



METH

It may be closer than you think.



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Introduction

Methamphetamines are the source of numerous health and medical concerns. These drugs harm not only the people involved in their production, delivery or use, but they also affect many people who are not directly involved. Each pound of meth produced generates six pounds of toxic waste often left at the production site, dumped in streams, spread in fields or left for the trash collector. The toxic waste can contaminate groundwater and affect the ecosystem. Unsuspecting citizens and landowners are often exposed—and some are injured—when they attempt to dispose of the waste.

Meth: It May Be Closer Than You Think brings Arkansas residents, law enforcement officers and prevention and

treatment professionals together in a network of community partnerships to prevent the use and production of methamphetamine. *Meth: It May Be Closer Than You Think* is a community initiative started by the **University of Arkansas Division of Agriculture, Cooperative Extension Service**. The goal is to raise awareness and to find innovative ways to stem the use and production of methamphetamine in our state.

The purpose of this guide is to include you in the process. Whether you are a teacher, pharmacist, parent, farmer, landowner or simply a concerned Arkansas citizen, this guide will show you how to recognize signs of methamphetamine use and how to spot the presence of a

methamphetamine lab in your area. It will teach you how to be the eyes and ears of your community, as well as how to use your voice to include other community members and local leaders in protecting Arkansas land from the effects of methamphetamine production.

Specific information is available at Cooperative Extension county offices for the following groups:

- Health care providers
- Teachers
- Retailers
- Faith-based communities
- Landlords and real estate agents
- Social workers
- Farmers
- First responders
- Law enforcement personnel



Objectives of this program

1. To educate Arkansans about the health hazards associated with the use or manufacture of methamphetamines.
2. To create greater community awareness of methamphetamines and their associated environmental and health risks.
3. To encourage farmers, absentee landlords, rental property owners, property managers, hotel and motel owners and operators, storage unit owners and operators and other people who have access to property to regularly examine their properties with an eye toward discovering materials and signs of methamphetamine production.
4. To make property owners aware of signs to look for that might indicate clandestine methamphetamine production.
5. To encourage property owners to react safely and to report the discovery of possible methamphetamine waste to the proper authorities.
6. To make property owners aware of the dangers involved in the unlawful disposal or burial of methamphetamine production materials and/or waste on their land.

7. To make property owners aware of the health and environmental hazards associated with failure to report methamphetamine waste for proper removal.
8. To inform Arkansans of the public and private costs associated with the use and production of methamphetamine.

Why should I get involved?

Methamphetamine is an extremely dangerous and highly addictive drug. It is used by teenagers, parents, truck drivers, athletes, older people and young professionals. This drug affects more than just the people who use it. Children who are exposed to methamphetamine production and use are at greater risk of physical harm and neglect. Communities often suffer the loss of productive citizens, strain on the local economic infrastructure and an increase in crime, drugs and violence.

The toxic and explosive nature of meth labs puts police and firefighters—the very people charged with keeping us safe—in danger. Meth production sites may remain contaminated

for years after the producers and users of the drug move on, exposing new tenants of those sites to health hazards.

Methamphetamine is produced in apartment buildings, trailer parks, hotel rooms, storage sheds, national forests, state parks and the trunks of cars. Producers often “cook” this drug on farmland or property that belongs to farmers or absent landowners. Some clandestine methamphetamine producers have been known to offer honest farmers money for use of their land to decrease the risk of being reported. This results in an honest farmer being manipulated into participating in this environmentally hazardous process—and participating in a crime.

You may unknowingly encounter people who are using or making meth on a daily basis. Think of scenes like these that are played out every day:

- Your daughter (or niece, or children’s babysitter) quickly drops a worrisome amount of weight. She seems nervous and agitated, as if she might be taking meth to lose weight. Where do you find help?



- You are hunting on public land when you come across a pile of discarded glassware, tubing and thermal containers. It could be the remnants of a meth lab. Who should you call?
- You are walking your land and notice soda bottles and tubing in the stream where your cattle drink. Where do you report your findings?

This guide will teach you about the signs of meth use and production and what to do when you come across them. It will give you the tools to educate others on the devastating effects of methamphetamine,

which reach far beyond the people who use it. Although most of us in Arkansas may never encounter meth directly, it affects everyone.

Isn't this a job for law enforcement and prevention professionals?

It's true that if you suspect meth-related activity in your community, you should never try to investigate or stop it yourself. The chemicals and processes used to make meth are highly dangerous, as are the people who make and use

it. However, if you suspect that meth-related activity is going on in your area, it's important for you to report it to local law enforcement immediately. Methamphetamine can be produced in small batches in makeshift local laboratories. In addition, a great amount is imported or distributed by large drug rings and so it often flies below the law enforcement radar. Police cannot be on every street corner in every town. This is why it is important for individuals like you to become the stewards of your own communities.

Methamphetamine Facts

What is methamphetamine?

Methamphetamine is a highly addictive drug that stimulates the central nervous system by releasing high levels of the neurotransmitter dopamine. Once people begin using it, it is extremely hard to stop.

Meth is manufactured from a variety of chemical ingredients that are readily available in most communities. Its production requires chemicals such as anhydrous ammonia, ammonium nitrate and iodine, which may be stolen from farms and ranches or bought in large quantities from local agricultural businesses. Ephedrine or pseudoephedrine is a necessary ingredient; these chemicals are found in many over-the-counter cold medicines.

What does methamphetamine look like?

Methamphetamine—also known as meth, speed, poor-man's cocaine, chalk, crank or fire—is an odorless, bitter-tasting crystalline powder that is easily dissolved in alcohol or water. It is usually white with a pink or yellow tinge. Another form of



methamphetamine comes in clear, chunky crystals that look like rock candy. Street names for this type of meth include ice, crystal or glass.

Who uses methamphetamine?

Meth is cheap, readily available and highly addictive. Some statistics report that 98 percent of people who use the drug will become addicted to it. Traditionally associated with white male blue-collar workers, methamphetamine is now being used by diverse groups in all regions of the country. It is used by people of all classes, professions and economic backgrounds. Meth use does not look the same everywhere. It may be used by an entirely different group in each town and community: from truck drivers wanting to drive all night, to single mothers needing energy to work and raise their kids, to athletes looking for a boost, to young girls trying to stay thin. The drug has broad appeal and is used in all segments of our society.

Arkansas law enforcement officials now consider methamphetamine use to be our state's most serious and costly drug problem. Arkansas Crime Lab statistics report that 1,206 methamphetamine labs were raided or closed down in Arkansas in 2004 alone. In 2005 a new law requiring the purchase of pseudoephedrine to be from a pharmacy has helped to reduce the number

of methamphetamine labs confiscated in 2006 to 446.

What are some of the effects of using methamphetamine?

Addiction, psychotic behavior and permanent brain damage are some of the consequences of methamphetamine use. Withdrawal symptoms include depression, suicidal depression, anxiety, fatigue, aggression and intense cravings. Chronic use can cause violent behavior, anxiety, confusion, insomnia, auditory hallucinations, mood disturbances, delusions and paranoia. Damage to the brain caused by meth usage is similar to that caused by Alzheimer's disease, stroke and epilepsy. Parkinson's disease is also likely to result from years of central nervous system stimulation caused by methamphetamine use.

Short-term Effects of Meth Use

- Sense of well-being
- Increased alertness
- Hallucinations
- Insomnia
- Convulsions
- Impaired speech
- Paranoia
- Potentially deadly rise in body temperature
- Loss of appetite
- Violent behavior

- Aggressive behavior
- Premature aging
- Dry, itchy skin
- Increased heart rate
- Uncontrollable twitching

Why do people use methamphetamine?

If the consequences of meth use are so terrible, why do people take it? Methamphetamine initially gives the user a feeling of euphoria. In addition, it speeds up the body's metabolism, which increases energy and alertness and decreases appetite. People take it for the rush, to lose weight or to reduce the need for sleep.

Users often report these feelings when taking meth:

- I can do anything.
- I can't function without it.
- I feel smarter.
- I feel powerful and in control.

How is methamphetamine used?

Meth can be smoked, snorted, injected or orally ingested. The injection of meth may contribute to higher rates of infectious disease, especially hepatitis and HIV/AIDS, through the sharing of used hypodermic needles.

Methamphetamine abuse has three patterns: low intensity, binge and high intensity. Low-intensity users usually swallow or snort meth. These users can

become addicted very quickly and evolve into binge or high-intensity users, smoking or injecting the drug to achieve a faster and stronger high.

The most dangerous stage for users and those around them is called "tweaking." Tweaking occurs at the end of the high, when nothing the abuser does will take away the feeling of emptiness and anxiety, including taking more meth. A meth abuser who is tweaking has probably not slept in 3 to 15 days and is consequently extremely irritable and paranoid.

Confrontation increases the chances of violent interaction, putting medical personnel and law enforcement officers in danger. However, a tweaker does not need provocation to behave or react violently. If the tweaker is using alcohol, his or her negative feelings and volatility are intensified.

How does meth harm people and their communities?

Individual Users

Methamphetamine is highly addictive and extremely difficult to stop using. Once someone finally quits using methamphetamine, brain functioning can continue to decline for approximately 18 months before improvement is noted. Severe depression is common in former meth users, because their brains stop producing normal levels of dopamine on their own when

they are overstimulated by meth use. It can take 18 months for the former user's brain chemistry to begin to repair itself. Long-term meth abuse can cause lifelong medical and psychological problems, including problems with limb control and thought processing. Few people who try methamphetamine are able to avoid becoming lifelong users.

Drug-endangered Children

It is estimated that in Arkansas 40 to 45 percent of methamphetamine cases involve children (compared to 30 percent of cases nationwide).

Many of these children test positive for the drug and are exposed to serious physical and psychological damage. The environment the labs create is so toxic to children that many states have increased penalties for allowing a child to live in or have contact with a meth lab.

A child living in a residence being used as a clandestine methamphetamine laboratory is exposed to immediate dangers and to the residual effects of chemical contamination. In addition, the child may be subjected to fires and explosions, abuse and neglect,





a hazardous lifestyle, social problems and other risks. For additional information on children check out the Arkansas Alliance for Drug Endangered Children web site at WWW.arkansasDEC.org

Chemical Contamination

The chemicals used to cook meth and the toxic compounds and by-products resulting from its manufacture produce toxic fumes, vapors and spills. A child living at a meth lab may inhale or swallow toxic substances or inhale the second-hand smoke of adults who are using meth. The child may receive an injection or an accidental skin prick from discarded needles or other drug paraphernalia; absorb methamphetamine and other toxic substances through the skin following contact with contaminated surfaces, clothing or food; or become ill after directly ingesting chemicals or an intermediate product.

Exposure to low levels of some meth ingredients may produce headache, nausea, dizziness and fatigue. Exposure to high levels can produce shortness of breath, coughing, chest pain, dizziness, lack of coordination, eye and tissue

irritation, chemical burns (to the skin, eyes, mouth and nose) and death.

Corrosive substances may cause injury through inhalation or contact with the skin. Solvents can irritate the skin, mucous membranes and respiratory tract; they can also affect the central nervous system. Continuous exposure to chemicals typically used in meth manufacturing may cause cancer; damage the brain, liver, kidney, spleen and immunologic system; and result in birth defects.

Normal cleaning may not remove methamphetamine and some of the chemicals used to produce it. They may remain on eating and cooking utensils, floors, countertops and absorbent materials. Toxic byproducts of meth manufacturing are often improperly disposed outdoors, endangering children and others who live, eat, play or walk at or near the site.

Fires and Explosions

Approximately 15 percent of meth labs are discovered as a result of a fire or explosion. Careless handling and over-heating of volatile hazardous

chemicals and waste—along with unsafe manufacturing methods—can cause solvents and other materials to burst into flames or explode.

Improperly labeled and incompatible chemicals are often stored together, compounding the likelihood of fire and explosion.

Highly combustible materials left on stovetops, near ignition sources or on surfaces accessible to children can be easily ignited by a single spark or cigarette ember. Hydrogenerators used in illegal drug production are “bombs waiting to be ignited by a careless act.” Safety equipment is typically nonexistent or inadequate to protect a child.



Hazardous Living Conditions

Hazardous living conditions and filth are common in meth lab homes. Explosives and booby traps (including trip wires, hidden sticks with nails or spikes and light switches of electrical appliances wired to explosive devices) have been



found at some meth lab sites. Loaded guns and other weapons are usually present and often found in easy-to-reach locations.

Meth homes also often lack heating, cooling, legally provided electricity, running water or refrigeration. Living and play areas may be infested with rodents and insects, including cockroaches, fleas, ticks and lice. Individuals responding to some lab sites have found hazardous waste products and rotten food on the ground; used needles and condoms strewn about; and dirty clothes, dishes and garbage piled on floors and countertops. Toilets and bathtubs may be backed up or unusable, sometimes because the cook has dumped corrosive by-products into the plumbing.

Social Problems

Children developing within the chaos, neglect and violence of a clandestine meth lab may experience stress and trauma that significantly affect their overall safety and health, including their behavioral, emotional and cognitive functioning. They often exhibit low self-esteem, a sense of shame and poor social skills. Consequences may include

emotional and mental health problems, delinquency, teen pregnancy, school absenteeism, failure in school classes, isolation and poor peer relations. Without effective intervention, many will imitate their parents and caretakers when they themselves become adults, engaging in criminal or violent behavior, inappropriate conduct and alcohol and drug abuse.

Other Risks

Dangerous animals trained to protect illegal meth labs pose added physical hazards, and their feces contribute to the filth in the area. People may actually be involved in the manufacturing process but receive no safety gear to protect them from noxious chemical fumes.

Environment

Methamphetamine labs seriously threaten the natural environment that we Arkansans so value, as well as the community environments in which we live.

Meth labs create between five and six pounds of toxic waste for every pound of the drug produced. The cooking process generates lethal gases, creating a highly flammable and explosive environment.

These toxic vapors permeate the plaster, drywall and wood around them. One of the greatest risks of chemical exposure occurs when people unsuspectingly move into buildings formerly used as meth labs.

Illegal disposal of toxic by-products leads to the contamination of surface water, groundwater, soil and air. If vented outside, these chemicals are released into residential neighborhoods. Hazardous chemicals are often poured into bathtubs, sinks and toilets or are taken and dumped along nearby roads, farm land, wells and creeks.

Economy

Meth lab cleanup is hazardous, specialized work that can cost thousands of dollars, creating an economic burden for Arkansas. In addition, our tax dollars must pay for the prosecution and incarceration of those charged with meth-related crimes, the investigation of child abuse and the placement of children in foster care, as well as for treatment programs, social services and increased law enforcement.



Meth Costs to Health Care Systems

- Hospital and ambulatory care
- Drug-exposed infants
- Dental care
- HIV/AIDS
- Hepatitis B and C
- Crime victims' health care
- Health care for addicts' children

Meth Costs to Taxpayers

- Police, fire and EMT departments' time and training costs (cost to attend a two-week long training is \$4,000 a person)
- Cost of specialized equipment
- Hazmat suits —\$50 each, discarded after one use
- Disposable gloves—\$100 per case
- Fume detectors—\$10,000 each
- Lawyer fees
- Jail/prison time and costs

Meth Costs to the Environment

- Lab cleanup averages \$5,000 for each lab, but costs can run as high as \$20,000
- Toxic wastes are dumped down drains, in storm sewers, in dumpsters, on the ground or along roadsides
- Topsoil is removed in dumpsite cleanups

Meth Costs to Businesses

- Inventory loss and industrial theft
- Increased insurance, security and increased workers' compensation costs and claims
- Lower productivity of employees
- Drug abuse related illnesses
- Premature death of worker (addict)
- Productivity loss of victims of addict's crimes

Shoplifting—especially of the key ingredients of meth

Meth Costs to Communities

- Increased crime, including stealing to obtain money for meth, property damage and loss due to fires, motor vehicle accidents and assaults
- Landlord's/homeowner's responsibility to clean after a lab bust, including shampooing or replacing carpets, painting or replacing dry-wall, cleaning or replacing appliances
- Increased pressure on schools (providing special education for meth babies or for children living in a meth home/lab)
- Increased pressure on Social Services system, including in-home or therapeutic foster care placement for children taken from meth homes/labs



Where does methamphetamine come from?

National and North American Sources

Illegal laboratories in California and Mexico are significant sources of methamphetamine. These larger labs are dependent on supplies of the precursor chemicals, pseudoephedrine and ephedrine, which are sometimes diverted from legitimate sources and smuggled from Canada and Mexico.

The Drug Enforcement Administration (DEA) and the Office of National Drug Control Policy are making efforts to work with Canada and Mexico. Currently, Canada reports any large shipments of these substances to the United States. Similar agreements are being pursued with the Mexican government and border patrol officials.

In recent years, increasing numbers of small, domestic labs have been found throughout the Western, Southwestern and Midwestern states. This trend has been attributed to the greater availability of meth ingredients in large quantities. These small-scale labs are

operated out of apartments, private houses, storage sheds, motor vehicles and hotel and motel rooms. Portable makeshift labs are found in bathrooms, kitchens and the trunks of cars. The “cooks” who make meth in these setups often find their ingredients at local retail outlets such as hardware or drug stores. Often the items are shoplifted from retailers. This saves money for the cook and prevents evidence that may indicate to a retailer that the person is producing methamphetamine.

Arkansas Sources

Clandestine meth labs have been found throughout Arkansas.

In fewer than ten years, methamphetamine has grown from a problem limited to the Southwest and Pacific regions of the United States to Arkansas's primary drug of concern. The state is encountering locally produced methamphetamine as well as imported methamphetamine produced in Mexico. Not only does the state's rural landscape provide an ideal setting for illicit manufacturing, but the wide availability of precursor chemicals also contributes to the ease of manufacturing methamphetamine.

Criminal groups are acquiring thousands of cases of pseudoephedrine via wholesalers. They use sophisticated schemes to illegally ship pseudoephedrine to methamphetamine producers (at a considerable profit).

On February 22, 2005, Act 256 was signed into law. The act regulates the distribution of certain precursor ingredients used to manufacture methamphetamine.

The act requires that unless a consumer has a valid prescription, he or she may not buy more than three packages of a product containing ephedrine, pseudoephedrine or phenylpropanolamine at one time. The packages may not contain more than 96 pills, tablets, capsules or units-or more than three grams of drugs listed above-whichever amount is smaller. Consumers are required to provide proof of identity and age when purchasing these products; consumers must be at least 18 years of age.

Lab seizures have been cut in half during the first year following enactment of Act 256. The reduction in lab seizures has not resulted in a reduction in methamphetamine use because of cheap methamphetamine from Mexico.

Getting Involved: Identifying and Eliminating Meth in Your Community

Methamphetamine use is spreading rapidly in Arkansas. It is increasingly important that we all know the signs and symptoms of the drug and can recognize the patterns and stages of its abuse.

How do I identify a methamphetamine user?

You cannot identify a meth user by sex, race, color or other external signs. Users may be people you know and would not suspect. Here is a list of physical symptoms that may indicate meth use:

- Disturbed sleep
- Panic
- Hyperactivity
- Severe depression
- Excessive talking
- Anxiety
- Extreme weight loss
- Nervousness
- Repetitive behavior
- Moodiness and irritability
- Loss of interest in friends, sex and food
- False sense of confidence and power
- Aggressive and violent behavior

- Delusions of grandeur leading to aggressive behavior
- Smoking outside

Physical Effects

In large doses, methamphetamine's common effects are irritability, nervousness, aggressive behavior, anxiety, excitement, auditory hallucinations and delusions. Adverse consequences also include the risk of stroke, heart failure and prolonged psychosis. You may also notice individuals with what appears to be acne or boils on their faces and bodies. These are often referred to as "speed bumps."

Psychological Effects

Mood changes are common, and users can rapidly turn from friendly to hostile. The extreme paranoia produced by methamphetamine use results in suspiciousness, hyperactive behavior and violence.

Heavy methamphetamine users are more likely to be involved in domestic disputes and motor vehicle accidents. Attempting to reason with or detain a methamphetamine user at this stage is not recommended. Law enforcement should be called.

If you must interact with a heavy meth user, use the tips below to protect yourself.

Six Safety Tips for Approaching a Heavy Meth User

1. Keep a 7- to 10-foot distance. Coming too close can be perceived as threatening.
2. Do not shine bright lights. A heavy methamphetamine user will already be paranoid and, if blinded by a bright light, may be likely to run or become violent.
3. Speak slowly. This will decrease the odds that the methamphetamine user will misinterpret your actions.
4. Keep your hands visible.
5. Keep the person talking to reduce risk of physical reaction.
6. Slow your movements so as not to appear threatening.

Source: National Drug Intelligence Center, U.S. Department of Justice

How do I identify a methamphetamine lab?

Meth labs can be set up in small, unlikely places, such as storage units, motel bathrooms, apartment houses, farmland, grazing fields, in water wells or on property belonging to absent land-owners. The by-products of meth production are so toxic that awareness of these risks is essential to the health of our communities.

Knowing how to act in such situations may protect the health of children and elderly adults who are at the mercy of adults operating a meth lab. It is vital that community members are able to identify signs of such activity and notify the proper authorities.

You may be unaware that you are living near a meth lab. Here are some signs to look for.

Meth Lab Indicators

- Unusually strong odors (like cat urine, rotten eggs, ether, ammonia, acetone or other chemicals)
- Residences with windows blacked out
- Open windows vented with fans, even during the winter
- Renters who pay their landlords in cash or offer cash to store items or dispose of trash on property

- Lots of traffic and people coming and going at unusual times, especially at night
- Excessive trash, including items such as antifreeze containers, lantern fuel cans, red-stained coffee filters, battery casings, bubble wrap, glassware with rubber tubing attached, drain cleaner and duct tape
- Unusual numbers of clear glass containers being brought in or found in the trash

Many of the chemicals used to make meth are found in common items, such as lantern fuel, household cleaners, nail polish remover, drain cleaner, engine starter, lighter fluid, swimming pool cleaner and diet and cold pills.

The following substances may indicate a meth lab if they are present in large quantities or in an unlikely location (i.e., in apartment buildings or state parks).

Substances That May Indicate a Meth Lab

- Acetone
- Diet aids

- Phenyl-2-propanone
- Alcohol
- Energy boosters
- Phenyl acetone
- Anhydrous ammonia
- Ephedrine
- Phenylpropanolamine
- Antifreeze
- Epsom salts
- Lithium
- White gasoline
- Lye
- Drain cleaner
- Propane cylinders
- Batteries
- Ether
- Red phosphorus
- Battery acid
- Freon
- Rock salt
- Benzene
- Hot plates
- Sodium metal
- Black iodine
- Hydrochloric acid
- Cold tablets
- Wooden matches
- Muriatic acid



Important Warning

Never enter what you suspect to be a meth lab. If you find yourself inside one, leave immediately, making sure not to open or touch anything. Many of the chemicals used in meth production are caustic, corrosive or create noxious, harmful fumes. Handling methamphetamine waste residue can burn your skin and eyes, and breathing in the gases can send you to the hospital.

Weapons are very common in meth labs, and because production/use of the drug results in extreme paranoia, there is the potential that weapons may be used with little discretion. People who use meth are often very paranoid and may go to extreme measures not to get caught.

If you notice any activity that you think might be related to meth production or use, **please contact your local law enforcement** to pass information along to the proper authorities.

If I suspect meth-related activity, who should I contact?

If you suspect meth-related activity in your community, never try to investigate or stop it yourself. The chemicals and processes used to make meth are highly dangerous, as are the people who make and use it.

If you believe a meth lab exists in your community, make specific notes of any suspicious behavior you observe. You may want to write down the times of day when traffic is the heaviest or when unusual chemical odors are particularly strong.

Record the types of cars or the license plates of the vehicles at the premises. You may even note the physical descriptions of those who come and go. If children appear to be involved or are living in a home where this activity is occurring, be sure to note this in your records.

Call local law enforcement to report your observations. Reports can be made anonymously.

Please use 911 only for emergency situations to report crime in progress or if someone is in immediate danger.

Becoming a voice in your community

You now know how to recognize the signs of meth use and production and are ready to become the eyes and ears of your community.

The Meth: It May Be Closer Than You Think initiative is for the rural community. As the initiative develops, we hope to engage school boards, local community members, teachers, faith-based communities, law enforcement professionals, treatment and prevention professionals, retailers and others to work together to address the issue of methamphetamine at the local level.

The success of *Meth: It May Be Closer Than You Think* depends on the impact its messages have at the local level in every community across the state. The most important voice in this effort is yours.

Glossary

- addiction**—compulsive need for and use of a habit-forming substance (as heroin, nicotine or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal
- anhydrous ammonia**—common crop fertilizer also used in the production of methamphetamine
- auditory hallucinations**—hearing things that are not real
- broncho dilator**—dilation of airways to improve breathing or to treat asthma
- caustic**—burn-causing
- cook**—the chemical process that results in the illicit substance, methamphetamine
- corrosive**—to weaken or destroy the strength of a metal or object
- delusions**—seeing things that are not real
- delusions of grandeur**—imagining or seeing things as more important or impressive than they are in reality
- dopamine**—the body’s “feel good” hormone; also synthetically produced with use of illicit drugs
- ephedrine**—the primary ingredient or “precursor” in methamphetamine; this is the natural form of the chemical; can be used interchangeably with the synthetic version, pseudoephedrine
- euphoria**—a feeling of well-being or elation
- insomnia**—prolonged and usually abnormal inability to obtain adequate sleep
- methamphetamine**—a central nervous system stimulant that is often produced in make-shift “lab” settings
- “Mom and Pop” labs**—an unsophisticated method of producing illegal methamphetamine
- paranoia**—a mental state characterized by delusions and/or a tendency on the part of an individual or group toward excessive or irrational suspiciousness and distrustfulness of others
- Parkinson’s disease**—a chronic progressive nervous disease chiefly of later life that is linked to decreased dopamine production in the *substantia nigra* and is marked by tremor and weakness of resting muscles and by a shuffling gait
- rush**—the very intense effect of introducing methamphetamine into the body
- repetitive behavior**—repeated behaviors, seemingly without thought or control, that are often observed in drug users
- speed bumps**—lesions or “acne-like” bumps on the skin of meth users
- street names**—terms methamphetamine users call their drug