

## Substance Use, Abuse and Dependence

### Classification and Information on Substances

#### Crystal Methamphetamine (TIK)

<b>DESCRIPTION</b>	Crystal Methamphetamine is a synthetic congener of amphetamine and is mostly found as a powder, tablet or chunk. It is typically sold in straws. Ingredients are easily accessible and can include ingredients such as rat poison, talcum powder, baking powder, drain cleaner, paint thinners etc.
<b>MODE OF ADMINISTRATION</b>	Tik can be snorted, ingested orally, injected or smoked.
<b>PRIMARY EFFECT</b>	Central nervous system stimulant
<b>SHORT-TERM EFFECTS</b>	<p>Immediately following smoking or injection, a rush is experienced. Immediately following snorting or swallowing, a euphoric high is experienced. The following effects may also be present:</p> <ul style="list-style-type: none"> <li>• Dilated pupils;</li> <li>• Increased heart rate and blood pressure;</li> <li>• Increased confidence, energy and impulsivity;</li> <li>• Increased sexual appetite</li> <li>• Rapid or pressured speech;</li> <li>• Increased agitation and/or irritation;</li> <li>• Increased wakefulness and insomnia;</li> <li>• Decreased appetite;</li> <li>• Increased anxiety or nervousness;</li> <li>• Increased possibility of violent behaviour;</li> <li>• Convulsions;</li> <li>• Stroke or heart attack.</li> </ul>
<b>LONG-TERM EFFECTS</b>	<p>Heavy and continued use can lead to:</p> <ul style="list-style-type: none"> <li>• Increase in tolerance, therefore increased need for larger doses to achieve same results;</li> <li>• Respiratory problems;</li> <li>• Psychiatric disturbances (including confusion, mood disturbance, paranoia, hallucinations, repetitive behaviour, delusions and psychosis);</li> <li>• Decrease in appetite and severe weight loss;</li> <li>• Severe scratching of skin to get rid of imagined parasites or insects crawling under the skin;</li> <li>• Dental problems;</li> <li>• Tremors;</li> <li>• Risk of injury to self and other due to violent, aggressive behaviour;</li> <li>• Stroke or heart attack.</li> </ul>
<b>ADDICTION POTENTIAL</b>	High psychological and physical addiction potential.
<b>TREATMENT OPTIONS</b>	In cases of heavy and prolonged use, inpatient and/or outpatient treatment with the use of multiple therapeutic methods (individual, family and group psychotherapy) is usually necessary to achieve lasting abstinence. Co-morbid conditions are treated if required.