

Substance abuse – its explanation and types

[Health & Medicine](#), [Drug Abuse](#)



Substance abuse is a growing problem that not only affects the person who is abusing alcohol or drugs but affects the lives of those who are close to the abuser. Substance abuse is the abuse of any substance. A drug is a substance that modifies one or more of the body's functions when it is consumed. Everything from over-the-counter pain medication, to opiates, prescription drugs such as Oxycontin, alcohol, cocaine, heroin and even coffee can be abused in one way or another.

The two main substances being abused in our nation are nicotine and alcohol. According to the Michigan Institute for Social research, " Substance abuse is a major public health problem. " Substance abuse is responsible for half a million preventable deaths each year. These two things create major addictions and cost our taxpayers millions of dollars every year. The use and abuse of drugs has been around for many centuries and is not something new. According to, American Society of Anesthesiologist, " The oldest " prescriptions" in recorded history seem to be contained in Babylonian clay tablets and ancient Egyptian papyrus. These prescriptions utilized hundreds of different botanicals and foods.

From the earliest recorded times, then, plants and herbals have been an important part of traditional healing practices. Many cultures have a long history of herbal medicine use: the Chinese; Ayurveda, a holistic system that originated in the Vedic civilization of India; Curanderismo, a Mexican-American healing tradition; and western herbalism. Many botanical compounds were the basis of medical pharmacotherapeutics in the United States as recently as the 1930s. The World Health Organization estimates that up to 80 percent of the world's population still depends on herbal

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medicines. " The complexities and causes of addiction are many. Some of the causes can include: peer pressure, a disturbed childhood, and lack of confidence when it comes to confronting the reality. Some additional factors are: easy access drugs, irresponsible parents and broken family situations.

A person dealing with substance abuse may also be dealing with a genetic predisposition, depression and loneliness. Drug abuse can also be sparked by person's environment if drugs are readily available a person could be influenced by their environment to start using and abusing drugs and alcohol. There is not one type of person that is affected by substance abuse. The fact is that people of all races, ages, and background can abuse drugs and alcohol. According to, <http://www.drugpolicy.org/communities/race>, " Despite the fact that drug use is more or less consistent across racial lines, many punitive drug laws are based on beliefs that certain communities of color commonly abuse certain substances.

Due to the racial injustices caused by the drug war, supporting drug policy reform can help end racial inequality. Drug Policy Alliance is drawing attention to these disproportionate impacts of the drug war and working to end the war on people of color. Although African Americans comprise only 12.2 percent of the population and 13 percent of drug users, they make up 38 percent of those arrested for drug offenses and 59 percent of those convicted of drug offenses causing critics to call the war on drugs the " New Jim Crow. The higher arrest rates for African Americans and Latinos do not reflect a higher abuse rate in these communities but rather a law enforcement emphasis on inner city areas where drug use and sales are

more likely to take place in open-air drug markets where treatment resources are scarce. " Teenagers are another group that is affected by drug and alcohol abuse. According to, <http://www.teen-drug-abuse.org>,

" There is a high likelihood that your teen will be exposed to drugs and alcohol, and according to drug statistics from the National Institute on Drug Abuse there is a good chance that your teen will try drugs. Teens as young as 13 have often already tried drugs as powerful as cocaine. Teens might tell themselves they will only try a drug once, but many teens find themselves under continual peer pressure to continue to experiment with drugs and " join the party. " Most teens don't start using drugs expecting to develop a substance abuse problem, and while most teens probably see their drug use as a casual way to have fun, there are negative effects that are a result of this use and abuse of alcohol and other drugs. The biggest consequence to casual drug use can be that it develops into a true addiction. Very few addicts recognize when they have crossed the line from casual use to addiction.

Most teens don't think that they will become addicted, and simply use drugs or alcohol to have a good time and be more like their friends. When teens become addicted they lose friends, develop health problems, start to fail in school, experience memory loss lose motivation, and alienate their family and friends with their negative behaviors and often unpredictable emotional swings. " Noticing changes in family members, friends and co-workers is the first step in identifying drug abuse. According to, <http://helpguide.org>, " You're neglecting your responsibilities at school, work, or home (e. g.

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flunking classes, skipping work, neglecting your children) because of your drug use; You're using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex; Your drug use is getting you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit ; Your drug use is causing problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

Some addition signs of drug addiction are: You've built up a drug tolerance. You need to use more of the drug to experience the same effects you used to with smaller amounts; you take drugs to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety; you've lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless; your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug's effects; you've abandoned activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use. And you continue to use drugs, despite knowing it's hurting you.

It's causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway. " According to, http://www.who.int/substance_abuse, " 76. 3 million persons with alcohol use disorders

worldwide, At least 15. million persons who have drug use disorders, Injecting drug use reported in 136 countries, of which 93 report HIV infection among this population, For every dollar invested in drug treatment, Seven dollars are saved in health and social costs. " Now that we know a few statistics, what can be done to prevent the abuse of legal and illegal drugs? No matter where you live substance abuse treatment centers are everywhere and can range from Christian based treatment centers, holistic treatment centers, government funded treatment centers to people just trying to kick their habits on their own.

No matter what type of treatment center it is they all have the same goals in mind to help the person who is abusing drugs stop and find out the causes of why it started in the first place. In order for a treatment center to be successful a person must want to get help for their problem no matter what the problem is. Admitting you have a problem is the first step. One treatment center called Michael's House deals with alcohol and drug abuse treatment and recovery. According to Michaels House, " Drug Rehabilitation is an important part of the process of recovering from addiction to drugs, alcohol and co-occurring disorders. In addition to discontinuing drug use and stabilize mental disorders, treatment helps individuals establish a foundation of recovery and begin to function effectively in their families, workplaces and communities. While in treatment, individuals learn about addiction recovery, and the dangers of relapse while simultaneously confronting misunderstandings about self, others and their environment.

A drug rehabilitation center like Michael's House helps individuals make important lifestyle changes, manage feelings, develop tools for coping, and learn skills instrumental in successful abstinence. The Michael's House drug rehab center also teaches individuals make important lifestyle changes, manage feelings, develop tools for coping, and learn skills instrumental in successful abstinence. The Michael's House drug rehab center teaches individuals to identify the warning signs of for drug and alcohol relapse and design effective strategies for preventing a relapse. Statistics show that without a solid plan to avoid or handle addiction triggers, patients, often relapse into the behavior that brought them to a drug rehab facility. The values that Michaels House are the values all treatment center. Michaels House offers a safe, trusting environment for people to come to deal with their addiction, the issues that led up to the abuse and long-term recovery. Drug abuse is a disease like that needs to be treated as such.

There are many resources out there for people to get help once a problem is identified. According to Addiction Treatments, " Drug addiction is very complex disease in whole world. The lots of people are suffering from addiction problem. The rate of drug addiction in USA is increasing at faster rate. There are many drug and alcohol addiction treatment centers available in country that provides highest standard of quality services to needed people. They offer wide variety of approaches to recover addicts from their problems. But this is very difficult task for one to choose the best and effective drug treatment centers so addiction-treatments.

com is a site that provides the valuable and detailed information about various addictions and addiction recovery treatment centers. No matter whom you are and where you come from being addicted to any substance is a disease and a battle all at the same time. Drug abuse has no boundaries of race, color, religion, or age. Anyone can become addicted. What is important to know is that no matter what there are options and a person can seek help when they are ready to. Alcohol and substance abuse is a battle that we all need to fight before it continues to destroy the lives of the person who is addicted, the families and friends that are close to the abuse and society.

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