

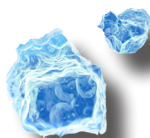
Just The Facts:

METH

- Highly addictive and toxic to the brain, methamphetamine - or "meth" - is a stimulant and creates a high that can damage the body and brain for life.
- Heavy or prolonged use can make it increasingly impossible to experience natural pleasure at all.

WHAT DOES IT LOOK LIKE?

Regular meth is a pill or powder. Crystal meth resembles glass fragments or shiny blue-white "rocks."



HOW IS IT USED?

Meth can be swallowed, snorted, injected, or even used in vape pens or e-cigarettes.



Chronic meth users can exhibit severe physical and mental signs of abuse.

WHAT ARE THE PHYSICAL SIGNS?

Physical signs of meth abuse include:

- **Rapid eye movement and dilated pupils**
- **Low body weight:** Users lose weight rapidly and often appear sick.
- **Severe tooth decay and tooth-grinding.**
- **Skin sores:** Users often pick at imaginary bugs under their skin, causing open sores, infections and scarring.
- **Constricted blood vessels:** Faces often appear pale, splotchy and sweaty.
- **Body odor:** Chemicals are emitted from the skin of meth users, often producing strong and unpleasant odors.

WHAT ARE THE MENTAL SIGNS?

Chronic meth abusers can exhibit violent behavior, anxiety, confusion, insomnia, and paranoia.



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This publication is made possible, in part, by a grant from the Nevada Division of Public and Behavioral Health.