# HEALTH EFFECTS

## METHAMPHETAMIN METH | ICE | CRYSTAL | SHARDS

#### **Physical health effects of methamphetamine**

Methamphetamine (meth) use is linked with a number of health problems which could lead to poor physical health. This includes a range of possible short-term and long-term effects.

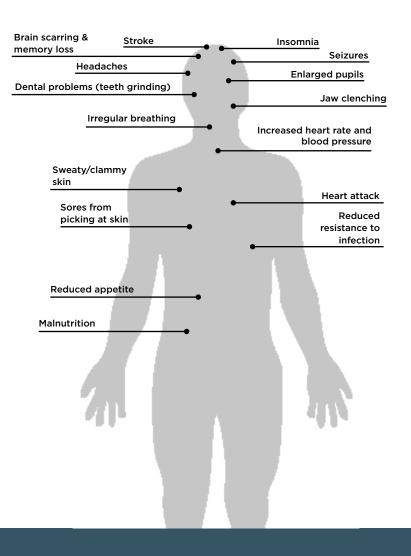
#### **Methamphetamine and stroke**

Long term use of meth can lead to an increased risk of heart failure and stroke. Meth use can effect blood circulation in the brain. Meth can increase the risk of ischaemic stroke because it can narrow blood vessels in the brain and this can result in blood flow being cut off. Meth use can also increase the risk of haemorrhagic strokes because it can weaken blood vessels in the brain causing them to burst.

"On a big weekend my head really started to hurt, my face went numb and my heart was racing.

I was so scared! The ambos told me my blood pressure was really high, and they tried to calm me down.

When I got to hospital, I found out I'd had a stroke. The doctors don't know the full extent of the damage yet."





### **METH CAN TAKE CONTROL**

FOR FREE PROFESSIONAL COUNSELLING AND ADVICE CALL THE METH HELPLINE ON 1800 874 878 OR VISIT DRUGAWARE.COM.AU