



Crystal Methamphetamine (TIK)

DESCRIPTION	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.
MODE OF ADMINISTRATION	Tik can be snorted, ingested orally, injected or smoked.
PRIMARY EFFECT	Central nervous system stimulant
SHORT-TERM EFFECTS	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: <ul style="list-style-type: none">• Dilated pupils;• Increased heart rate and blood pressure;• Increased confidence, energy and impulsivity;• Increased sexual appetite• Rapid or pressured speech;• Increased agitation and/or irritation;• Increased wakefulness and insomnia;• Decreased appetite;• Increased anxiety or nervousness;• Increased possibility of violent behaviour;• Convulsions;• Stroke or heart attack.
LONG-TERM EFFECTS	Heavy and continued use can lead to: <ul style="list-style-type: none">• Increase in tolerance, therefore increased need for larger doses to achieve same results;• Respiratory problems;• Psychiatric disturbances (including confusion, mood disturbance, paranoia, hallucinations, repetitive behaviour, delusions and psychosis);• Decrease in appetite and severe weight loss;• Severe scratching of skin to get rid of imagined parasites or insects crawling under the skin;• Dental problems;• Tremors;• Risk of injury to self and other due to violent, aggressive behaviour;• Stroke or heart attack.
ADDICTION POTENTIAL	High psychological and physical addiction potential.
TREATMENT OPTIONS	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.