



American Drug Testing

Drug-Free Workplace Programs

Volume 1

Issue 165

(843) 747-4111

DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

Methamphetamine: A Drug Abuse Nightmare, Part II

How is methamphetamine used?

Methamphetamine comes in many forms and can be smoked, snorted, orally ingested, or injected. The drug alters moods in different ways, depending on how it is taken.

Immediately after smoking the drug or injecting it intravenously, the user experiences an intense rush or "flash" that lasts only a few minutes and is described as extremely pleasurable. Snorting or oral ingestion produces euphoria -- a high but not an intense rush. Snorting produces effects within 3 to 5 minutes, and oral ingestion produces effects within 15 to 20 minutes.

As with similar stimulants, methamphetamine most often is used in a "binge and crash" pattern. Because tolerance for methamphetamine occurs within minutes -- meaning that the pleasurable effects disappear even before the

drug concentration in the blood falls significantly - users try to maintain the high by binging on the drug.

"... High doses can elevate body temperature to dangerous, sometimes lethal levels, as well as cause convulsions."

In the 1980's, "ice," a smokable form of methamphetamine, came



into use. Ice is a large, usually clear crystal of high purity that is smoked in a glass pipe like crack cocaine. The smoke is odorless, leaves a residue that can be re-smoked, and produces effects that may continue for 12 hours or more.

What are the Immediate (Short-Term) Effects of Methamphetamine Use?

As a powerful stimulant, methamphetamine, even in small doses, can increase wakefulness and physical activity and decrease appetite. A brief, intense sensation, or rush, is reported by those who smoke or inject methamphetamine. Oral ingestion or snorting produces a long-lasting high instead of a rush, which reportedly can continue for as long as half a day. Both the rush and the high are believed to result from the release of very high levels of the neurotransmitter dopamine into areas of the brain that regulate feelings of pleasure.

a single high dose of the drug has been shown to damage nerve terminals in the dopamine-containing regions of the



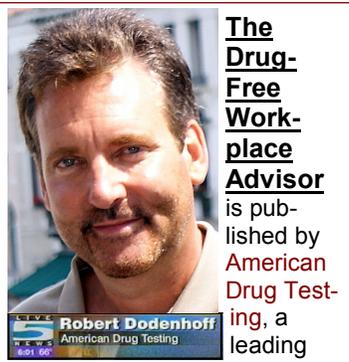
brain. The large release of dopamine produced by methamphetamine is thought to contribute to the drug's toxic effects on nerve terminals in the brain. High doses can elevate body temperature to dangerous, sometimes lethal, levels, as well as cause convulsions.

Short-term effects of methamphetamine abuse:

- Increased attention
 - Decreased fatigue
 - Increased activity
 - Decreased appetite
 - Euphoria and rush
 - Increased respiration
 - Hyperthermia
- Methamphetamine has toxic effects. In animals,

For additional information, see the "client area"

www.AmericanDrugTesting.net or call 843-747-4111.



The Drug-Free Workplace Advisor

is published by American Drug Testing, a leading drug-free

workplace administrator and testing company. Call (843) 747-4111.

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