

## Amphetamines: Three Closely Related Stimulant Drugs...

Amphetamines include three closely related synthetic drugs - amphetamine, dextroamphetamine, and methamphetamine. In pure form, they are yellowish crystals that are manufactured in tablet or capsule form. Abusers may also sniff the powdered crystals or make a solution and inject it. "Ice" is a common name for a newer, smokable form of methamphetamine. "Ice" resembles chunks of salt or rock candy.

## Amphetamines Have Strong Physical Effects...

Amphetamines increase heart and breathing rates and blood pressure, dilate pupils, and decrease appetite. Users also experience a dry mouth, sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse. Sudden increases in blood pressure can cause death from stroke, very high fever, or heart failure.

## Amphetamines Affect Mood and Personality...

Users report feeling restless, anxious, and moody. Higher doses may make the user excited and talkative, providing a false sense of self-confidence and power. Large amounts of amphetamines over a long period of time also can result in an amphetamine psychosis: experiencing hallucinations, having irrational thoughts or beliefs, and feeling suspicious and paranoid. The paranoia sometimes results in extreme mood swings and violent outbursts.

## Long-term Use Leads to Health Problems...

Long-term heavy use of amphetamines can lead to malnutrition, skin disorders, ulcers, and various diseases that come from vitamin deficiencies. Lack of sleep, weight loss, and depression also result from regular use. Frequent use of large amounts of amphetamines can produce brain damage that results in speech and thought disturbances. Use of methamphetamines during pregnancy may result in severe harm to the developing fetus.

## Addiction to Amphetamines is Possible...

Some people report a psychological dependence, a feeling that the drug is essential to normal functioning. Others may be physically dependent on the drug. They may develop a tolerance for amphetamines, needing larger doses to get the same initial effect. When regular users stop abruptly, they may experience withdrawal symptoms: depression, irritability, hunger, and fatigue. "Ice," the smokable form of methamphetamine, creates addiction more quickly than the other forms of amphetamines.

## "Ice" is a Smokable Form of Methamphetamine...

"Ice" is the most common name used for the smokable form of methamphetamine. Users are attracted to "ice," also known as "crystal meth," because the high lasts longer than that of other similar stimulant drugs - from 2 to 24 hours. Users feel mentally and physically "psyched," a result of overstimulation of the central nervous system. The body is deprived of needed sleep, the appetite is suppressed, and rapid weight loss is common. Users of "ice" can become addicted very quickly, and find that the addiction is very difficult to break.

## More Facts...

### Amphetamines & Nebraska Law...

Amphetamines are controlled drugs under the Federal Food and Drug Act. They are legally available to consumers only by prescription. Licenses are required to make or distribute them.

Nebraska law regards amphetamines as having a serious potential for abuse and for causing psychological or physical addiction.

Possession of amphetamines is Class IV felony, punishable by up to five years in prison and/or a fine of up to \$10,000.

The penalty for dealing the drugs is a Class II felony, punishable by up to 50 years in prison.

\*Nebraska State Attorney General's Office, July, 1989

### Prevention Tips...

- Stay informed about the effects and addictiveness of amphetamines, especially the new, potent forms that may rival crack cocaine in attractiveness to users.
- Share your knowledge about amphetamines with others in the community to alert people - particularly young people - of its dangers.
- Comprehensive, community-based efforts are the most effective ways to address amphetamine and other drug problems.

### Street Names for Drugs in the Amphetamine Family...

- ice
- crank
- uppers
- go fast
- hearts
- meth
- peaches
- wake-ups
- dexies
- bennies
- crystal
- co-pilots
- truck drivers
- pep pills
- glass
- batu
- speed
- cartwheels
- black beauties
- white crosses

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