

So Mom, what's the  
matter with Meth?



## Alright, what is Meth?

Methamphetamine is commonly known as *ice*, *crystal*, *speed* and *crank*. It is a central nervous system stimulant. It acts on the pleasure center in the brain. It creates feelings of euphoria and invincibility.



## Does it matter how you use it?

No, it does not matter if you take a pill, snort, smoke or inject methamphetamine. In the end it will have the same effects on you.



## That doesn't sound so bad.

Maybe, if you do not mind the short term effects such as... increased heart rate, insomnia, high blood pressure, and anxiousness. Not to mention the long term effects. There can be heart damage creating irregular heart beats, paranoia, malnutrition, dental problems, and stomach cramps. Hallucinations can also occur at any point when using methamphetamine.

**Did you know?** For every pound of methamphetamine manufactured there is 5 to 7 pounds of toxic waste.

What if my friend is pregnant and using?

Using while pregnant affects the developing baby. It affects the brain, spinal cord, heart and kidneys. It causes multiple complications during pregnancy and other problems such as premature delivery, placenta abrupta and birth deformities.



*This baby was born 14 weeks premature to a 17 year old methamphetamine addicted mother. He was also addicted and his weight was a mere 2lbs. 2oz. At nine days old he suffered a brain bleed. He spent the next three months in the hospital.*



That sounds scary!

It can be worse!! The baby could have strokes or brain bleeds prior to birth. The baby could also be born with the intestines on the outside of the body.



**Did you know?** Meth use among girls ages 17 and under increased by 57% between 1999 and 2004.

Well, my friend's baby looks okay and she used Meth.

These babies may appear normal. However, because meth affects transmitters in the brain, baby's often experience sleep disturbances, excessive crying and irritability. It is not unusual for these babies to have sucking and swallowing difficulties. Tremors are also common.



What happens as they grow?

Children who had mothers that used meth while pregnant may suffer from a variety of developmental concerns. When reaching school age they may be hyperactive or have attention deficit disorders. They may struggle with learning disabilities and may have unprovoked fits of anger.

**Did you know?** *Babies born to meth addicted women can have difficulty with being over stimulated easily, resulting in not wanting to be handled. They can also be overly sensitive to bright lights.*

# The Story of Mary

*Mary is an attractive young woman when her story starts. She is introduced to methamphetamine as a way to have some fun and feel better. She thinks the drug is wonderful it makes her feel invincible. She is extra smart, her home is clean and she can eat whatever she wants and still lose weight. Things go well for a while. Then things begin to change.*

*Mary finds she needs meth more often, she has tried to stop using a couple of times, but each time she starts again. She does not want to, but can not help herself. Sometimes her skin feels like something is crawling under the surface and she finds herself picking at her skin. She is developing sores all over but especially on her arms, legs and face. Her once pretty face is becoming marked by scars from her picking at it. Her teeth have been giving her problems and they are beginning to rot in her mouth. Dental care is expensive and she needs her money for meth.*

*One day she finds she is pregnant. She really wants the baby and works hard to get off the drug. But, it is hard oh, so very hard. Then when she is seven months pregnant she goes into labor following a night of using with friends. She is scared because she knows it is too soon.*

*Mary gives birth to a beautiful baby boy. He is VERY small, only 3 and 1/2 pounds. He is having a hard time breathing and now they say he might not make it. He is hooked to all kinds of machines and has wires everywhere. It is not possible to hold him because he is so sick. Mary would give anything to have never started using methamphetamine. Anything for her beautiful baby boy to be healthy and okay. But, anything is just not possible, for either of them.*

## Fast FACTS to ponder!

- Methamphetamine is the fastest growing drug of choice in the USA.
- Methamphetamine causes paranoia and hallucinations.
- Methamphetamine is called a dirty drug because of how it is made.
- Methamphetamine can lead to higher incidences of domestic violence and physical abuse.
- Children testing positive for meth do so at adult levels because there are no levels defined yet for children.
- Methamphetamine can lead to an inability to have a normal sexual relationship.
- Methamphetamine use has a strong correlation to pornography in the home and higher incidences of sexual abuse against children.



## 10 Years of Meth Use



This set of mug shots shows the effects of methamphetamine addiction over 10 years.

- Methamphetamine causes premature aging — internally and externally.
- Methamphetamine use can also lead to rapid tooth decay and loss.



**Did you know?** *The Chemicals used to manufacture Meth are so toxic that special hazard suits need to be worn when it is being handled. The chemicals used in labs are highly combustible and can result in flash fires or explosions.*

# If you or a friend are using meth, here are places you can go for help.

*The following are confidential resources.  
They provide non-judgmental support and help.*

## CLEAN AND SOBER LIVING

House of Hope (also treatment) . . . . .	241-3608
The End Times Ministries . . . . .	241-5905
My Faith House . . . . .	242-5711
Visions of the Cross . . . . .	243-1175

## WHERE TO GO FOR TREATMENT

Shasta County Alcohol & Drug . . . . .	225-5240
Cornerstone Recovery Center . . . . .	275-0906
Crossroads . . . . .	335-3800
Empire Recovery Center . . . . .	243-7470
Redeemed Recovery . . . . .	241-5518
Right Roads Outpatient Program . . . . .	365-8523

## SUPPORT

Alcoholics Anonymous . . . . .	244-7022
Narcotics Anonymous . . . . .	221-5060
Helpline . . . . .	225-5255
CAPC -Parent Partners (parent to parent) . . . . .	245-1577

## HEALTH INFORMATION

Shasta County Public Health . . . . .	225-5851
Shasta Community Health Center . . . . .	246-5845
Mercy OB Clinic . . . . .	225-7480
Care Net Pregnancy Center . . . . .	246-7075

*Printed Courtesy of Shasta County Meth Task Force*

*Education is the cure!*

[www.methtaskforce.org](http://www.methtaskforce.org)

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