

CRYSTAL  
CRYSTALIGHT  
GLASS  
WHITE PONY  
ICE  
BARNEY DOPE  
JIB  
FIZZ WIZZ  
CRANK  
VENTANA  
GAK  
VIDRIO  
SHARD  
AMP  
BATU  
ERASER DUST  
BLADE  
CRICRI  
CRISTY  
CHALK  
HANYAK  
WIGG  
GO FAST  
ENERGY  
HOT ICE  
GONZALES  
KAKSONJAE  
SKY ROCKS  
QUARTZ  
HYDRA  
SHABU  
SPEED  
SHARDS  
TWEAK  
STOVE TOP  
WATERFORD  
SUPER ICE  
ZIP  
HIROPON  
TINA

# Crystal Meth

Crystal meth has become a major concern in British Columbia. The use and production of crystal meth can affect us all. There are troubling signs that use has increased: a recent survey involving four B.C. school districts showed that up to **8% of students in grades 6-12 report having tried crystal meth in the 2005 school year**. The number of clandestine meth labs in urban settings has increased sharply over the last few years presenting risks of fire, explosion and toxic waste.

20% of people who use meth become dependent.

## What is Crystal Meth?

- Powerful and highly addictive central nervous system stimulant
- Man-made (synthetic) drug manufactured using ephedrine or pseudo-ephedrine, the active ingredient in cold medicines, and other chemicals including acetone, drain cleaner, lithium, iodine, paint thinner, kerosene, red phorous and muriatic acid
- The drug often has a strong ammonia smell due to incomplete clearing of solvents or reagents during manufacture. It is quite bitter-tasting
- Forms: **Small glass-like fragments** or shiny blue-white rocks of various size – “ice” – is smoked in a pipe. **White, crystalline powder** which easily dissolves in water or alcohol is used for snorting or injecting
- “Crank”, a cheaper form of the drug, is a smelly, **yellow powder** that is usually snorted. Meth **tablets**, a combination of methamphetamine and caffeine can be brightly coloured and flavoured

Possession and production of meth is illegal and can carry fines of \$1000 to \$100,000 plus imprisonment of six months to life.

## What Makes Crystal Meth "attractive"?

- The **Euphoria** ... meth induces strong feelings including confidence, increased energy, heightened concentration and alertness, and suppresses fatigue and hunger. The effect can last from 2 to 24 hours.
- The **Cost** ... a user can get amounts as small as one tenth of a gram (known as a “point”) for as little as \$5. A “point” gives a user a high that can last up to 24 hours.
- The **Turnaround** . . . meth can be illegally produced locally in a short period of time with a modest investment in equipment and chemicals.
- The **Availability** . . . clandestine labs that produce the drug have been found in homes, garages, motel rooms and even vehicles. Local production increases the availability of the drug and keeps the price low, making it an attractive drug to young people.
- The **Image** . . . Considered trendy and popular as a “club drug”, meth has a strong presence in the rave scene as it increases wakefulness and energy, alleviating fatigue.

Users report a high occurrence of depression, anxiety and psychosis as they come down from a high.

ECSTACY and MARIJUANA seized by police are now being found to contain CRYSTAL METH



Ministry of  
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## Health Risks

Significant adverse effects come with methamphetamine use. These can include minor physical effects such as irritability, nervousness, paranoia, nausea, hot flashes, heart palpitations and hypertension or more severe effects such as:

- Damage to the small blood vessels in the brain that can lead to a stroke
- Inflammation of the lining of the heart
- Psychosis (paranoia/delusions) that can persist for months or years after a person has stopped using the drug
- Long-term brain damage
- Significant tooth decay and irreparable damage to the lining of the nose due to the corrosive nature of the chemicals in meth
- Risks of contracting HIV, hepatitis B and C and other blood-borne viruses
- Sexual dysfunction
- Overdoses can cause death through extreme elevated body temperature, convulsions and cardiovascular collapse

## Signs of a User

### Physical Signs

- Increased agitation/hyperactivity
- Weight loss or loss of appetite
- Excessive sweating
- Rapid, non-stop speech
- Increased sexuality
- Insomnia
- Repetitive compulsive behaviours
- Decline in personal hygiene
- Obsessive picking at acne-like sores on the face or other parts of the body
- Needle marks on arms (track marks)
- Items for injecting or inhaling crystal meth (burnt spoons or tinfoil, glass pipes, rubber tubing, broken light bulbs, syringes, drinking straws)

### Emotional/Psychological Signs

- Euphoria, empowerment and exhilaration
- Anxiety/confusion
- Paranoia/delusions
- Depression or suicidal tendencies
- Sudden violent outbursts, aggression, irritability
- Solitary behaviour
- Lack of motivation

### Why not just quit using?

Regular use of meth causes an impaired attention span, loss of memory, low impulse control and reduced learning functions. A powerful stimulant, meth alters the brain's production of dopamine. The drug produces an initial positive pleasurable physical reaction by increasing the levels of dopamine, leaving a person depressed as the effects of the drug wear off. The user then requires more of the drug to return to normal. This "binge and crash" pattern leads to loss of control over the drug and addiction.

## Meth Lab Dangers

Meth production is a dangerous process. The chemicals and fumes produced pose a risk of fire and explosions. In addition, residents adjacent to meth labs can unknowingly be exposed to dangerous toxins, fumes and hazardous by-products.

- Each pound of methamphetamine generated in a lab can result in as much as five pounds of toxic waste. Meth cooks routinely dump waste into streams, rivers, and sewage systems to cover up the evidence of their illegal operations.
- Chemical vapours emitted in the production of meth can be absorbed by wood, fabric, wallboard and carpeting, thereby contaminating the lab with toxic chemicals and residues that persist long after the batch of meth is produced.

## Signs of a Meth Lab

- Chemical odours coming from a house, garage or detached building
- Windows are blacked out or curtains always closed
- Paranoid, odd or unfriendly behaviour by occupants
- Excessive amounts of trash, particularly solvent and chemical containers
- Extensive or unusual security measures or attempts to ensure privacy (no trespassing signs, high fences, guard dogs)
- Frequent night activity

Every 1kg of meth produced makes 5 to 7 kg of toxic waste by-products which are discharged into the environment