

Recognizing Signs of Methamphetamine Use

The use of Methamphetamine is on the rise. This very addictive, illegal drug is also known as “Crystal Meth” or just “Meth.” It can cause problems with both the body and the mind.

This video will help you spot the signs of Meth use. It also covers the risks and the effects of using Meth. You’ll also learn how to find treatment for Meth addiction.

Meth use may look different from person to person. But some common physical signs are: low appetite; a lot of sweating; rapid heart rate or breathing; dilated pupils or rapid eye movement; lots of scratching; sleep problems; trouble focusing; and rapid weight loss.

Meth can also cause mental and behavior problems, such as: irritability; paranoia and confusion; hyper-focus on simple things; aggression; anxiety; and a false sense of euphoria.

Meth use also affects family and friends. Loved ones may be ignored.

Meth users often lose interest in anything other than meth. They may have trouble with work or school. They may develop money or legal problems.

Long-term effects of meth use are very bad for a person’s health. You might hear about “Meth mouth.”

Continued use of meth causes tooth decay and gum disease. Teeth may turn black, break, or fall out.

Acne and open sores on the face and arms are common among meth users. They tend to scratch a lot due to delusions and hallucinations.

Using meth for a long time can also lead to: convulsions, seizures, liver damage or failure, kidney damage or failure, heart attack or stroke, and Death.

Meth addiction can be treated. Getting clean often occurs in a detox facility or hospital.

Therapy is part of the recovery. So, too, is education and counseling.

If you or a loved one needs help with meth addiction, call 1-800-662-HELP (4357). Or go to www.findtreatment.gov.