



FREQUENTLY ASKED QUESTIONS ON DRUG ABUSE

What Is Drug Abuse?

Drug abuse is the misuse or overuse of substances that can change how the body works and also impact behaviors, thoughts, and emotions. It involves using drugs in ways that are not prescribed by a doctor or for non-medical reasons. Drug abuse can include misusing prescription medications, using recreational drugs, consuming excessive alcohol, or smoking tobacco. It happens when someone uses these substances in quantities or manners that can be harmful to their health and overall well-being.

Drug abuse can lead to physical and mental damage, dependence and addiction.

Examples of Drugs that are commonly abused are codeine, heroine, hallucinogens, morphine, pethidine, tobacco, alcohol etc.

1. What are some causes in the Abuse of Drugs?

- ❖ To escape emotional problems and difficulties in life.
- ❖ To relieve boredom.
- ❖ Curiosity
- ❖ For pleasure.
- ❖ Peer pressure from friends to belong.

2. *What are the Dangers of Abusing Drugs?*

I. The individual

- ❖ The user is the first and the direct person to be affected by drug abuse.
- ❖ Drug abuse destroys one's health, mind and body.
- ❖ Causes changes in heart rate and blood pressure.
- ❖ Risks of cancer.
- ❖ Poor balance and coordination.
- ❖ Overdose or prolonged use can lead to madness and death.

- ❖ Through the use of unsterilized injection one can contract deadly diseases like AIDS and hepatitis.
- ❖ Loss of ambition for life which can result in being a drop-out from school, work etc.

II. **Family**

- ❖ Brings disgrace and a bad reputation to the family.
- ❖ Family wastes funds on rehabilitation and upkeep of drug addict(s).

III. **Community and nation**

- ❖ Drug addicts are mostly associated with crimes such as armed robbery, rape, murder and corruption.
- ❖ Waste of tax money on rehabilitation and upkeep of drug addicts at psychiatric hospitals and prisons.
- ❖ Economic loss due to non-productivity from addiction.
- ❖ Countries notorious for drug trafficking lose international concessions and privileges.

3. ***What are the effects Of Drug/Substance Abuse?***

- ❖ Truancy and drop in academic performance.
- ❖ Induced privacy and Isolation possibly leading to depression.
- ❖ Strong desire to associate with notorious people in the society.
- ❖ Nurturing habits of lies and theft.
- ❖ Highly reduced attention to hygiene.
- ❖ Red or bloody eye shots leading to the frequent use of dark spectacles.
- ❖ Use of incense, air fresheners, mouth sprays, perfumes, etc to mask smells of smoke or chemicals.
- ❖ Frequent weakness and exhaustion.

4. ***How can we Prevent Drug Abuse?***

- ❖ Avoidance of bad influence.
- ❖ Abstinence from drugs and all other forms of substances of abuse.

- ❖ Awareness creation on drug abuse and its effects.
- ❖ Reporting of all known drug dealers and users to the nearest law enforcement agencies.

5. *Treatment Of Addiction of Drug Abuse*

- ❖ Breaking away from drug/substance abuse is very difficult and can be dangerous without professional help.
- ❖ Need to seek professional help and counselling.
- ❖ Detach from drug abuse companions.
- ❖ Destroy/burn all drug/substance abuse related materials in your possession.

Some Commonly Abused Drugs

- Tramadol
- Codeine Containing Cough syrups
- Super glue
- Energy drinks

Alcohol Abuse

What Is Alcohol?

Alcohol is a clear and strong liquid that can catch fire easily. It is made when sugars from plants ferment naturally. Alcohol is the part of drinks like wine, beer, and spirits that makes people feel drunk. It can also be used for cleaning things or as a fuel. The main type of alcohol found in drinks is called ethanol. Once alcohol is consumed, it makes the brain and body slow down.

What Is Alcohol Abuse

Alcohol abuse is any alcohol use that puts your health or safety at risk and causes other alcohol related problems.

What Are Its Short -Term Effects?

- A disinhibiting effect.
- dizziness
- talkativeness
- slurred speech
- disturbed sleep
- nausea
- vomiting.
- Aggressive acts like domestic violence and child abuse.
- Hangovers like headache, nausea, thirst, dizziness and fatigue.

What Are Its Long-Term Effects?

- Addiction (alcoholism).
- Long term hallucinations and convulsions.
- Permanent damage to vital organs such as the brain and liver.
- Fetal alcohol syndrome in pregnant women causing mental retardation and other irreversible physical abnormalities to unborn child.
- Unconsciousness, coma.
- Unemployment, poverty, broken homes.