

## **Impamo kuri Metamfetamine**

Metamfetamine ni ikiyobyabwenge kibi cyane. Metamfetamine ishobora kwitwa amazina atandukanye mu rurimi rw'icyongereza nka: speed (umuvuduko), crystal (akajyonjyo), crystal meth (Meta y'akajyonjyo), crank (soma "Karanka"), tweak (akantu katwarwa hagati y'intoki 2), go-fast (Nyaruka), ice (Ubukonje), glass (akarahure), uppers (soma "Apazi), na black beauties (Amahoho yirabura). Metamfetamine ikoresha ku buryo butandukanye, kandi ishobora kunywebwa nk'itabi, kwinkurizwa cyangwa guterwa mu rushinge. Metamfetamine ihindura imikorere y'ubwonko ikanihutisha iyindi mirimo ikorwa mu mubiri nko gutera kw'umutima n'umuvuduko w'amaraso. Metamfetamine ishobora gutera ibibazo byinshi birimo nko kubura ibitotsi, urwikekwe, gusagarira abandi, no kubona ibintu bidahari. Bamwe mu bakoresha Metamfetamine bahita baba imbata yayo bwa mbere bakiyikoresha.

### **Menya uko Metamfetamine ikora:**

**Metamfetamine ikora ku bwonko bwawe.** Mu gihe gito Metamfetamine itera impinduka mu bwonko no mu myitwarire y'umuntu zirimo guhangayika, akanyamuneza, n'akababaro. Ishobora no gutuma abantu bahorana urwikekwe, guhora mu rujijo, no gusagarira abandi. Ingaruka z'igihe kirekire zirimo umunaniro w'akarande, imitekerereze yuzuye urwikekwe no kutabona ibintu uko biri, kubona ibintu bidahari no kwangirika mu bwonko bihoro.

**Metamfetamine igira ingaruka ku mubiri wawe no ku buzima bwawe.** Gukoresha Metamfetamine bizana baringay'ingufu zidahari, bituma umubiri ukora vuba ukanakora ibirenze ubushobozi bwawo. Yongera imiterere y'umutima n'umuvuduko w'amaraso bityo bikongera ibyago byo guhagara kw'umutima.

Iyo Metamfetamine igushizemo, ishobora gutera impinduka zihuse cyane cyangwa akababaro.

Abitera Metamfetamine bagasanira inshinge baba bafite ibyago byo kwandura agakoko gatera SIDA.

**Metamfetamine igira ingaruka ku kwimenya no kwicunga.** Metamfetamine ni ikiyobyabwenge gifite ingufu zidasanzwe zo kugira umuntu imbata gituma umuntu asagarira kandi agahoterabandi cyangwa akagira imyitwarire ya ruharwa.

**Metamfetamine ishobora kukwica.** Abantu bakoresha Metamfetamine bashobora kwicwa n'ubushyuhwe burenze bumanuka bugateza imikanya y'umubiri kwikanya nta nteguza kandi bangirika ubwonko bakaba n'imbata zayo.

Metamfetamine irenze igipimo ishobora guhagarika umutima. Ingaruka z'igihe kirekire ku mubiri nko kwangirika umwijima, impyiko n'ibihaha nazo zishobora kukwica.

Metamfetamine ishobora gukorwa muri letali (lethal) n'indi miti ihumanya nka aside ya batiri, umuti usukura ibitembo, amavuta acanwa mu itara, n'umuti ubuza amazi kuba urubura vuba. Bityo, gukoresha Metamfetamine byatera umutima, guhagarara kwawo, cyangwa kwangirika bikomeye k'ubwonko.

**Metamfetamine ntiyemewe n'amategeko.** Gukoresha Metamfetamine, kuyikora no kuyicuruzabirabujijwemurileta zose. Kubera ko Metamfetamine ari ikiyobyabwenge kibicyane, ibihano byo kuyicuruza cyangwa kuyifatanwa birakarishye kurusha iby'ibindi biyobyabwenge. Urugero; gufatanwa kimwe mu bigize Metamfetamine uko cyaba kingana kose bihanishwa igifungo kugera ku myaka 15 cyangwa ihazabu y'amadolari agera ku 100,000 cyangwa byombi. Gucuruza ka Metamfetamine gake uko kaba kangana kose bishobora guhanishwa igifungo kugera ku myaka 20, ihazabu y'amadolari 250,000 cyangwa byombi.

### **Wamenya ute ko incuti cyangwa uwo mu muryango akoresha**

**Metamfetamine?** Ntibyoroshye kubimenya. Ariko hari ibimenyetso washaka. Ibimenyetso byo gukoresha Metamfetamine birimo:

- Kubura ibitotsi
- Kumva urusaku ku buryo budasanzwe
- Ibikorwa byereka umuntu warambiwe nko kwishima
- Kwivumbura, kubura ibitekerezo, guhora mu rujijo
- Kubura ubushake bwo kurya
- Gutitira nk'urwaye cyangwa kugira imbeho
- Umutima utera vuba vuba, umuvuduko w'amaraso ukabije n'ibyago byo guhagarara kw'umutima
- Ibikoresho bifasha mu gukurura umwuka nk'inzembe, indorerwamo, n'imiheha.
- Ibikoresho bifasha mu gutera nk'inshinge, ibiyiko byagiye ku muriro cyangwa udutembo dukoreshwa mu kubaga abantu.

### **Wakora iki ngo ufashe inshuti cyangwa uwo mu muryango wawe ukoresha**

**Metamfetamine?** Uramutse umufashije waba ukijije ubuzima bw'umuntu. Ugomba kumushishikariza kubihagarika cyangwa agashaka ubufasha mu nzobere. Ku makuru cyangwa ubufasha, wahamagara Urugaga rw'Amakuru y'Ubuzima rwa SAMHSA (SAMHSA's Health Information Network) kuri 1-877-SAMHSA-7 (1-877-726-4727)

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