



**FOR IMMEDIATE RELEASE**  
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## **Public Health Hosts Conference on Methamphetamines**

“Harm Reduction in the Heartland” to Offer Guidance on  
Interventions to Reduce the Public Health Cost of Crystal Meth Use

**Urbana, IL** – Public Health will host a conference on methamphetamine use, with a special emphasis on interventions that can reduce the health risks associated with this drug.

“Harm Reduction in the Heartland,” an all-day conference to be held at the Urbana Civic Center on September 16, will outline the physical and psychological effects of crystal methamphetamine use; its prevalence in the gay community; methods to reduce the risk of HIV infection in meth users; and the substance abuse treatment needs of methamphetamine abusers.

According to the National Drug Intelligence Center, crystal methamphetamine use can cause rapid heart rate, increased blood pressure and damage to the small blood vessels in the brain which can lead to stroke. Chronic use of the drug can result in inflammation of the heart lining. Overdoses can cause hyperthermia (elevated body temperature), convulsions and death.

Those who use crystal methamphetamine may have episodes of violent behavior, paranoia, anxiety, confusion, and insomnia. The drug can produce psychotic symptoms that persist for months or years after an individual has stopped using the drug.

Crystal methamphetamine users who inject the drug expose themselves to additional risks, including contracting HIV (human immunodeficiency virus), hepatitis B and C, and other blood-borne viruses. Chronic injectors also risk scarred or collapsed veins, infections of the heart lining and valves, abscesses, pneumonia, tuberculosis and liver or kidney disease.

For more information, please call Candi Crause at (217) 239-7827. Or visit the Public Health website at [www.cuphd.org](http://www.cuphd.org).

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