

LONG TERM EFFECTS

If amphetamines are used for long enough and often enough you may become dependent on them. Effects from dependency can result in chronic sleep problems which may in turn cause:

Periods of psychosis

Symptoms may include paranoia, delusions, and way out behaviour which disappear when the body is clean of amphetamines.

Infections

Chances of fighting infections is diminished through a run down immune system.

Malnutrition

Amphetamines tend to suppress the appetite. Not eating properly may soon lead to malnutrition and vitamin deficiencies.

Depression

People who are detoxing from amphetamines tend to become depressed due to the bodily dependence on the drug.

**All drug use involves an element of risk.
Long term affects may last for years.
If you use drugs do not use alone.**

DIRECTIONS ACT offers a wide range of programs for people who use drugs and their families, and the wider community:

- Arcadia House Detox & Withdrawal Centre
- Primary Health Care & Intervention Team
- Family & Individual Counselling
- ACT Needle & Syringe Program
- Treatment Support Services
- Outreach Programs
- Education Program
- Life Skills



DIRECTIONS ACT

1 BRADLEY ST WODEN

PH: (02) 6122 8000

www.directionsact.com

Primary NSPs

Phillip Health Centre Cnr Keltie and Corinna Sts

City Health Centre Moore St, Canberra City

DIRECTIONS ACT

AMPHETAMINES

FACT SHEET



**WHAT YOU SHOULD
KNOW ABOUT
AMPHETAMINES**

Version February 2008

AMPHETAMINES

Amphetamines and Crystal Meth-Amphetamine are closely related to each other, with some minor chemical differences.

They belong to a group of strong drugs called 'psychostimulants'. These drugs speed up the messages being sent between the brain and body by stimulating the central nervous system. Hence the name SPEED. Meth-Amphetamine is the most common of these drugs.

IMPURE BATCHES

Most of these drugs are cooked illegally in backyard chemical labs where the pure substance is cut with other adulterants. These bulk out the mixture for sale and makes it more dangerous for the person taking the drug.

Some of these impure batches have been known to contain things like sugar, salt, glucose, bicarbonate of soda, citric acid and ephedrine which may have adverse effects on a person's health.

Some amphetamines are available on prescription. Dexamphetamine (dexy's) are made by drug companies and are prescribed for sufferers of ADHD or Narcolepsy.

STREET SLANG

AMPHETAMINES

Speed, Goey, Whiz, Gas, Fast,

METHAMPHETAMINE

Meth, Ice, Crystal Meth, Shabu, Glass

Amphetamines/Methamphetamines come from a drug group with a wide variety of forms, ranging from powder, crystals, tablets, capsules to liquid.

The three most common forms in Australia are:

SPEED

The most common form, which is usually bought as powder which ranges in colour from white through to brown and can also come in a pinkish purple colour.



5-20% purity

BASE

This is a sticky, guggy form of damp oily powder/paste. It was originally produced by accident during the usual process of making speed.



5-20% purity

ICE

This comes in the form of glassy crystals or a coarse crystalline powder. The drug usually comes as clear translucent to white colour but may have a pink or blue tinge to it. Ice is a far more potent form of Crystal Meth than speed or base. Most Ice is imported from Asia as it is harder to perfect the process in Australia.



80% purity

COMMON EFFECTS

Amphetamines trigger the release of the brain chemicals dopamine, serotonin and noradrenalin into the blood stream which produces feelings of:

- **Euphoria**
- **Enlarged pupils**
- **Increased libido**
- **Becoming very talkative**
- **Bursts of energy & strength**
- **Excitement and restlessness**
- **Tack mouth and jaw clenching**
- **Confidence/feeling of well being**
- **Alertness and feeling wide awake**
- **Increased heart rate, breathing, blood pressure**

An amphetamine high can differ depending on the dose, the quality of the drug, and state of mind. In higher doses some people who speed may experience a negative side to the drug instead and become anxious, irritable, violent and hostile towards others or experience paranoia.

WHY IS IT USED?

Amphetamines are used by many different people for many different reasons such as getting high, to keep them going all night, for dancing or for sex. Others use it to keep awake for long periods of time. Some will use it to raise their self confidence when going out, and some are dependent on the drug. The long term use of speed, base and ice is dangerous to a person's health and may have long term adverse affects.