

# Oral Health and Methamphetamines



The drug Methamphetamine also known as Meth, Speed, Ice, Chalk, Crank, Fire, Glass and Crystal can produce permanent damage to the teeth and surrounding oral tissues. The slang term for this damage is “Meth Mouth”.

## What kind of damage can happen to my teeth as a result of using “Meth”?

- severe tooth decay or cavities
- dry mouth which makes cavities worse
- tooth wear from grinding
- facial features change

## What does “meth mouth” look like?

### **Teeth become:**

- brittle and fall apart easily
- stained yellow and black
- rotten or decayed

### **Mouth tissues become:**

- swollen, red, sore and painful

## What causes the damage to the teeth and gums?

### The drug causes:

- the body to stop producing saliva (spit)
- the body to crave sugar

### It doesn't matter if "Meth" is:

- smoked
- snorted
- taken as a pill
- used intravenously, or
- crushed into a beverage,

the teeth and mouth tissues can break down from:

- the chemicals in the drug
- drinking sugary drinks
- lack of saliva in the mouth

## What steps should I take to have good oral health?

- do not use Methamphetamine drugs
- brush teeth 2 times a day
- floss once a day
- stay hydrated by drinking water
- chew sugarless gum
- seek professional dental care on a regular basis

For more information about oral health, please visit  
[halton.ca/oralhealth](http://halton.ca/oralhealth)