

# Crystal Meth

Crystal Meth is a hazardous substance that seriously risks the health of pregnant women and their babies. It is wise to totally quit doing Crystal Meth while you are pregnant.

## **Q: What is Crystal Meth?**

Crystal Meth, short for Methamphetamine, is a powerfully addictive stimulant that dramatically affects the central nervous system. It is commonly known by other nicknames, including Speed, Chalk, Ice Crystal, Crank and Glass. It is a white, odorless bitter-tasting crystalline powder that easily dissolves in water or alcohol.

## **Q: How is Crystal Meth consumed?**

Crystal Meth comes in many forms and can be smoked, snorted, injected by a syringe, or taken by mouth. The drug alters moods in different ways depending upon how it is taken. The user experiences an immediate "flash" that lasts only a few minutes and is described as extremely pleasurable. However, because the "flash" is so brief, Crystal Meth is often used in a binge fashion because users try to maintain the high by binging on the drug.

## **Q: How can Crystal Meth harm my baby?**

Infants born to mothers who use Crystal Meth during their pregnancy are likely to suffer negative developmental effects. Babies of Crystal Meth users often have shorter sleep bouts, are more fussy than normal and cry more often than the average infant. These babies have a much shorter attention span and experience delays in motor development.

## **Q: Is treatment available to quit abuse of Crystal Meth?**

Yes. There are a variety of substance abuse treatment programs available in Hillsborough County to help individuals cope with their dependence upon any of a number of illegal substances. It is best for you and your baby to seek help.

## **Q: How do I find more information and/or help?**

The ZEP website provides valuable information and resources.

**Visit [www.zeroexposure.org](http://www.zeroexposure.org)**



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**ZERO Exposure Project**

An Initiative of the Healthy Start Coalition of Hillsborough County, Inc.