

experimenting and trying out drugs and alcohol. And before one knows it, he or she cannot do without drugs.

Some of them could be curiousity. As teenagers know what it feels like, even if they are not yet, they don't believe that anything bad can actually happen to them. Depression is a very common cause of drug abuse among the teenagers today. They feel drugs makes them forget their problems and feel happier. It may even be stressed from major school activities and work and they turn to them as a form of relaxation.

There are many reasons why people go into drugs. (1) Peer pressure, (2) self esteem and (3) others but these drugs caused a lot of damage to the individual and even the society. Drugs on a normal day changes the chemical process of your body in one way or the other, but the misuse, changes from the normal way your body works.

To begin with, the brain is a very complex and delicate organ and the abuse of drugs changes the way you feel by altering the chemicals that keep your brain working smoothly. Also, when you take a hard drug for the first time, the brain releases a chemical called dopamine which makes you want to take more and more and then it grows to addiction. Drug abuse could bring about infections. When you get under the influence of drugs, the persons is definitely not in the right state of mind and is may forget to

Name: Ashika Michael Enuchene

Department: Medicine and Surgery

Matric No: 19/MED/104

Course code: GST 112

Topic: Drug Abuse

Drugs are substances used to treat illness, relieve a symptom, or modify the chemical process in the body for a specific purpose. On the other hand, drug abuse is simply the use of drugs without a proper instruction from a health specialist. That is overindulgence, dependence on drugs is drug abuse.

In our environment today, the major class of people involved in drug abuse are the teenagers and the youths followed by the adults. Sometimes drug abuse is not intentional. Let's take for instance someone has a headache and then goes to get ~~take~~ two tablets of paracetamol. And thus after two hours the ache persists the person is now tempted to stop the pain with an extra five tablets of Paracetamol.

In this case this act is not intentional because this person has been told Paracetamol relieves headache and instead of going to the hospital for proper checkup he continues taking this Paracetamol hoping it will still stop the ache. Thus is a very common act of drug abuse in our society.

But sometimes or most time this act is done intentionally. One of the most common reasons that people go into drugs is because they are bored. When one has nothing to do, he or she starts

engage in safer sex practices and thus increases your chances of having sexually transmitted diseases.

Drug abuse causes a lot of health complications. It shortens your lifespan, it could cause madness. It can lead to abnormal heart rates and heart attacks. drugs abuse may result to muscle cramps and general weakness. It can also lead to damages of the lungs and kidneys and liver.

The use of hard drugs increases the risk of injuries and death from car accidents, suicide and homicide. Drug abuse can be reduced or prevented in many ways. Proper education of the effects of drug abuse is one way that must be followed to prevent drug abuse changes in the society. Parents and guardians should give more activities' and responsibilities. It's not encouraged that they don't have their children to think about substance use. Also parents should encourage their children to join clubs and sports to help them make friends in a healthy way. This will help to maintain their good habits.

In conclusion the misuse of drugs does more harm than good. Stay away from drug abuse and do much better things. Drugs has no place in our life. It's not good for our health. It's not good for our mind and heart. A drug is not good for our body. It may cause damage to our body from inside. It may cause mental health problems and other types of diseases. It can bring some bad results and it can cause some bad results.