

Breaking the ice

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After interviewing positive men who regularly use crystal methamphetamine (ice), researchers at Stanford University in California have added insight into why it is used, its impact and highly addictive nature plus the most effective ways to overcome addiction.

Nearly all of the men interviewed had tried to break free from the grip of crystal meth, but only a few were able to stay ice-free for more than one year.

Some of the men noted that initially they had used crystal meth only occasionally – to relieve anxiety or because they perceived that its use increased their desirability – only to find themselves using it more frequently and, as the research team stated, ‘seeing it steadily creep into every part of their lives.’

This supports our understanding of how deeply addictive this drug can be. Stephen Kish, who studies addiction issues at the University of Toronto, claims that ‘the memories of addiction might be hardwired and involve actual structural changes to brain cells that make addiction [resistant](#) [1]HIV which has mutated and is less susceptible to the effects of one or more anti-HIV drugs is said to be resistant. to treatment.’

Despite ongoing research, there is still no approved therapy for treating crystal meth addiction. Psychotherapy in groups or one-on-one is very helpful, but interestingly, the men who had been most successful at quitting the habit undertook

at least one of the following drastic changes: moving to another city, making a new network of friends and acquaintances and/or reconnecting with their family.

The Stanford research team suggests that crystal meth treatment programs may need to find new ways through which people see themselves and from which they can make different and healthy choices.

The full report is available at <http://www.catie.ca/catieneews.nsf/00a48c8905294f0b8525717f00661eb8/63737...> [2]

- [recreational drugs](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/109>

[2] <http://www.catie.ca/catieneews.nsf/00a48c8905294f0b8525717f00661eb8/6373738420341fb885257599005f6455%21OpenDocument>