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# Crystal Meth



## What are the street names/slang terms?

Ice

## What is Crystal Meth?

Crystal Meth is a very pure, smokeable form of methamphetamine. It is a powerful and extremely addictive man-made stimulant. Its use can lead to severe physiological and psychological dependence.

## What does it look like?

Clear crystal chunks, similar in appearance to actual ice or glass. Crystal Meth is odorless and colorless.

## How is it used?

Crystal Meth is usually smoked, but is sometimes snorted or injected. The drug is abused because of its euphoric effects.

## What are its short-term effects?

The drug's effects are similar to those of cocaine but longer lasting. Crystal Meth can cause erratic, violent behavior among its users. Effects include suppressed appetite, interference with sleeping behavior, mood swings and unpredictability, tremors and convulsions, increased blood pressure, irregular heart rate. Users may also experience homicidal or suicidal thoughts, prolonged anxiety, paranoia and insomnia. Crystal meth use by pregnant women can lead

to premature birth or birth defects, including heart defects and cleft palate.

## What are its long-term effects?

Long-term effects of Crystal Meth use can include brain damage (similar to the effects of Parkinson's disease or Alzheimer's disease), coma, stroke or death. Chronic users may also develop distinct physical symptoms, as demonstrated by before and after pictures in the Faces of Meth™ program. Signs of chronic use include weight loss, tooth decay and cracked teeth ("Meth Mouth"), psychosis and hallucinations, sores on the body from picking at skin, and formication (an abnormal skin sensation akin to "bugs crawling on skin").

## What is its federal classification?

Schedule II

Source: National Institute on Drug Abuse (NIDA)

Feeling overwhelmed or have a question about your child's drug or alcohol use? Call our Parents Toll-Free Helpline: 1-855-DRUGFREE (1-855-378-4373).

### Additional Photos



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## *Key Findings\**

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10 million young people (12 to 29 year olds) in America are in current need of treatment for substance abuse and addiction.



Kids who learn about the risks of drugs from their parents are significantly less likely to use drugs, yet 20 percent report not getting that benefit.



More Americans die from drug overdoses than in car crashes, and this increasing trend is driven by Rx painkillers.



Prescription medicines are now the most commonly abused drugs among 12 to 13 year olds.