

Taking

AMPHETAMINES

to lose
weight...

Not such
a great idea!

Québec 

115 260 320

In Québec, just over one girl in ten aged
14 to 18 has already used AMPHETAMINES
(speed, pills, etc.).

That means that
nearly 90% of the
girls in this age
group have never
taken AMPHETAMINES!



Young people generally take amphetamines

- For fun or out of curiosity
- To help fit into their social group
- To deal with emotions or difficult situations
- To improve their physical and mental abilities
- To lose or control their weight

Some boys, but mainly girls, also take amphetamines to keep from gaining weight or to lose weight.

AMPHETAMINE

Use and Weight Loss

It's true that amphetamines curb your appetite, which can lead to weight loss, but be

CAREFUL!



Not eating enough can lead to

- Tiredness and weakness
- Trouble concentrating
- Mood swings
- Hair loss
- Insufficient vitamin and mineral intake

Losing weight too quickly can cause

- Loss of water and muscle mass, instead of fat
- Slowed growth during adolescence
- Hormone imbalances that cause an irregular or interrupted menstrual cycle
- Constipation and other digestive problems

When you don't eat enough, your bodily functions slow down. When you begin to eat normally again, the body tends to store excess calories as fat, and you almost always end up gaining the extra kilos you lost, and quite often, a few more.

**USING AMPHETAMINES TO LOSE WEIGHT
IS NOT THE SOLUTION.**

What exactly are AMPHETAMINES?

Amphetamines are central nervous system stimulants. They usually come in the form of small tablets with all sorts of eye-catching logos etched on them to attract young people. More often than not, they are manufactured in unclean illegal laboratories using various chemicals, which makes it difficult to know their exact composition. Amphetamines can contain all sorts of potentially dangerous substances, including methamphetamine, PCP, ecstasy, and ketamine.

Amphetamines are often referred to as *speed, whiz, pill, peanut, etc.* They can also come in the form of capsules or powder.

Effects of amphetamines

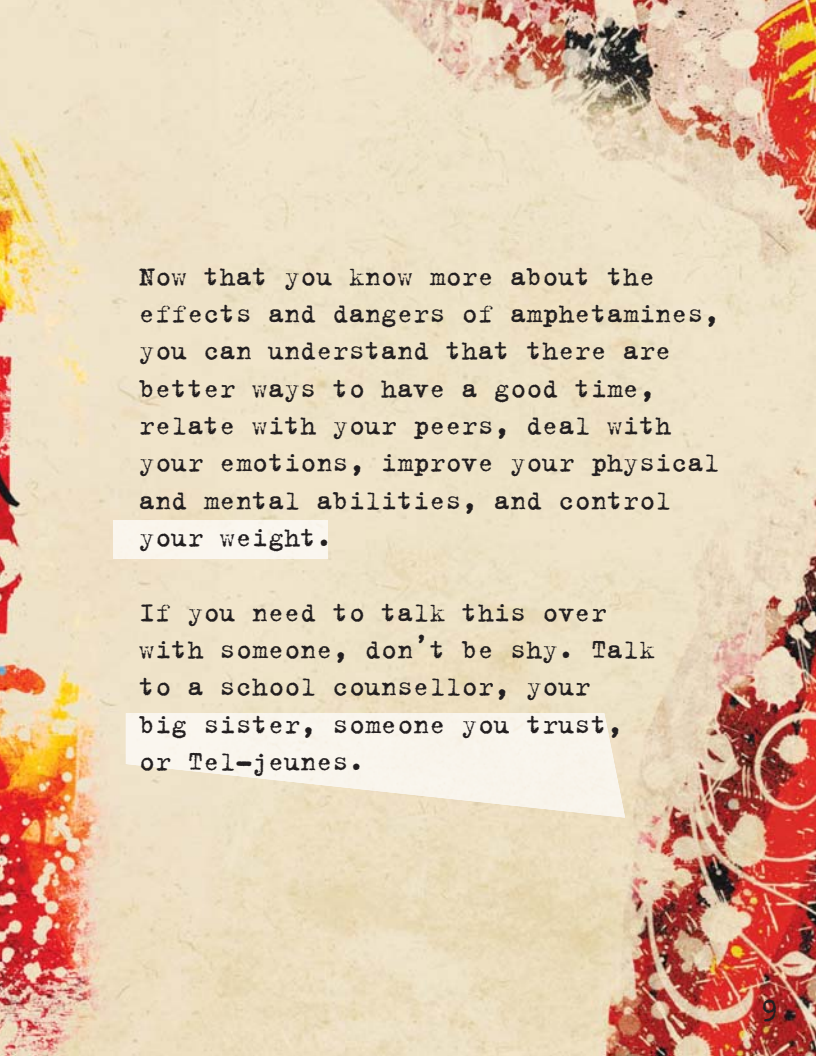
- Amphetamines provide a feeling of energy and an impression of power and well-being that can last for four to eight hours (euphoria).
- Amphetamines can also cause hallucinations, panic, paranoia, and psychoses.



Consequences of using amphetamines

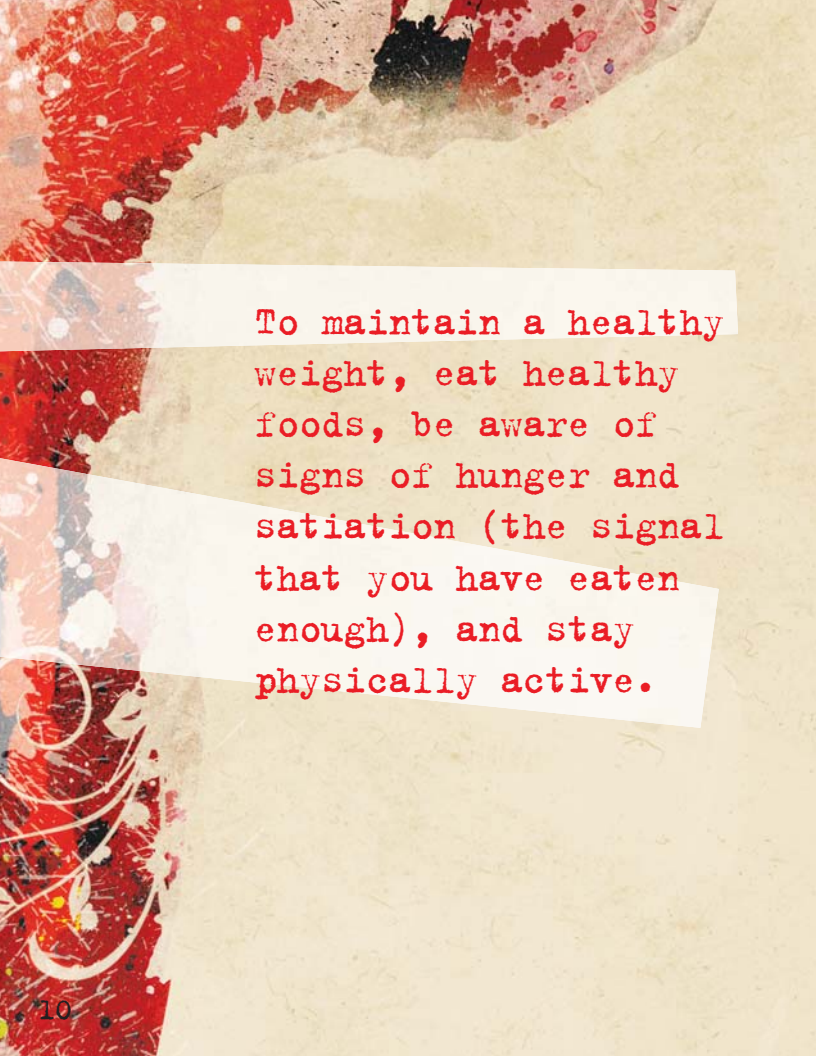
- When the euphoric effects of amphetamines wear off, users may experience exhaustion, tiredness, irritability and anxiety, mood changes, sadness or depression, as well as agitated and less restful sleep.
- Amphetamines can cause fever, rashes, jaw clenching, tics, and heart problems.
- When taken repeatedly or at high doses, amphetamines can affect the brain, memory, and motor skills. They can also cause convulsions and death.





Now that you know more about the effects and dangers of amphetamines, you can understand that there are better ways to have a good time, relate with your peers, deal with your emotions, improve your physical and mental abilities, and control your weight.

If you need to talk this over with someone, don't be shy. Talk to a school counsellor, your big sister, someone you trust, or Tel-jeunes.

The background features a textured, light beige surface with vibrant red and white splatters and brushstrokes, particularly concentrated on the left side. A white, irregularly shaped text box is positioned in the center, containing red text.

To maintain a healthy weight, eat healthy foods, be aware of signs of hunger and satiation (the signal that you have eaten enough), and stay physically active.

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Sources:

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Here are some of the resources available if you would like more information on the subject:

Online

- Tasjustevie.com
- Teljeunes.com

By phone

- *Tel-jeunes*
Montréal and region:
514-288-2266
Elsewhere in Québec:
1-800-263-2266
Free and confidential
24 hours, 7 days a week
- *Drugs: help and referral*
Montréal and region:
514-527-2626
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