

# ICE

Other street names include "meth", "d-meth", "crystal", "crystal meth", "shabu", "batu", "tina" and "glass".

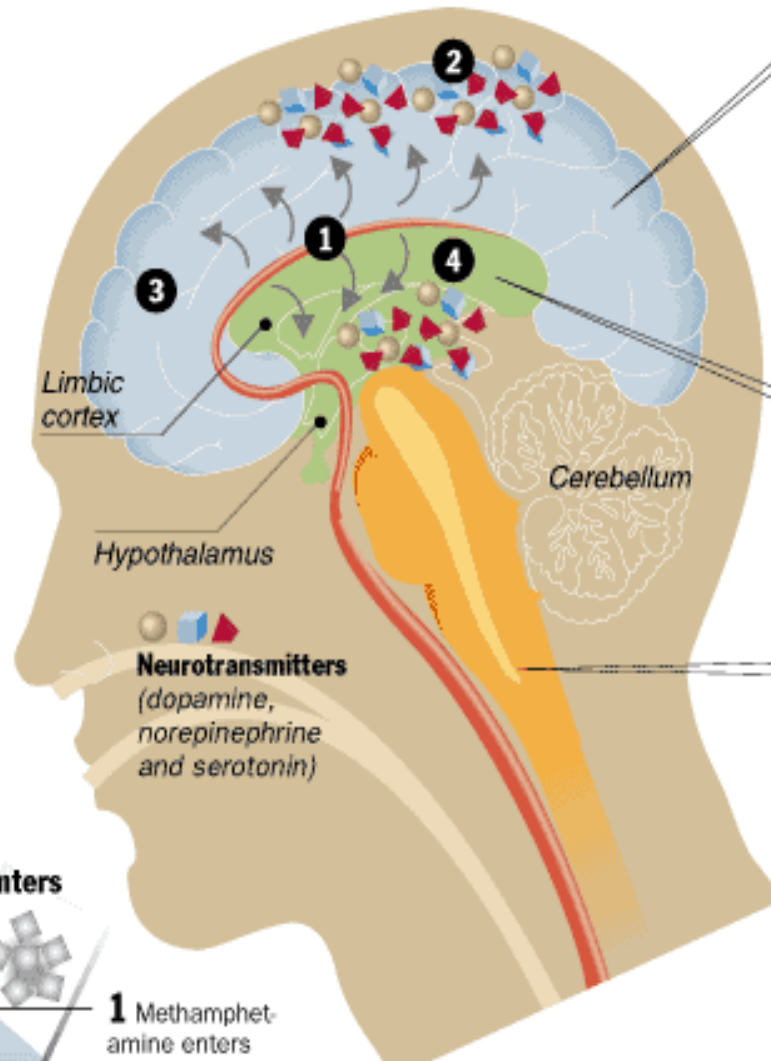


## How methamphetamine works in the body

Amphetamines replicate the stimulant the brain manufactures to respond to stress. Methamphetamine has an effect on the body similar to adrenaline, a survival hormone that allows people to function beyond normal limits.

### Straight to the brain

1. Meth enters the brain cells from the bloodstream.
2. It produces a storm of neuro-chemical activity having the brain release chemical messengers, called neurotransmitters, to stimulate sections of the brain.
3. Meth affects the cerebral cortex and causes the experiencing of heightened energy, elevated euphoria and powers of reasoning and thinking.
4. The drug also targets the limbic area –or pleasure center– which controls food, fight, flight and the sex drive.



### Cerebral cortex

It is devoted to the senses. It enables an individual to see, hear, smell, taste and touch. It also facilitates speech and the understanding of words.

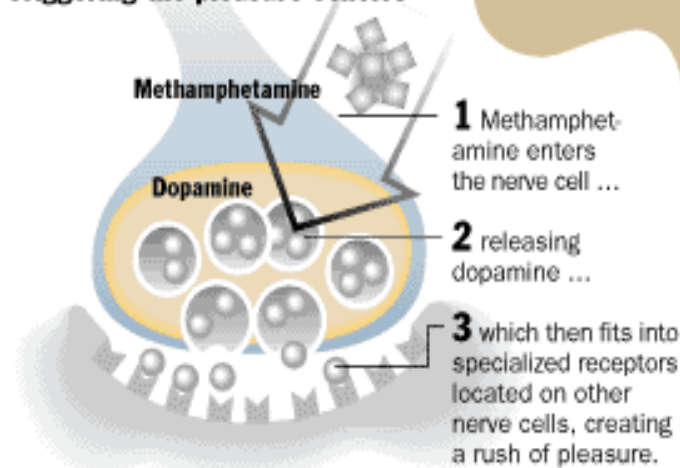
### Limbic system

The limbic system influences instinctive behavior similar to animal responses that relate to survival.

### Brain stem

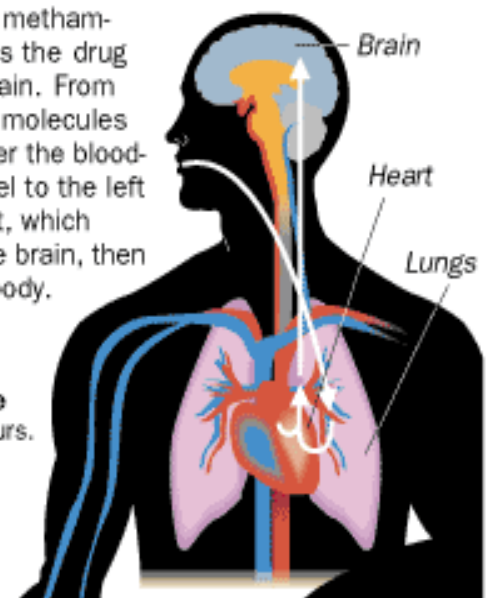
It's the brain's lowest portion and controls basic functions such as heart rate, breathing, eating and sleeping.

### Triggering the pleasure centers



### Smoking ice: From the lungs to the brain

Smoking crystal methamphetamine sends the drug quickly to the brain. From the lungs, meth molecules immediately enter the bloodstream and travel to the left side of the heart, which pumps it into the brain, then through all the body.



### Damage and death: Effects of prolonged use

- **Small doses:** euphoria, decreased appetite and increased blood pressure, pulse, respiration and alertness.
- **Increasing doses:** Agitation, irritability, paranoia, hallucinations of sights and sounds, convulsions, coma, death.
- **Withdrawal:** depression, protracted sleep.



A single dose of **methamphetamine** lasts for 6 to 8 hours.

A single dose of **cocaine** lasts only 8 to 20 minutes.

Advertisement

# ICE TEARS YOUR LIFE APART.

Smoked or injected, Ice is highly addictive. Some Ice users feel like bugs are crawling under their skin and dig at their arms until they are pitted with sores. For help or information, call 1800 250 015 or visit [australia.gov.au/drugs](http://australia.gov.au/drugs)

**Don't let Ice destroy you**

**NATIONAL DRUGS CAMPAIGN**  
**NATIONAL DRUGS COMMISSION**

Authorised by the Australian Government, Capital Hill, Canberra.



**Australian Government**