

METH & HEART DISEASE

WHAT IS METH?

Methamphetamine (meth) is a **highly addictive** stimulant created in an underground lab using **toxic ingredients**. It can be swallowed, snorted, injected, or smoked.



WHAT ARE THE COMMON STREET NAMES?

Batu, Bikers Coffee, Black Beauties, Chalk, Chicken Feed, Crank, Crystal, Glass, Go-Fast, Hiropon, Ice, Meth, Methlies Quick, Poor Man's Cocaine, Shabu, Shards, Speed, Stove Top, Tina, Trash, Tweak, Uppers, Ventana, Vidrio, Yaba, and Yellow Bam



WHY DO PEOPLE START USING METH?

- **Mood altering:** people use meth for the powerful high, ability to stay awake to study and to have a good time. People with depression use it in attempt to feel better.
- **Increased productivity:** people turn to the drug for its hyperactivity effect.
- **Appetite suppressant:** people who want to be thin use meth to reduce their appetite.

WHY DO PEOPLE CONTINUE TO USE METH?

- Meth is at least as **addictive** as heroin.
- Meth **triggers dependency** faster than almost all other illegal drugs.
- It's three times as powerful as cocaine and it is among the **hardest drugs to permanently quit**.
- People can become addicted even after only one or two uses.



WHAT EFFECT DOES METH HAVE ON THE HEART?



- Elevated blood pressure and heart rate
- **Fatal heart rhythms** - these can cause stroke and sudden death
- More severe **heart failure** that is occurring in younger patients and has worse outcomes
- **Coronary artery disease** - blockages in the arteries of the heart which occurs at a younger age
- **Aortic dissection** - the main artery coming out of the heart tears open; this can cause death
- **Heart attack**

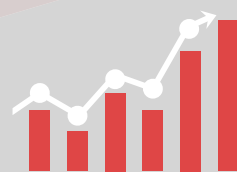
WHAT EFFECT DOES METH HAVE ON THE MIND?



Insomnia, convulsions, memory loss, violent behavior, anxiety, confusion, insomnia, hallucinations, paranoia, delusions, decreased rational thinking.

HOW BIG IS THE PROBLEM?

- In 2015, **1.7 million** people reported using meth in the last year.
- An estimated **600,000 people** in the US are weekly users of the drug.
- The 2009 NSDUH report indicated that approximately **70%** of meth users are getting meth from friends or family.



WHERE CAN I GO FOR HELP?

SACRAMENTO
COUNTY

Alcohol & Drug Services: (916) 875-2050

Youth Treatment Providers:

Strategies for Change: (916) 473-5764
Another Choice, Another Chance: (916) 388-9418
Sobriety Brings a Change: (916) 454-4242
Rio Vista CARE, Inc: (707) 374-5243