

Alcohol misuse in the united kingdom health essay

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Thomson Describe the effects of drug and alcohol misuse in the United Kingdom. In a 21st century society, drugs and alcohol are becoming more common to use. The first connotations of what drugs are, are negative. This is because when people hear that word " drugs", they automatically think of cocaine or MDMA, commonly known as ecstasy. In actual fact, medications that we receive from our Doctors are drugs. However, these are known as good drugs or life saving drugs in some cases. This essay is going to examine the effects of bad drug misuse in the UK. It is said that cannabis is the most widely used illegal drug in the UK. Roughly 4% of the world's adults use cannabis, that is some 162 million adults in the world. This is most likely to be because of its relaxing feeling. Cannabis is a drug produced from a cannabis indica plant which is related to nettles and hops. It is believed to have originated from the mountainous regions of India and grows wild in a lot of places around the world. The cannabis plant contains more than 400 chemicals such as cannabidiolic acid, an antibiotic similar to penicillin. Cannabis comes in many forms and shapes such as herbal, like a plant, resin, oil and powder. The drug is known commonly as weed, hash, pot and grass. Cannabis can be normally taken through a cigarette known as a joint or it can be brewed with tea or mixed in food. The main active ingredient in cannabis is tetrahydrocannabinol. Cannabis users use the drug to act as a mild sedative as it makes the user feel sleepy or drowsy, this feeling is commonly known as being " stoned". However, it doesn't only cause this feeling, it also has some more sinister side effects. These include such things as hallucinations and being sick. It would not be the first time where users

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have committed suicide unknowingly as some cases report that some people believe they have the power to fly and have fallen over balconys before. For this reason cannibas is a class -B drug in the UK. Cannibas smokers are 20 times more likely to get cancer than someone who smokes traditional cigarettes. Contrary to the negative effects of cannibas, the drug can also be used for medical reasons according to scientific research that says it can be useful in treating certain medical conditions. However, the nature of chemicals contained within the plant provides an obstacle for medical research to establish the safety or efficacy in its natural form, so its effects are far from proven or well-understood. It is understood that there has been an increased use in cannibas for control of cancer, pain and muscle spastisity. It is believed that cannibas can help reduce the side effects of chemotherapy for cancer, but people must not be mistaken it does not help reduce it any further than any drug that has already been developed specifically for the treatment for chemotherapy side effects. Medications that are designed to treat chemotherapy side effects are probably the strongest established medications and probably most toxic as the carry a side effect of weeks of vomitting. This is where people decide to use cannibas as it stops this and will therefore allow people to eat and live normally. Cannibas is also believed to benefit people who suffer from multiple sclerosis, by reducing muscle spasticity, this increases their ability to stay independent. The first cannabinoid medicine derived from whole plant extracts came into use in the UK in 2010 for people with moderate to severe spasticity in MS who haven't responded to other treatments. Although there are good and bad sides to using cannibas, there are many risks in using the drug. There is evidence that cannabis use is linked to a number of health risks. It effects the ability to

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concentrate and decreases motivation. Users can become anxious and paranoid. Heavy use increases the risk of serious psychiatric illness such as schizophrenia. The use of cannabis in medicine remains highly controversial and emotive. Supporters of the drug believe it has wide-ranging benefits, whereas, some say it is a potentially dangerous substance that can damage health greatly. In 2010/11, there were 6, 640 hospital admissions with a primary diagnosis of a drug related mental health and behaviour order. This evidence proves to us that drugs are extremely detrimental to our health. The total number of deaths in England and Wales related to drug misuse was 1, 784, of those, 77% were male. In 2010, there were 198, 900 admissions where the primary diagnosis was attributable to the consumption of alcohol. 13% of secondary school pupils ages 11-15 reported drinking alcohol in the week prior to the interview. These statistics clearly convey that the UK has a major drinking habit. The health of a large number of people in Scotland is being harmed by excessive alcohol consumption and the extent of social harms related to alcohol is increasing. Alcohol-related hospital admissions have quadrupled, death rates have nearly tripled since the 1980s and the cost of alcohol misuse to the Scottish economy has been put at around £3. 56 billion per year. Men should drink no more than 21 units of alcohol per week, no more than four units per day, and have at least two alcohol-free days a week. Women should not consume more than 14 units of alcohol per week, no more than three units per day, and have at least two alcohol-free days a week. The Royal College of Physicians (RCP) advises no more than 21 units per week for men and 14 units per week for women. However, in Scotland and the rest of the UK, teenagers have a tendency to drink at weekends and they do it in bulk. This is known as 'binge' drinking. People

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like myself do not drink every day or night. Instead what we do is have a night out on a saturday night and consume all of these units that are recommended for the week, within the one night. What we do not realise is the damage we are doing to our bodies when we are doing this. Although 21 units per week is recommended for men, this does not mean to say that he can consume these 21 units within one night without it being detrimental to health. What some people do not realise is, that alcohol is a a drug and can be potentially more dangerous than some class-C street drugs. In a 21st century society, drugs and alcohol are becoming more common to use. The first connotations of what drugs are, are negative. This is because when people hear that word " drugs", they automatically think of cocain or MDMA, commonly known as ecstasy. In actual fact, medications that we recieve off our Doctors are drugs. However, these are known as good drugs or life saving drugs in some cases. This essay is going to examine the effects of bad drugs misuse in the UK. In the contrary to the negative effects of cannibas, the drug can also be used for medical reasons according to scientific research that says it can be useful in treating certain medical conditions. However, the nature of chemicals contained within the plant provides and obsticle for medical research to establish the safety or efficacy in its natural form, so its effects are far from proven or well-understood. It is understood that there has been an increased use in cannibas for control of cancer, pain and muscle spastisity. It is believed that cannibas can help reduce the side effects of chemotherapy for cancer, but people must not be mistaken that it does not help reuduce it any further than any drug that has already been developed specifically for the treatment for chemotherapy side effects. Medications that are designed to treat chemotherapy side effects are <https://assignbuster.com/alcohol-misuse-in-the-united-kingdom-health-essay/>

probably the strongest established medications and probably most toxic as they carry a side effect of weeks of vomiting. This is where people decide to use cannabis as it stops this and will therefore allow people to eat and live normally. Cannabis is also believed to benefit people who suffer from multiple sclerosis, by reducing muscle spasticity, this increases their ability to stay independent. The first cannabinoid medicine derived from whole plant extracts came into use in the UK in 2010 for people with moderate to severe spasticity in MS who haven't responded to other treatments. Although there are good and bad sides to using cannabis, there are many risks in using the drug. There is evidence that cannabis use is linked to a number of health risks. It affects the ability to concentrate, decreases motivation. Users can become anxious and paranoid. Heavy use increases the risk of serious psychiatric illness such as schizophrenia. The use of cannabis in medicine remains highly controversial and emotive. Supporters of the drug believe it has wide-ranging benefits, whereas, some say it is a potentially dangerous substance that can damage health greatly. In 2010/11, there were 6,640 hospital admissions with a primary diagnosis of a drug related mental health and behaviour order. This evidence proves to us that drugs are extremely detrimental to our health. The total number of deaths in England and Wales related to drug misuse was 1,784, of those, 77% were male. In 2010, there were 198,900 admissions where the primary diagnosis was attributable to the consumption of alcohol. 13% of secondary school pupils ages 11-15 reported drinking alcohol in the week prior to the interview. These statistics clearly convey that the UK has a major drinking habit. The health of a large number of people in Scotland is being harmed by excessive alcohol consumption and the extent of social harms related to alcohol is increasing.

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Alcohol-related hospital admissions have quadrupled, death rates have nearly tripled since the 1980s and the cost of alcohol misuse to the Scottish economy has been put at around £3.56 billion per year. Men should drink no more than 21 units of alcohol per week, no more than four units per day, and have at least two alcohol-free days a week. Women should not consume more than 14 units of alcohol per week, no more than three units per day, and have at least two alcohol-free days a week. The Royal College of Physicians (RCP) advises no more than 21 units per week for men and 14 units per week for women. However, in Scotland and the rest of the UK, teenagers have a tendency to drink at weekends and they do it in bulk. This is known as 'binge' drinking. People like myself do not drink every day or night. Instead we have a night out on a Saturday night and consume all of these units that are recommended for the week, within the one night. What we do not realise is the damage we are doing to our bodies when we are doing this. Although 21 units per week is recommended for men, this does not mean to say that he can consume these 21 units within one night without anything being detrimental to health. This is because your liver processes alcohol. It can only cope with so much at a time. Drinking more alcohol than the liver can cope with can damage liver cells and produce toxic by-product chemicals. What some people do not realise is, that alcohol is a drug and can be potentially more dangerous than some class-C street drugs. The government have set out to tackle binge drinking issues by introducing a minimum price per unit of alcohol. The cheapest bottle of wine would be £4.69 and a four-pack of lager would cost at least £3.52. Before the minimum pricing was introduced, people were able to buy 3 bottles of wine for £10 and a bottle of cider for as cheap as £2.50. Alcohol being priced as cheap as this

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make it so much easier for people such as students at school who are on low incomes to get their hands on alcohol. Another plan the government has introduced is the abolishment of 'happy hours' in pubs, clubs and restaurants. Many of these places had promotions that all cocktails or spirits would be half price between a certain hour, thus promoting people to buy two drinks for the price of one and therefore doing more damage to peoples health within the UK. Figures show that there were 6, 317 alcohol-related liver deaths in 2010, slightly up from 2009. Medical experts say 210, 000 people could die from alcohol abuse in next 20 years. In 2008, over half (52%) of 11-15 year-olds have drunk at least one alcoholic drink in thier life time, this increases with age from 16% of 11 year olds to 81% of 15 year olds. These statistics are horrifying. In conclusion to the above arguments, drugs and alcohol misuse in the UK are definitely among the public eye and political eye in terms of trying to battle the issue. The UK, without a doubt, has some of the most shocking statistics when it comes to drug and alcohol misuse and some people say that there is enough being done to try and make people aware about drink and drugs, whereas some people will say that there is not enough being done. We can only hope that we will see a difference in statistics over the upcoming years as our society, in present day, is killing itself slowly with the abuse of alcohol and drug misuse.