

NEWS RELEASE

FOR IMMEDIATE RELEASE

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The Dangers of Methamphetamine

Southwest Nebraska Public Health Department invites everyone to learn about the dangers of methamphetamine (Meth). Meth is a stimulant drug which can cause temporary feelings of alertness and motivation. It can be smoked, snorted, injected, or taken orally. Using meth can result in many damaging short-term and long-term effects, including addiction. Meth addiction affects various aspects of health, including physical and mental health, and overall quality of life.

Impacts on your appearance

- Severe Dental problems
- Extreme weight loss
- Dry, cracked lips
- Skin sores (intense itching)
- Dry, dull skin

Impacts on your body

- Increased or irregular heart rate
- Risk of stroke or heart attack
- Increased blood pressure
- Damage to other organs
- Overdose

Impacts on your brain

- Chronic fatigue or insomnia
- Paranoia / anxiety / confusion
- Depression
- Psychosis: hallucinations or delusions
- Loss of appetite

Impacts on your self-control

- Intense drug cravings or withdrawal
- Impulsiveness
- Aggression
- Violent or erratic behavior
- Losing touch with reality

In addition to the impacts listed above, meth overdose and overdose fatality have been on the rise in the last decade. The introduction of synthetic opioids, such as fentanyl, into the meth supply has resulted in an even more potent and lethal drug. While the use of meth alone can result in overdose, knowingly or unknowingly using meth that has been combined with another substance greatly increases the risk of overdose and death.

Despite the danger, around 500 people across the US will use meth for the first time each day (SAMHSA). Before you risk it, know the facts: <https://www.samhsa.gov/meth>.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223; one number three locations, McCook, Imperial, and Ogallala.