



Methamphetamine Health Effects Fact Sheet

Signs of Stimulant Use:

Restless	Euphoria	Body tremors
Anxious	Excited speech	Talkative
Tooth grinding	Agitation	Appetite loss
Intense paranoia	Extreme moodiness	Increased thirst

Chronic Stimulant Use:

Nasal perforations and nose bleeds among snorters
Dental problems, including missing teeth, bleeding and infected gums, tooth decay, dental caries
Muscle cramping related to dehydration with low magnesium and potassium levels
Dermatitis around mouth from smoking hydrochloride salt in meth, burns to skin
Stale urine smell due to ammonia constituents used in manufacturing
Various skin conditions, scabs from scratching "crank bugs", chronic itching from meth

Acute/Short Term Physical Effects:

Dilated pupils, headache lethargy	Diarrhea, constipation, nausea, vomiting
Elevated body temperature	Increased blood pressure, heart, and respiratory rate
Anorexia, weight loss	Shortness of breath, cough, chest pain, dizziness
Skin rashes, sores and infections	Writhing, jerky, flailing movements
Lack of coordination, convulsions	Chest pains, ischemia, arrhythmia, vasospasm
Brain hemorrhage	Organ failure
Stroke and death	Insomnia

Long Term Effects:

Bone loss and malnutrition	Immuno-suppression
Irreversible liver damage	Various cardiovascular problems
Potentially fatal liver/kidney/lung disease	Abnormal brain chemistry
Long term damage like stroke/Parkinson's	Chronic depression/changes in personality
Toxicity from lab chemicals	Hepatitis B/C, HIV from sharing needles, snorting (straws)
Loss of teeth	Severe depression
Irritable behavior	

Psychological Effects:

Progressively aggressive or violent behavior	Disinterest in former activities
Increased physical or sexual activity	False sense of confidence and power

Environmental Effects:

Toxic waste, fire danger, explosives
Health effects to individuals living in former drug lab location