

IN TENNESSEE

"YOU TRY IT ONCE AND THAT'S ALL IT TAKES."

- Inmate, White County, TN, addict for 10 years

As many as 90 percent of meth addicts will return to the drug. Appropriate treatment takes at least 12 months.

- Governor's Task Force on Methamphetamine Abuse, 2004

"IT MAKES YOU SO COLD AND RUTHLESS. I LOVE MY CHILDREN WITH ALL MY HEART, BUT AT THE TIME I NEVER THOUGHT ABOUT THEM."

- Recovering addict, Putnam County, TN

After two years on meth, users have depleted 25 percent, or 40 years' worth, of dopamine, the chemical needed to feel happiness and enjoyment.

- National Institute on Drug Abuse

JOIN TENNESSEE'S FIGHT AGAINST METH

In 2004, Governor Phil Bredesen formed a task force with one mission - to fight meth.

Today, cold medicines that contain the main ingredient in meth - pseudoephedrine - are only available behind the pharmacy counter in Tennessee. It's helping, but the problem has not gone away. Drug cartels are shipping methamphetamine into the state, and there are still people in Tennessee making the drug in home and mobile labs.

JOIN THE ANTI-METH TASK FORCE

Visit www.MethFreeTN.org for more information about meth in Tennessee and to get involved in the fight against this terrible drug.

The information in this brochure is brought to you by Gov. Bredesen and your District Attorney.

NEED HELP? CALL

Tennessee Association of Alcohol and Drug Abuse Services (TAADAS) REDLINE

(800) 889-9789

JOIN THE ANTI-METH TASK FORCE
www.MethFreeTN.org

METH

Labs have been found in homes, apartments, motel rooms and other locations in virtually every county in the state.

- Governor's Task Force on Methamphetamine Abuse, 2004

"MY CHILDREN SAW ME BEAT THEIR MOTHER AND SHOOT GUNS AT HER. ALL I WANTED TO DO WAS MORE METH."

- Recovering addict, Putnam County, TN

According to a recent study, 5.6 percent of Tennessee's high school students reported trying meth (more than steroids, ecstasy and cocaine).

- Office of National Drug Control Policy, 2004

"IT KILLS YOUR SOUL, AND ONCE YOUR SOUL'S GONE, WHAT DO YOU HAVE?"

- Middle Tennessee meth addict and inmate



WOULD YOU DRINK:

**DRAIN CLEANER
ENGINE STARTER FLUID
HYDROGEN PEROXIDE
FARM FERTILIZER
BATTERY ACID?**

**SURELY YOUR
ANSWER IS "NO,"**

**but if you use meth, you are
putting most or all of these
chemicals in your body.**

IT GETS WORSE.

Meth addicts develop large sores and scabs on their bodies. When meth users can't get a hit, some will pick the scabs and eat them just to get a taste of meth.

Some users will even go so far as to drink their own urine or the urine of other addicts to try to get high.

CAN'T IMAGINE IT?

THEN DON'T.

DON'T DO IT. DON'T START.

ANATOMY OF A METH USER

**Meth use is not
something you
can hide.**



Brain damage lasts for years, even after the user has stopped. Other side effects are anxiety, paranoia, increased aggression and irritability, dizziness, hallucinations, seizures and memory loss.

Gums turn black and teeth rot.

Increased risk of heart attack and stroke.

Skin becomes dry and gray. Many users experience the sensation of bugs crawling under their skin. The toxic chemicals cause a terrible body odor.



Pictured above are meth addicts from Tennessee.

Liver, intestine and stomach can bleed internally.

Loss of appetite, resulting in extreme weight loss and malnutrition.

Loss of weight and muscle tissue may cause kidneys to fail. Transplant may become necessary.

Bones become brittle and break more easily.

**METH
DESTROYS**

**YOUR
BODY**

- * SEIZURES
- * BODY ODOR
- * DRY, GRAY SKIN
- * NERVOUSNESS AND SWEATING
- * HEART ATTACK AND STROKE
- * AGGRESSION AND IRRITABILITY
- * ANXIETY AND PARANOIA
- * MEMORY LOSS
- * DIZZINESS

Q&A:



What does meth look like?

It can be a powder or rocklike chunks that are white, yellow or even darker colors like brown or red. Some types of meth are clear, like glass or ice. Meth can come in pill form, too, and is sometimes mistaken for ecstasy.

How is meth used?

It can be smoked, snorted, eaten or injected into the blood stream.

What are some other names for meth?

Chalk, Crank, Fire, Glass, Ice, Speed, Tweak, Uppers, Yaba

Is making meth dangerous?

Extremely. The labs – often in someone's home – can catch fire, explode and/or release poisonous gases. When meth is developed in a lab, the chemicals used create a large amount of toxic waste.

What happens if I'm caught using?

The courts have no mercy for those making, selling or using the drug – you will go to jail.

What should I do if I suspect someone is making methamphetamine?

You can save somebody's life by talking to someone you trust – your parents, a teacher, guidance counselor, minister or law enforcement official. You can report the person by calling the Tennessee Bureau of Investigation (TBI) at **(877) TNN-METH**.

What should I do if I think someone is using meth?

Ask for help. Tell someone you trust or go to **www.MethFreeTN.org** and click on the "Get Help" button. You can also call the Tennessee Association of Alcohol and Drug Abuse Services' REDLINE at **(800) 889-9789**. There are lots of people who care and are ready to help.