



## **AMPHETAMINES** (Speed, Ice)

**Speed is part of the amphetamine family of drugs, which also includes ice. Ice is the purest form of amphetamine, followed by base and then speed. The potential for addiction and physical and mental problems from using all amphetamines is very high.**

### **SPEED AND ICE FACTS AT A GLANCE**

#### **The signs and symptoms of using amphetamines can include:**

- » Increased and irregular heart rate
- » Blurred vision
- » Increased breathing
- » Overheating and sweating
- » Teeth grinding
- » Dry mouth and lips
- » Nervousness
- » Dilated pupils
- » Restlessness
- » Nausea and vomiting
- » Insomnia
- » Mood swings
- » Aggression
- » Hallucinations
- » Paranoia
- » Headaches

#### **Consequences of using amphetamines may include:**

- » Chronic sleep problems
- » Psychosis
- » Cracked teeth through grinding
- » Nerve cell damage
- » Panic attacks
- » Heart failure or stroke
- » Insomnia
- » Dependence/addiction
- » Anxiety
- » HIV and hepatitis if injecting
- » Emotional instability
- » Severe depression
- » Violence
- » Death

#### **Effects of using speed:**

In the short term, using amphetamines can lead to increased and irregular heartbeat and breathing, excessive sweating, overheating, blurred vision, teeth grinding and jaw clenching, dilated pupils, nausea and insomnia. There are also strong links between amphetamines, violence and other reckless behaviours that put the user and others at risk. Ice is more potent than other forms of amphetamine, and is much more pure than speed.

Long term use can lead to significant dental issues, stroke and heart failure and a risk of dependence, while injecting speed intravenously greatly increases the risk of contracting HIV or hepatitis. Users also face serious psychological issues with prolonged use including attention and memory issues, decreased emotional control, paranoid delusions, hallucinations, mood swings and depression. This can have serious social and financial consequences for the user.