being made or used within a home, children are at risk for getting "high" from secondary smoke.

Children are at risk for physical or sexual abuse or neglect when around known meth users.

## Sources Include

drugabuse.org  
nida.nih.gov  
FDA.gov