

Methamphetamine Health Effects

White, odorless, bitter-tasting crystalline powder that is easily dissolved in water or alcohol; can be ingested orally, intranasally, injected, or smoked

Health Effects

Acute	Enhanced mood; increased heart rate, blood pressure, body temperature, energy and activity; decreased appetite; dry mouth; increased sexuality; jaw-clenching
Long-term	Addiction, memory loss; weight loss; impaired cognition; insomnia, anxiety, irritability, confusion, paranoia, aggression, mood disturbances, hallucinations, violent behavior; liver, kidney, lung damage; severe dental problems; cardiac and neurological damage; HIV, Hepatitis
Withdrawal symptoms	Depression, anxiety, fatigue, and intense craving for the drug.

Associated Special Vulnerabilities/Populations

Pregnancy	Increased risk of premature birth, placental abruption, fetal growth retardation, and heart and brain abnormalities
-----------	---

Treatment options

Medications	There are no FDA-approved medications to treat methamphetamine addiction.
Behavioral Therapies	<ul style="list-style-type: none">• Cognitive-behavioral therapy (CBT)• Contingency management, or motivational incentives• The matrix model• 12-Step facilitation therapy <p>(For more information on these treatments, please see NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide - Behavioral Therapies.)</p>