

## Shake and Bake Meth Can Still Kill

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Methamphetamine (Meth) is a synthetic amphetamine or stimulant that is produced and sold illegally, Meth is reportedly getting easier to make using a process called “shake and bake.” Meth is extremely addictive and can be smoked, snorted, injected or eaten. Some common street names for meth are “crank,” “crystal-meth,” “glass,” “ice,” “speed,” “zip” and “quartz.” (KDHE/meth labs)

The “shake and bake” method requires a two-liter bottle, some pseudoephedrine and some common household chemicals. This process may seem less complicated and dangerous than the traditional clandestine meth labs, but it is not without perils. In addition to the damage meth can inflict on the brain, the “shake and bake” meth can explode without warning, causing severe burns or even death.

Officials in the Midwestern U.S. fear that the new meth-production method is fueling a recent increase in the use of the drug, which had declined after the initial crackdown on meth labs and restrictions on meth-making chemicals.

This new method of making meth is spreading across the U.S. Narcotic agents fear meth cases will again increase after years of declining rates which fell dramatically in 2005 when states adopted restrictions of the over-the-counter sale of pseudoephedrine.

The Youth Risk Behavior Surveillance (YRBS) study of the 2005 survey indicate that 6 percent of high school students reported using methamphetamine at some point in their lifetimes. This is down from 8 percent in 2003 and 10 percent in 2001. In Kansas in 2005, 6 percent of the high school students reported they used meth at some point in their lifetime. The 2007 data showed a slight increase to 6.2 percent.

Meth affects the central nervous system and causes the brain to release dopamine, a natural chemical that makes you feel pleasure. Dopamine is vital to normal brain function. The presence of meth in the brain causes the brain to release an enzyme that destroys the surplus dopamine in the brain. This enzyme will destroy the brain’s ability to produce dopamine over time. The use of meth results in a permanent altering of the brain’s natural chemistry. In other words, meth causes brain damage. (KDHE/meth labs).

With the use of meth increasing and the new “shake and bake” method of making meth, it is more important than before that we protect our children. If you suspect a meth use or manufacturing, call your local law enforcement agency or the [KBI](http://www.fbi.gov) at 1-800-KS-CRIME (1-800-572-7463). For more information on meth, go to [www.kdheks.gov/methlabs/index.html](http://www.kdheks.gov/methlabs/index.html).