



Amphetamine



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Speed, pep, ...

Amphetamine is a synthetic, chemically produced substance and is a stimulating drug. Illegally sold "speed" is usually a blend of amphetamine and other substances (e.g. *caffeine, ephedrine*).



Main active ingredient

- Amphetamine (*Speed*)



Legal status

- Illegal: consumption, possession, acquisition, production and dealing are prohibited.



Consumption modalities

- Mainly "sniffed" (*snorted*) (as a *white, yellowish or pink powder*)
- Swallowed or dissolved in a drink
- Less frequently injected



Onset and duration of effect

- **"Sniffed" (*snorted*):**
 - Onset: after a few minutes
 - Duration: several hours (*approx. 6-12 hours*)
- **Oral consumption:**
 - Onset: after approx. 30-45 minutes
 - Duration: somewhat longer than if "sniffed"



Effects

- Euphoric high, feeling of energy, stimulating
- Sensation of heightened powers, alertness and vigilance
- Increased self-confidence
- Greater appetite for risk, loss of inhibitions and anxieties
- Urge to talk and communicate
- Urge for physical activity
- Suppression of fatigue, hunger, thirst and the sensation of pain
- Sexual stimulation and loss of inhibition



Risks and side effects

- Poor concentration
- Overconfidence
- Restlessness, nervousness, trembling, irritability, aggressiveness
- Anxiety
- Nausea
- Increased body temperature
- Cramp in the jaw muscles (*grinding of teeth*)
- Suppression of hunger and thirst sensations (*beware: dehydration*)
- Increased blood pressure, heart palpitations and cardiac arrhythmia
- Heart attack or stroke



Long-term risks

- Addiction
- Constant restlessness, sleep-wake cycle may be disrupted
- Depression, anxiety disorder, paranoia
- Psychosis (*loss of reality, paranoid thoughts, delusions etc.*)
- Deficiency symptoms (*calcium deficiency, bone and teeth problems, weight loss*)
- Skin inflammations (*“speed rash”*)
- Damage to nasal mucous membranes and nasal septum (*when “snorted”*)
- Cramps
- Liver and kidney damage

Worth knowing...

- ✓ Amphetamine has a long history. It was first synthesised back in 1887. But it wasn't until the 1930s that consumption of the substance became more widespread following the discovery of its performance-enhancing effects. Before it was banned, among other things it was used to combat obesity. It was also used by housewives as a mood lifter and administered to soldiers in the Second World War to combat fatigue and boost performance.
- ✓ Amphetamine gives the body a short-term performance boost. But amphetamine does not give the body any energy. It acts instead "like a whip on a tired horse" by exploiting the body's emergency reserves.
- ✓ As the proportion of pure amphetamine is not known in the case of illegally acquired "speed" and can vary considerably, there is always a risk for the consumer of an overdose as well as intolerance to extenders.
- ✓ Although amphetamine reduces hunger pangs, it is not an appropriate dietary aid. It is true that one can lose quite a lot of weight within a short time but in a very unhealthy and risky way.

Ritalin = Speed?

As a drug, Ritalin with its active ingredient methylphenidate, is an amphetamine-type substance, which acts as a stimulant. In the context of a proper therapy, Ritalin can be an appropriate drug for treating ADHD (*attention deficit hyperactivity disorder*).

"Crystal meth"

Methamphetamine, known as "crystal meth", is chemically closely related to amphetamine. Methamphetamine is faster acting, the sense of intoxication is more intense than with amphetamine, and can be even more addictive.

Unlike "speed", "crystal meth" can also be smoked.

There is no such thing as a risk-free consumption of legal and illegal drugs!

When consuming any legal and illegal drug, the subjectively perceived effects depend on various factors (*how consumed, dose, age, gender, environment, mood as well as experience and expectation*).

Consumption of any drug can result in addiction.

The consumption of legal and illegal drugs is to be discouraged:

- In adolescence (*physical and mental development*)
- When driving and during other activities requiring a “clear head” (*e.g. sport, when operating machinery...*)
- In the workplace / in school
- During pregnancy and breastfeeding
- If there are previous medical conditions

Particular care is also required:

- If the quality of the product is unknown and cannot be checked
- In the event of combined use, e.g. alcohol and other drugs
- When medication is taken at the same time

If you notice that a person is not well after having consumed legal or illegal drugs, act responsibly and look after that person. If in doubt, phone the emergency number and administer first aid.



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Tem perguntas sobre a dependência, as drogas e as ofertas de ajuda?

Questions about addiction, drugs and assistance?

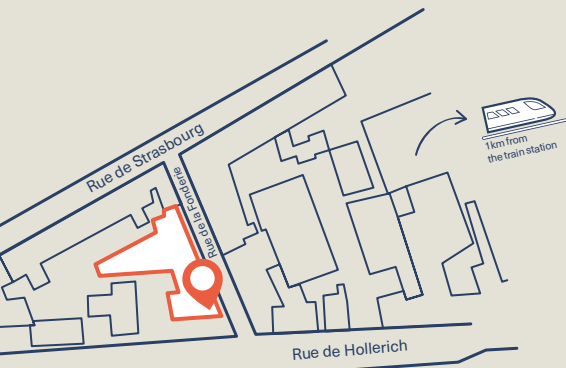
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