

**Meth fact:** *Although meth is highly addictive, it has been proven that recovery is possible.*

## **KITTY LITTER ANYONE?**

Would you consider putting kitty litter, gun scrubber, and drain cleaner in your body? Those are just some of the toxic items meth users put in their body. Listed below are some of the materials used in the meth making process.

**Farm Fertilizer**  
**Lye**  
**Acetone**  
**Kitty Litter**  
**Ammonium Sulphate Fertilizer**  
**Liquid Propane**  
**Gasoline Additives**  
**Rubbing Alcohol**  
**Brake Cleaner**  
**Engine Starter**  
**Drain Cleaner**  
**Matches**  
**Lithium Batteries**  
**Gun Scrubber**

This is only a partial list of the chemicals used in meth production. With over half of these chemicals considered toxic to the body, the lasting effects of meth can magnify these hazards to horrific proportions!

If you or someone you know has a problem with meth, there is hope for recovery! Please call Information and Referral Services at (520) 881-1794

**Join the Meth Free Alliance today!**

The Meth Free Alliance is committed to reducing the negative impact of methamphetamine at all community levels through legal, legislative, grassroots, and personal action, and through active partnerships in the Tucson/Pima County area.

**Only when we work together can we become part of the solution!**



**Meth Free Alliance**

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## **HOW METH AFFECTS THE BODY**

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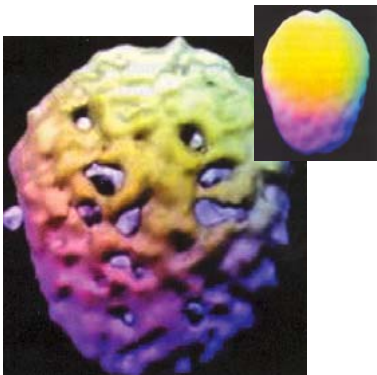
## HOW DOES METHAMPHETAMINE WORK?

Methamphetamine is a highly addictive synthetic drug that stimulates the production of certain chemicals in the central nervous system called neurotransmitters. One such chemical is dopamine, which is responsible for sending signals of pleasure to the brain.

Methamphetamine can be taken in a variety of ways. It can be snorted, injected, smoked, or digested as a pill. Its effect is determined by its intake. Meth is known to give the illusion of a “euphoric rush” making it a popular drug.

Users continue to use the drug in hopes of regaining the feeling from that first high, which later can lead to addiction. Though the initial effects of methamphetamine can last up to 12 hours they are accompanied by severe long-term side effects that affect the lungs, heart, kidneys, liver and brain of the meth user.

*The brain to the right is a healthy brain, while the brain below is one of a frequent meth user. The gray areas show where there is no brain activity.*



*“Meth mouth” (pictured below) is one of the many effects associated with meth use.*



## THE METH EFFECT...

Below is a partial list of negative health consequences that can occur when regularly using meth.

### Psychological Effects:

- Confusion
- Hallucinations
- Psychosis
- Paranoia
- Memory Loss
- Depression
- Anger

### Physical Effects:

- Weakness
- Anorexia
- Sweating
- Oily Complexion
- Headaches
- Dry Mouth
- Seizures
- Strokes
- Heart Failure
- Liver Failure
- Kidney Failure
- Meth Mouth



## THE AGING DRUG & “METH BUGS”

Aside from the various internal effects of methamphetamine, meth is also responsible for rapid aging of the skin. Meth users can look twenty years older than their actual age in a short period of time. (Pictured above)

When meth users hallucinate, they can inflict severe damage to their skin by trying to rid themselves of a sensation known as “meth bugs” crawling over their skin. (Pictured Below)

