

# ANATOMY OF A METH USER



2.5 years later



1.5 years later

meth use is NOT something you can hide



4 years later



3 months later

Brain damage lasts for years even after the user stops. Other side effects are paranoia, hallucinations, seizures and memory loss

Changes in personality - loss of interest in friends, sports, school, church, etc.

Increased risk of heart attack and stroke

The toxic chemicals in meth cause a terrible body odor

Loss of weight and muscle tissue may cause kidneys to fail

Loss of appetite resulting in extreme weight loss and malnutrition

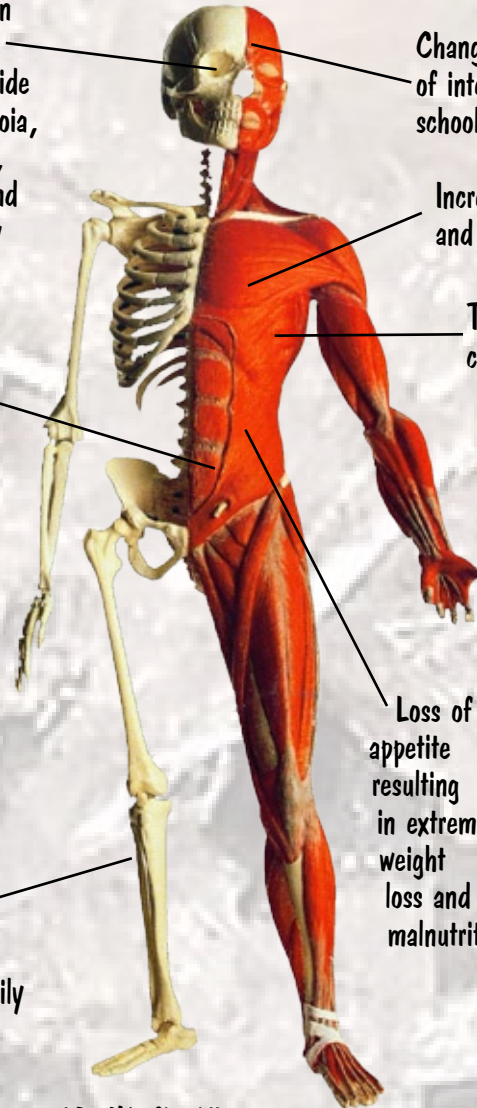
Calcium is leached from your bones so they become brittle and break more easily



Users often think they have bugs crawling under their skin so they pick at themselves



Gums turn black and your teeth rot and fall out



THINK ABOUT IT ...  
WOULD YOU DRINK

drain cleaner  
engine starter fluid  
hydrogen peroxide  
farm fertilizer  
battery acid?

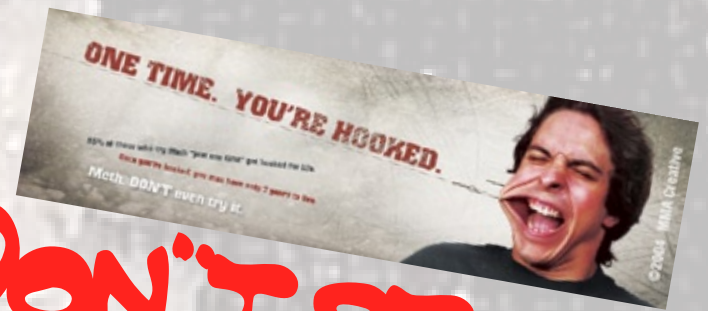
If you use meth, you are putting all or most of these chemicals in your body





Meth is one of only three drugs with the potential for addiction after the very first use.  
 - William Etter, Drug Enforcement Administration

**IF you don't do meth - DON'T START!**



After two years on meth, many users have exhausted up to 25 percent of their body's supply of dopamine, the chemical needed to feel happiness, pleasure and enjoyment.  
 - National Institute on Drug Abuse

**Read the handwriting on the wall...**

What does meth look like?

It can be a powder or rocklike chunks that are white or yellow. Some types of meth are clear and look like crystal.

How is meth used?

Meth can be smoked, snorted, eaten or injected.

What are some other names for meth?

Chalk, Crank, Glass, Ice, Speed, Tweak, Crystal

Is making meth dangerous?

Extremely dangerous! Meth labs generate poisonous gases and often catch fire or explode. Making meth produces toxic waste which is often just dumped in the ground or river.



Dear Jenny,

We always have such a good time when we're together. But, you need me more than I need you. I'll make you my slave and soon have you stealing from your friends and family. When I'm done with you, you'll be lucky to be alive. Stick with me and I'll lead you to hell.  
 Crystal

Jenny Johnson  
 123 Maple Avenue  
 Bend, OR 97701

Mom pleads guilty to feeding baby meth-laced breast milk



There is hope

**IF you do meth,**

**GET HELP AND STOP!**

What should I do if I suspect someone is making meth?

You can save somebody's life by talking to someone you trust - your parents, teacher, counselor, FAN Advocate, school nurse, minister or law enforcement officer.

You can report the person by calling 388-0170.

"I ran away at 14 when I started on meth. I lived in Drake Park and along the river. I got pregnant when I was high. DHS took my baby away because I was still doing meth. I'm 18 now, clean and back in school. My baby is 3 and knows who I am. The people who adopted him let me see him. I got help. You can too."  
 -Recovering teenage meth mom in Bend

Help is available to get YOUR LIFE back!!!  
 Oregon Partnership Helpline 1-800-923-HELP  
 Deschutes County Mental Health Department 322-7500  
 Narcotics Anonymous - Central Oregon Help Line 416-2146  
 or visit [www.methaction.org](http://www.methaction.org) for more information on treatment resources and meth support groups

