# The High Point Pook

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# This is OUR backyard! These are people you KNOW! Are you next??

Look at the pictures. You probably know some of these people. They are our neighbors and maybe even family. We see them shopping at Walmart, going to the postoffice, driving down our streets. The Meth Epidemic is real and it is here in the Tri -Cities region.

If we aren't careful, how long will it be before these are our faces posted here? These will be our children, grandchildren, cousins, sisters, brothers, aunts and uncles looking at us from the newspapers. You cannot take the threat of Meth too seriously. It will kill you. Please take your recovery seriously and don't become a face

in the police blotter or another statistic on the wall.







# **Behavioral Signs of Meth** Addiction

- Loss of interest in usual activities
- Neglecting relationships
- Isolating themselves from others
- Sudden shift in social groups
- Risky financial behavior to buy meth
- Criminality, such as stealing money to buy meth
- Obsessive focus on an issue or task
- Forgetting important dates, times or events
- Increased aggression or violent behavior
- Clumsiness (decreased fine motor skills)
- Distracted behavior in social situations
- Risky sexual behavior
- Erratic sleep patterns, such as insomnia and hypersomnia
- Hyperactivity and high energy
- Extreme loss of appetite (eating little or not at all for several days)
- Displaying a tic or twitch (a small, repetitive behavior, such as pulling hair or picking at a spot on the skin)

## Meth Overdose Symptoms

- Irregular breathing and/or heartbeat
- Chest pain
- heart attack
- Stroke
- Seizure
- Agitation
- High body temperature
- Extreme anxiety
- **Kidney failure**



#### **Psychological Symptoms** of Meth Addiction

- Paranoia, Anxiety, **Nervousness**
- Agitation or fidgeting
- Mood swings, Depression
- Hallucinations, Belief that there are insects crawling under the skin (leading to "meth sores")

### Symptoms of Meth Use

- Sudden or severe weight loss
- Extreme perspiration
- Irregular breathing patterns
- Nosebleeds
- Sores that are slow to heal/open wounds predominantly on their faces and arms; Formication is a tingling sensation resembling insects crawling under the skin which causes the abuser to incessantly pick at their skin to rid themselves of the "bugs."
- **Dilated** pupils
- Burns, particularly on the lips or fingers
- Track marks on the arms
- Blackened, rotting teeth (also known as "meth mouth")
- Bad breath
- Premature aging of skin

#### **Meth Mouth**



# **Dangerous Ingredients** of Meth

- Acetone
- Lithium
- Hydrochloric Acid
- Phosphorus
- Toluene
- Sulfuric acid
- Sodium hydroxide
- Anhydrous ammonia



I STARE AT MY REFLECTION IN THE MIRROR

WHY AM I DOING THIS TO MYSELF?

METH

**KILLS** 

& it WILL

kill you!