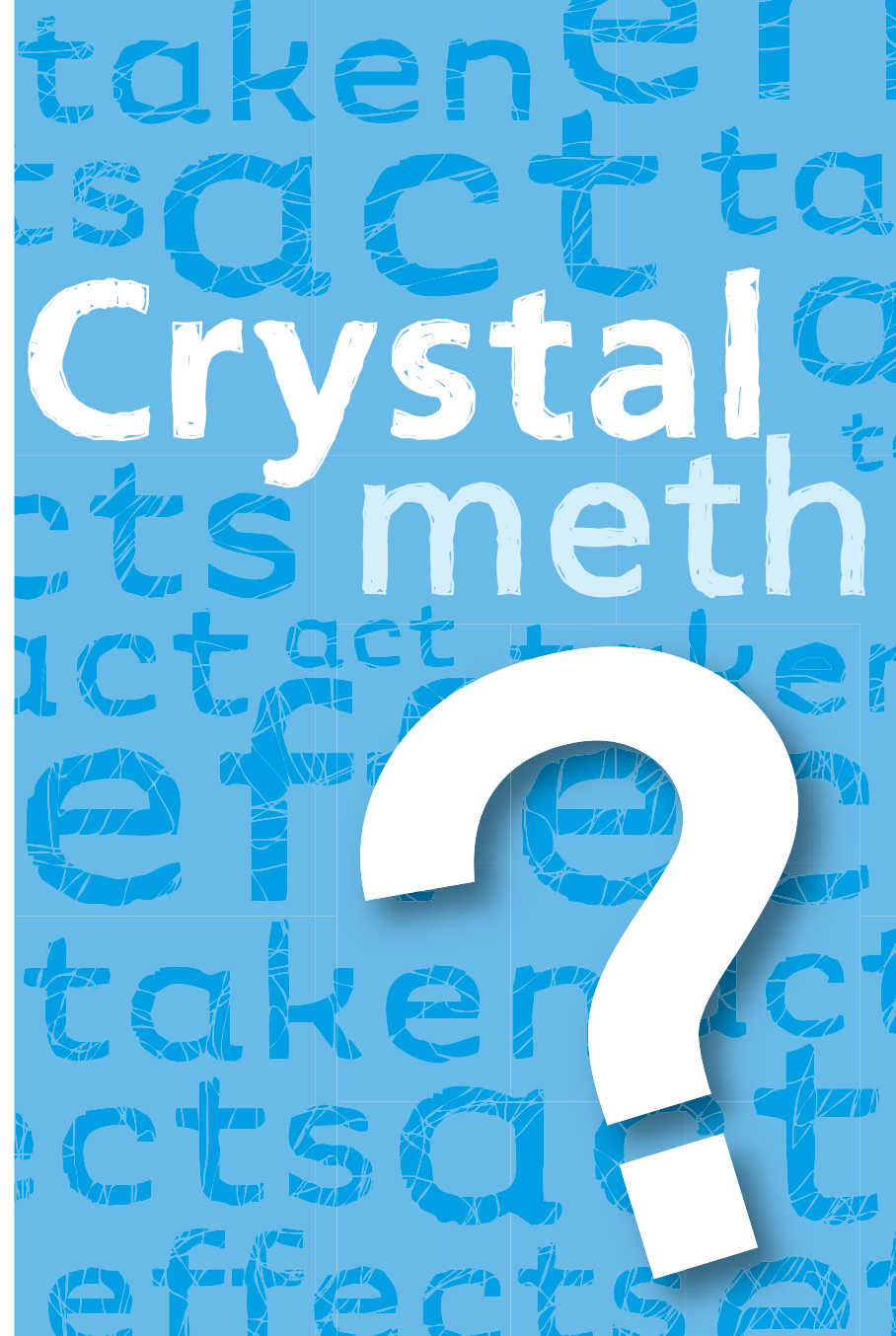


- 1 What is crystal meth?
- 2 What are the short-, medium-, and long-term effects?
- 3 How to act when offered this drug?
- 4 How to act when faced with a person who has taken crystal meth?



Crystal meth



1 What is crystal meth?

Background

Crystal meth comes from the United States and Western Canada.

Methamphetamine was first synthesized around 1920. During the 1930s, it was marketed for the treatment of nasal congestion, and is also used for the treatment of attention deficit hyperactivity disorder, a sleep disorder called narcolepsy, obesity, and depression. It is found in various synthetic drugs, including ecstasy, MDA, and amphetamines, in smaller quantities than in medications.

Appearance

Crystal is a white, odourless, bitter tasting powder, while methamphetamine is called ice when it resembles small transparent crystals. Depending on its form, methamphetamine can be swallowed, smoked, injected, or snorted.

Family

Crystal meth consists of 80% pure methamphetamine (composed of ephedrine and pseudoephedrine – two substances that are found in cold medications) mixed with several of the following products: hydrochloric acid, ether, sulphuric acid, insecticides, solvents, fertilizer, iodine, caustic detergent, etc.

Crystal meth is not expensive, which is why it is known as the poor man's cocaine!

Nicknames

Crystal meth (methamphetamine) is also known as tina, ice, glass, speed, chalk, jib, and several other names.

2 What are the short-, medium-, and long-term effects?

Effects

The effects of crystal meth vary depending on the degree of purity and the form of the product. They can last for more than twelve hours.

Crystal meth is consumed for the feeling of well-being that it produces and for its stimulant properties, which can improve performance.

The other side of the coin

Crystal meth also has side effects, including irritability, dry mouth, sweating, hypertension, palpitations, nervousness, insomnia, and nausea.

It can also cause mental confusion, severe anxiety, paranoia, violence, a state of psychosis, or a risky sexual behaviour.

It is said that, over the long term, it can cause hallucinations, delirium, paranoia, and structural changes in the brain that lead to memory loss, difficulty executing complex tasks, and permanent psychotic symptoms. More rarely, it can cause an increase in body temperature (hyperthermia), cardiovascular collapse, stroke, and even death.

Enemies

The dangers associated with crystal meth stem from the fact that this product is normally consumed with alcohol, marijuana, and other substances.

3 How to act when offered this drug?

The answer would have to be no, because many people quickly become dependent on crystal meth.

Pharmacotherapy research is just beginning, and there is currently no drug that can reverse the effects of an overdose or reduce the effects of withdrawal (detox).

Some toxicologists go so far as to say that life expectancy after first taking this drug is seven years!

4 How to act when faced with a person who has taken crystal meth?

Call 911 immediately, and do not leave the person who has taken crystal meth alone.

If you have any concerns about the level of severity of a person's intoxication, call your local Info-Health line or Poison Control Centre (1 800 463-5060). They can help.



Crystalmeth
Speed
Chalk
Glass
Tina
Ice
JIB

Tel-jeunes: at 1 800 263-2266

In the Montreal region: call **(514) 288-2266**

Drugs: Help and Referral: at 1 800 265-2626

In the Montreal region: call **(514) 527-2626**

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Crystal meth.

No matter what name you give it,
it always remains poison.