

Preventing Drug Addiction and their Medical Consequences

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Introduction

Recent discoveries in the disciplines of brain imaging, behavioural neuropharmacology, molecular biology, and genetics have fundamentally altered our knowledge of addiction and the reasons why relapse happens even in the face of dire consequences. Today, it is understood that addiction is a chronic brain disease caused by a combination of environmental, biological (genetic and developmental), and biological (drug availability, social and economic considerations) factors. Therefore, in order to effectively treat it, a multifaceted strategy that takes into account the psychological, physical, legal, and social repercussions of addiction is also necessary in addition to a long-term intervention. Additionally, we must broaden our treatment approaches in this age group for both substance abuse and mental illness because addiction typically begins in adolescent or early adulthood and is commonly co-occurring with mental illness. Drug abuse is the use of drugs, whether they are legal or not, improperly. You might exceed the recommended dosage or utilise a prescription written for someone else. You might misuse drugs to feel better, reduce stress, or escape from reality. However, you may generally stop using altogether or adjust your bad habits [1,2]. Addiction is the inability to stop. Not if it endangers your health. Not if it results in issues for you or your loved ones in terms of finances, emotions, or other factors. Even if you wish to stop, the desire to obtain and use drugs can grow stronger every minute of the day. Additionally, tolerance or physical reliance are not the same as addiction. When you abruptly cease using a substance in cases of physical dependence, withdrawal symptoms take place. When a dose of a substance loses its effectiveness over time, tolerance occurs. Drug abuse can begin with the occasional recreational drug usage that some people engage in in social settings before developing a drug addiction. Others experience drug addiction when they take prescribed medications or get them from those who have prescriptions, especially when it comes to opioids. Drug usage does not always lead to addiction. Because everyone's bodies and brains are unique, so can be their responses to medications. Some people may develop an addiction rapidly while others may do it gradually. Others never develop an addiction. Numerous variables affect whether or not someone develops an addiction. They consist of developmental, environmental, and genetic elements. Contrary to chronic, habitual, or patterned usage, substance use/misuse refers to transient episodes of substance use. People can occasionally use drugs without getting SUD, but simply a few instances of using some drugs can cause tolerance and dependency. You can become dependent on substances including alcohol, cannabis, benzodiazepines, heroin, cocaine, tobacco, and heroin. The psychotherapy method known as cognitive behavioural therapy (CBT) is structured and goal-oriented. During CBT, a mental health expert assists you in taking a careful look at your ideas and feelings. You'll learn how your thoughts impact your behaviour. Through CBT, you can learn to break bad thought patterns and habits and replace them with better ones. CBT for SUD also involves educating clients about the disease, its treatment, and ways to

avoid relapse [3-5].

Discussion

During times of stress and change, there is a significant rise in the risk of substance use. Divorce, job loss, and loss of a loved one are all situations that can make an adult more likely to take drugs. Moving, a divorce in the family, or switching schools can all increase risk for teenagers. During these times of change, it's critical to use healthy coping strategies, such as exercising, practising meditation, or picking up a new interest. If you're having trouble controlling your stress, think about consulting a mental health expert. The likelihood of serious health effects and adult substance misuse increases the younger a child begins drinking and using other drugs. One of the main preventable causes of death for people between the ages of 15 and 24 is fatalities related to drug and alcohol use in the adolescent population, both accidental and purposeful. Teenage pregnancy, criminality, underachievement in school, and depression are all at elevated risk in the adolescent population when alcohol and other drug use is present. Accidental drug exposure in young children has led to a variety of health issues, including respiratory conditions, seizures, changed mental status, and even death.

Conclusion

At clubs, events, and concerts, club drugs are frequently consumed. Methylenedioxymethamphetamine, popularly known as MDMA, ecstasy, or molly, and gamma-hydroxybutyric acid, also known as GHB, are two examples. Ketamine and flunitrazepam, also known as roofie and a brand name used outside of the United States, are two further examples. Despite not all belonging to the same category, these medications have certain common side effects and risks, including long-term negative effects. The use of GHB and flunitrazepam raises the risk of sexual misbehaviour or sexual assault because these medications can sedate, relax muscles, create disorientation, and impair memory. The sickness of substance use disorder is chronic. But survivors can bounce back and enjoy fulfilling lives. Receiving assistance is crucial to healing. While various tools are effective for certain persons, continued treatment and self-help organisations like Narcotics Anonymous are helpful for many. Relapsing diseases include SUD. The likelihood of relapse is increased for those who are in treatment. Even many years after your last use of the drug, recurrence is still possible [6].

Acknowledgement

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Conflicts of Interest

None

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