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DRUG ABUSE

A drug is a substance that causes a change in an organism's physiology or psychology when consumed. Drugs are typically distinguished from food and substances that provide nutritional support. A drug is also known as any chemical that produces a therapeutic or non-therapeutic effects in the body.

Drug abuse is the use of illegal drugs or the use of prescribed drugs for purposes other than those for which they are meant to be used, or in large amounts. Drug abuse is a widespread problem mostly among teenagers and some adults that can cause serious physical and mental deterioration. This is destroying the lives of many teenagers, adults and also families around the world. And on the other hand, we have drug addiction which is a psychological and physical inability to stop consuming drugs and other chemicals and substances. This causes millions of deaths every year, also hurting the healthcare system.

One of the major causes that brings about drug abuse among teenagers is lack of parental care and supervision. Most teenagers go into doing drugs cause of family problems, lack of communication and attention. In order to stop this parents, talk to their children about their daily lives, how they should confront their problems and fight them. Today, there are different types of drugs that are misused by people and also illegal drugs too. For example: Heroin, Marijuana, Cocaine, hashish, opium, methamphetamine, psilocybin and so on.

So now the causes of drug abuse family issues and background as mentioned above, peer pressure is a strong factor in starting to use and misuse drugs, some teens go into drugs due to the happenings and people that surrounds them. Most of them are initiated into drinking and use of illegal drugs either because they are been threatened or bullied or being teased for being afraid to try them. Peer pressure has a greater influence on teens than family issues.

Another is early use of drugs. Use of drugs at an early age can cause changes in the development of the brain and body system. Also increases the like hood of drug addiction. Some teens or adults were introduced into taking

drugs through either their family members, friends or acquaintances that are already involved in it. This brings about serious and complicated health issues that will affect the individual's health and also gets addicted to it. Other causes are taking a highly addictive drug, family history, mental health disorder.

Drugs are chemicals that affect the brain and the body and some of the effects can be long-lasting and permanent. There are few ways to which drugs can be taken into the body system including injection (by syringe), inhalation (through the nose) and ingestion (through the mouth). The effects of drug on the body can depend on how the drug is delivered into the body. For example, injection of drugs has immediate impact, while ingestion has a delayed impact in the body. Misuse of drugs can change how the brain works and also interfere with a person's ability to make choices. Other effects of drug addiction which include weakened immune system which increases the risk of illness and infections, abnormal heart rates, nausea and abdominal pain that also leads to changes in appetite and weight loss, increased strain of the liver, lung disease, mental problems and so on.

Drugs also have effects on pregnant women and their babies cause the drugs may contain impurities that can be harmful to the unborn child. This can lead to premature birth or low birth weight, birth defects and withdrawal problems.

The consequences brought about by drug abuse are problems making friends, poor and declining health, depression and anxiety, broken relationships like family, friends and also romantic relationships too, grief, loss, trauma, and so on.

Drug abuse can be prevented by these ways: Parents can talk to their children and explain to them the consequences of drug abuse, this helps parents to positively influence their children while teaching them about boundaries which helps the children to understand when to deny the intake or use of things that can cause harm to their body system both physically and mentally. Prevention talks also create deeper bonds, connections and guidance between parents and their children. It also helps to strengthen trust with their parents, friends, interests and influences and also make wise decisions with their habits and how they treat people surrounding them.

Another way is through public sensitization, the people should be sensitized on drugs, the consequences, effects and also how to live a drug-free life.

Educational programs on drugs should be brought to the awareness of people both the educated and non-educated, Free medical attention should be given

to drug addicts and they should be provided with the essential needs. Teens should be involved in prevention strategies and drug addicts should start treatments as soon as possible.

Other prevention of drug abuse is: Establishment of rules and regulations against drug abuse, importation and exportation of illegal drugs should be banned, provision of support and encouragement and so on.