Name:Ijaiya firdaos aderinsola

Department: pharmacy

College: medicine and health sciences

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***DRUG ABUSE***

Drug abuse is defined as a substance abuse or chemical abuse that is characterized by a destructive pattern of using substance that leads to significant problems or distress. Youths are increasingly engaging in prescription drug abuse. It leads to significant problems that use of substance can cause for the sufferer, either socially or in terms of their work or school performance. If the drug is suddenly stopped, the addict suffer from painful and uncontrollable convulsion,paroxysm,vomiting,depression and various other problems.

Drugs and types of drugs that are commonly a abused or result in dependence are alcohol though legal yet is dangerous if taken during pregnancy. Amphetamines comes in many forms, overdose of any of these substances can result in seizure and death. Anabolic steroids abused by body builders and other athletes. This group of drugs can lead to terrible psychological effects like aggression and devasting long term physical effects like infertility and organ failure. Caffeine is consumed by many coffee, tea and soda drinkers, when consumed in excess this substance can produce palpitations (rapid and irregular heartbeat), insomnia (sleeplessness), tremors (involuntary vibrations of body), anxiety (nervousness, attacks of panic). Cocaine tends to stimulate the nervous system. It is smoked and as well as injected. Nicotine is the addictive substance found in cigarettes. Its actually one of the most habit forming substances that exists. Its just as addictive as heroin. Phencydidine is a drug which can cause that user to feel extremely powerful, become quite aggressive and have unusual amount of physical strength. This can be quite dangerous to others.

Like majority of other mental health problems, drug abuse and addiction have no single cause. However, there are number of biological, psychological and social factors that can increase a person’s livelihood of developing as chemical abuse or chemical dependency disorder. The frequency to which substance abuse occur within some families seems to be higher than could be explained by an addictive environment of the family. Some professionals recognize a genetic aspect to the risk of drug addiction.

One of the most harmful risks is that of engaging in risky sexual activities. The use of drugs is related to the occurrence of unsafe sexual behavior that places adolescent at risk for pregnancy of contracting sexually transmitted diseases such as HIV/AIDS. The effect of using drug and covering up for the abuse can lead to behavior that cause difficulties at home and in the society. Psychological association with addiction include mood disorders like depression, anxiety or bipolar disorder as well as personality disorder. Social risk factor for drug abuse and addiction include male gender, being between 18 and 44 years of age. Men are more at risk of developing a chemical dependency like alcoholism. Women seems to be more vulnerable to becoming addicted to alcohol at much lower amounts of alcohol consumption.

In order to be diagnosed with drug abuse, an individual must exhibit a destructive pattern of drug abuse that leads to significant problems or stress but not enough to qualify as being addicted to a drug. This pattern is manifested by at least one of the following signs or symptoms

\*repeated drug use that result in a lack of meeting important obligation at work school or home.

\*repeat drug use in situations can be dangerous

\*repeated legal problems as a result of drug use

\*continued drug use affect social or individual relationships.

Tolerance is either a markedly decreased effect of the substance or a need to significantly increase the amount of the substance used in order to achieve the same height or other desired effects. Withdrawal is either physical or psychological signs of symptoms consistent with withdrawal from a specific drug or one chemically close to that drug in order to avoid developing symptoms of withdrawal. Significant amounts of time spent getting, using or recovering from the effects of the substance. The user continues to use the substance despite being aware that he or she suffers from ongoing or recurring physical or psychological problems that are worsened by the use of drug.

The primary goals of drug abuse or drug addiction (also called recovering) are abstinence relapse prevention and rehabilitation. During the initial stage of abstinence, an individual who suffers from chemical dependency may need help avoiding or lessening the effect of withdrawal. That process is called detoxification or “detox”. That aspect of treatment is usually performed in a hospital or other impatient setting, where medication is used to lesson withdrawal, symptoms and frequent medical monitoring can be provided. Psychological addiction may be able to be managed in an outpatient treatment program. Such patients can benefit from living in a sober living community that is a group home setting where counsellors provide continued sobriety support and structure of daily basis.

Drug addiction substantially reduces sober time available to a person. Further, that time will be spent on heroin and establishing the necessary contacts. The family is destroyed, personality is stunted and emotions become intense and distorted. Fertility is reduced and children may be born with serious illness. In order to help and take drug users out of this habit, government must have coherent steps to stop the smuggling and illegal entrance of drugs in the country. The drug dealers must be ostracized and avoided like devils agents. Debates and programs must be arranged and telecast on TV to familiarize the people with the danger of drugs. Further a campaign must be initiated to curb and catch drug traffickers.