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AMPHETAMINE



WHAT ARE AMPHETAMINES/METH?

Amphetamines are psychoactive drugs that attract users because of their stimulant effects on the central nervous system. Users feel alert and over-confident, with raised levels of energy and stamina. Amphetamines also decrease appetite and the need to sleep. Methamphetamine is more potent than amphetamine.

WHAT DO THEY LOOK LIKE?

Amphetamine is usually in a powder form, varying in color from pink to off-white to light brown; it may also come as liquid, tablet or capsule. Methamphetamine comes as a powder, tablet or as crystals resembling shards of glass.

HOW ARE THEY USED?

Ingested, snorted, smoked or injected.

RISKS:

- *Long-term use may cause damage to certain brain regions, which may result in serious depression and memory loss.
- *Affects the ability to make good decisions, increasing the risk of unprotected sex and the spread of diseases such as HIV and hepatitis.

DURATION OF EFFECTS:

Depending on how it is taken, effects can start as early as a few seconds after taking the drug and can last up to several hours.

NEGATIVE EFFECTS:

- *Bizarre, erratic and sometimes violent and aggressive behaviour:
- *Psychological dependence;
- *Malnutrition and anorexia;
- *Restlessness and insomnia;
- *Fast or irregular heartbeat, increased blood pressure and very high body temperature:
- *Excessive doses can lead to convulsions, seizures and stroke;
- *Nausea, cramps and vomiting; and
- *Coming down can make users feel weak, tired and depressed.