“Drugs shorten the journey between life and death”
"Don’t hug the drugs, they will suck your blood”

What is Drug Abuse?

Drug abuse, also known as Substance abuse, is a patterned use of a drug (substance) in which the user consumes the substance in amounts or with methods which are harmful to themselves or others.

Drug abuse is a serious public health problem that affects almost every community and family in some way. More than 2.6% of people suffer from drug addiction at some time in their life.

Drug addiction, is a disease that is characterized by a destructive pattern of drug abuse that leads to significant problems involving tolerance to or withdrawal from the substance, as well as other problems. The term dual diagnosis refers to the presence of both a drug-abuse or dependence issue in addition to a serious mental-health problem in an individual.

Causes for Drug Abuse

- Biological
  - Family history, genetic predisposition.
  - Preexisting psychiatric.
  - Personality disorder or a medical disorder.
- Psychological
  - Curiosity.
  - Low self-esteem (Anomie).
  - Poor control.
  - Poor stress management.
  - Childhood loss or trauma.
- Social
  - Peer pressure.
  - Family instability.
  - Depression.
  - A lot of pocket money.
  - Poverty
TYPES OF COMMONLY ABUSED DRUGS.

1. Alcohol

Drinking large amounts of alcoholic drinks such as wine, beer and spirits can lead to every day drinking and put you in financial problems. The dangers of consuming alcohol are enormous from kidney and liver damage, cancerous tumors and damage to your brain and eyesight. Consuming alcohol whilst pregnant can be very harmful to the unborn baby causing premature birth and birth defects.

**Physical alcohol effects:**
- Reduced inhibitions.
- Memory loss/passing out.
- Losing control of muscles and body coordination.
- Coma.
- Fatigue, headaches, nausea.
- Brain damage, liver damage, heart muscle damage, high blood pressure, nerve damage.

2. Cocaine

Cocaine is obtained from the leaves of the coca plant. It is a potent central nervous system stimulant. Its effects can last from 20 minutes to several hours, depending upon the dosage of cocaine taken, purity, and method of administration.

**Effects:**
- It interferes with the nerves in the brain
- Creates a feeling of supremacy
- It temporarily decreases the need for sleep and food.
- Bring feelings of restlessness, irritability, anxiety, panic.

3. Sedative

A sedative is a substance that induces sedation by reducing irritability or excitement. Doctors often administer sedatives to patients in order to dull the patient's anxiety related to painful or anxiety-provoking procedures. At high doses or when they are abused, many of these drugs can cause unconsciousness and even death.
Effects:
- Drowsiness and sleepiness and are used to reduce anxiety.
- They also reduce heart rate and breathing.
- Lack of coordination.
- Depression

4. Methamphetamine

Methamphetamine enters the brain and triggers a cascading release of nor epinephrine, dopamine and serotonin. Methamphetamine, popularly shortened to meth or ice, is a psycho stimulant and sympathomimetic drug.

Effects:
- Users may become obsessed or perform repetitive tasks such as cleaning, hand-washing, or assembling and disassembling objects.
- Excessive sleeping, eating.
- Depression.

5. Pain killer

Pain killer drugs, also commonly known as analgesics, come in many forms, each with a different potency and mode of action. The choice of pain killer typically depends on tolerability as well as the severity of the pain.

Effects:
- Drowsiness
- Shaking or muscle twitching or jerks
- Confusion
- Painful and sensitive skin all over your body

6. Nicotine

Nicotine is the main ingredient in tobacco products, but is also used in smaller doses to help smokers quit. While nicotine is generally smoked, it can be placed in chewing gum and oral lozenges, inside of patches placed on the body, and inside of nasal sprays and inhalers.

Effects:
- Increases in heart rate blood flow to the heart
- Blood pressure.
- The body will also experience narrowing of the arteries.

PREVENTION OF DRUG ADDICTION

Addiction treatment centers provide a variety of services for those who need help conquering their drug and alcohol addiction and addictive behaviors. The services can vary in intensity, types of therapies used and the experience of substance abuse counselors, doctors, nurses and clinical staff. The duration of treatment can also vary depending upon psychological needs, physical needs, insurance coverage and one's ability to self-pay.

SUBSTANCE ABUSE PROGRAMS

Drug rehabilitation is a term for the processes of medical or psychotherapeutic treatment, for dependency on psychoactive substances such as alcohol, prescription drugs, and street drugs such as cocaine, heroin or amphetamines. In 2009, the Substance Abuse and Mental Health Services
Administration (SAMHSA) estimated that 23.5 million people at least 12 years of age needed drug abuse treatment. Drug abuse treatment plans do not only help addicts detoxify in a safe environment but also assist them through all stages of the recovery process.

Functions of substance abuse programs.

- Address your medical and psychiatric needs
- Provide nutritional and medical management counseling
- Facilitate family healing through a family program
- Work on the development of interpersonal relationships
- Improve daily living skills
- Maintain attendance at 12-step support groups
- Provide addiction education
- Formulate a workable aftercare plan
- Provide 24-hour on-site medical supervision
- Have certified addiction medicine physicians and supporting staff
- Use comprehensive psychiatric evaluations by experienced psychiatric and addiction nurses
- Manage medication
- Develop ongoing evaluations and individualized treatment plans
- Include an interdisciplinary team approach
- Engage master’s-level therapists with addiction expertise

How to Overcome Drug Abuse

1. **Change the trend of life.** By breaking trends in your daily routine you can find new things to adjust to.

2. **Friends.** If you have friends who don't abuse drugs then spend time with them, see the world from their eyes, do as they do.

3. **Get constant reminders from friends and family.** Over the course of time you should notice a difference in yourself ask people whether they notice this change and their opinions on it.

Q1. Fill in the blanks.

a) Drug abuse, also known as ________________________.

b) More than _____ of people suffer from drug addiction at some time in their life.

c) ________________________ is obtained from the leaves of the coca plant.

d) Pain killer drugs, also commonly known as ________________________.

e) ________________________ centers provide a variety of services for those who need help conquering their drug and alcohol addiction and addictive behaviors.

f) ________________________ effects can last from 20 minutes to several hours.

g) ________________________ provide a variety of services for those who need help conquering their drug and alcohol addiction and addictive behaviors.
Q2. Answer in one word.

a) It is the main ingredient in tobacco products.

b) It is a substance that induces sedation by reducing irritability or excitement.

c) Its effects can last from 20 minutes to several hours.

d) It affects kidney and liver, create cancerous tumors and damage to your brain.

Q3. Answer the following questions.

a) What is Drug abuse?

b) List the Psychological causes for drug abuse.

c) What are Sedative and Nicotine?
d) What are the effects of Cocaine?

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e) How to Overcome Drug Abuse?

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f) Write any five functions of substance abuse programs.

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