

Ice trigger da release of two chemicals in da brain, dopamine and noradrenaline. Dem chemicals meke we peel alert ah excited. E can cause both short term ah long term problems.

E depend hamus e taken, da eppeks ob ice last between 4 ah 12hours ip e usually felt quickly, but can teke 1 to 2 days to completely leb e body blo yu.

The physical effects of ice can include:

SHORT TERM APPEKS

- Headaches ah peeling dizzy
- Enlarged pupils ah blurred vision (problems seeing)
- Dry mouth
- Jaw clenchem, teeth grindem
- Insomnia (kant sleep)
- Increased alertness ah tok alot
- Euphoria or feeling good

- Trembling ah shaking
- Sweaty, cold ah clammy skin
- Fast breathing ah warm body temperature
- Inceas heart rate ah blood pressure
- Reduced appetite
- Stomach cramps (pain)
- Dehydration (loss of water)
- Aggressive behaviour
- Increased energy

LONG TERM APPEKS

- Stroke
- Dental problems: painful ah damagerd teeth, gum disease
- Dependence (addiction)
- Poor concentration and memory

- Increased risk of hepatitis C ah HIV (wen inzekting)
- Heart ah lung problems, chest pains
- Kidney problems, including kidney failure
- Weight loss
- Exhaustion (being mina tired)
- Movement problems

A 'comedown' e often experience wen drug runout. Symptoms can last por pew days an e can include peel down or depressed,

exhausted ah anxious.

Withdrawals e unpleasant symptoms experienced by pipol whodat **dependent** (addicted) por ice ah who stop teke da drug.

Symptoms can last up to few weeks ah e can include headaches, cramps ah bomiting, as well as **anxiety**, restlessness ah aggression.