Scope of the Problem
For more than a decade, the most common type of substance involved in unintentional overdose deaths was prescription opioids. From 2013-2018, the state had a 61% decrease in its prescription opioid overdose death rate. From 2007-2018, the rate of methamphetamine-related overdose death increased by nearly 700%.

In 2007, 39 Oklahomans died of an unintentional methamphetamine-related overdose, compared to 339 in 2018.

Overdose death rates involving psychostimulants* (which includes methamphetamine) have increased across the country, particularly in the West and Southwest. Oklahoma had the fourth highest absolute increase in psychostimulant overdose death rates over the past decade. From 2016-2018, Oklahoma had the sixth highest psychostimulant overdose death rate in the country.

*ICD-10 cause of death code of T43.6 (psychostimulants with abuse potential, excluding cocaine).

Methamphetamine Overdose
From 2014-2018, more than 1,300 Oklahomans died of an unintentional methamphetamine overdose.

Men were twice as likely to die of an unintentional methamphetamine overdose as women.

Adults aged 45-54 had the highest methamphetamine overdose death rate.

Unintentional overdose* deaths by type of substance and year of death, Oklahoma, 2007-2018

More Oklahomans died of methamphetamine overdose than prescription opioid overdose.

Source: OSDH, Injury Prevention Service, Fatal Unintentional Poisoning Surveillance System

*An unintentional overdose occurs when a person does not intend to hurt themselves or someone else. The person may intentionally use a substance but does not intend to harm themselves.
Methamphetamine is a stimulant drug usually used as a white, bitter-tasting powder or a pill. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. It is chemically similar to amphetamine (a drug used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy, a sleep disorder).

Methamphetamine is a highly addictive substance. Because the "high" from the drug both starts and fades quickly, people often take repeated doses in a “binge and crash" pattern. In some cases, people take methamphetamine in a form of binging known as a "run," giving up food and sleep while continuing to take the drug every few hours for up to several days.

**METHAMPHETAMINE CAN KILL YOU.** High doses can cause the body to overheat to dangerous levels. Death can result from stroke, heart attack, or multiple organ problems caused by overheating.

**METHAMPHETAMINE ADDICTION IS TREATABLE.** Behavioral treatments can help someone stop using methamphetamine and recover from addiction. There are currently no government-approved medications to treat methamphetamine addiction. The most effective treatments for methamphetamine addiction so far are behavioral therapies.

**FOR HELP FINDING TREATMENT REFERRALS, CALL 211.**

**EFFECTS OF METH ON THE BODY**

**BRAIN**
- impaired judgment
- memory loss
- stroke
- anxiety
- homicidal thoughts
- suicidal thoughts
- aggression
- paranoia
- insomnia
- hallucinations

**HEART**
- irreversible blood vessel damage that may result in stroke
- rapid heart rate
- inflammation of the heart lining
- increased blood pressure
- accelerated aging of the blood vessels
- reduced heart rate
- increased heart rate
- inflammation of the heart lining
- increased blood pressure
- accelerated aging of the blood vessels

**MOUTH**
- tooth decay
- broken, stained and rotting teeth
- dry mouth
- increased oral acid
- tooth loss
- teeth grinding

**LIVER**
- liver failure
- cirrhosis
- liver disease
- hepatitis

Learn more: poison.health.ok.gov • 405.271.3430

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