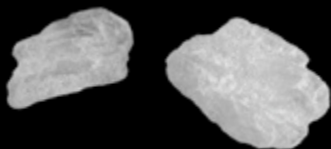


# ICE

## DID YOU KNOW...

- Ice is a form of methamphetamine that can be smoked. It is a white, odorless, bitter-tasting crystal. Ice is also known as “crystal meth,” “crystal,” “crank,” “go-fast,” “tweak,” “glass,” “shabu” and “batu.”
- Ice and meth are powerfully addictive stimulants which dramatically effect the central nervous system. They are made in secret “meth labs.” Toxic waste from these labs is very damaging to the beautiful land of Hawai‘i.
- Ice is the drug of choice of Hawai‘i and is thought to be the most significant drug threat.
- Per person, Hawai‘i has the highest population of ice users in the nation.



- The short-term effects of ice are increased activity, decreased appetite and a rush. The effects of ice can last 12 hours or more. After the initial “rush,” most people become very agitated or annoyed, which can lead to violent behavior.
- Ice has toxic effects. In animals, a single dose of the drug has been shown to damage parts of the brain. High doses can raise body temperature to dangerous, sometimes deadly levels, and may also cause convulsions.
- The long-term effects can be irreversible. Users may show violent behavior, extreme mood swings, anxiety and confusion. Memory gaps and an inability to sleep are additional side effects. Users can also display a number of psychotic features, including paranoia, hearing things that are not real, and delusions (such as the feeling of insects crawling on the skin). This can result in homicidal and suicidal thoughts. Long-term effects also include increased heart rate and blood pressure; brain, liver, kidney and lung damage; damaged blood vessels in the brain. Damaged blood vessels in the brain can cause strokes or irregular heartbeat, which can result in heart failure and death.