

Psychological, physical, and behavioural damage of drug abuse

[Health & Medicine](#), [Addiction](#)



Cocaine. Alcohol. Smoking and vaping. The newly legalized marijuana. All of these drugs are used to put the user in a temporary high. Unfortunately, the high can be addictive that will end with the user abusing the drugs. While medical drugs will have a positive effect, recreational drugs will have a negative effect on its user. The percentages for the amount of drug abuse are increasing and that needs to be stopped.

There are many reasons why people turn to drugs. Though they provide temporary relief, the consequences caused are a greater problem.

Explanation with examples and/or quotes: Those who already suffer from a mental disorder are more likely to abuse drugs. Occasionally the drugs that are used would increase their mental disorder twofold. If the user is in their adolescence, and the user abuses drugs at that young of an age, the brain's ability to perform well and openly is hindered. The most common side effect of abusing drugs, or when the drugs amplify the mental disorder, is anxiety and depression. The best solution to mental disorders is to talk to someone as cliché as that sounds. Turning to drugs will not only worsen the problem but will also damage your physical health as well as your mental health.

Drugs do not only harm your mind, but they also harm your body.

Explanation with examples and/or quotes: The most severe consequence for the body by abusing drugs is death. In 2015, there were 307, 400 deaths from abusing drugs. Two of the highest numbers of deaths come from alcohol over usage at 137, 500 deaths and cocaine over usage at 11, 100 deaths. The Gateway Foundation states some examples of the side effects occurring from drug abuse: The user's immune system is weakened, memory

failures, brain damage, and liver/kidney damage are only a few. No one wants to see their friends, family, or relatives die from overdosing on drugs, right? Some ways that one can prevent the physical damages of drug abuse is by providing them with a counsellor. They will know the signs of the beginning of an addiction and can help by analyzing your recent behavioural patterns. In doing so, you help prevent part of the damage done by drug abuse.

It is important to notice the behaviour of the user. When the user indulges in the drugs, there are behaviour changes. Explanation with examples/or quotes: The user will find themselves acting in situations they wouldn't have acted if they had not done the drugs. They are put into situations where certain challenges that would be simple while sober, seem impossible under the influence. The user becomes more aggressive, impulsive, and their judgement becomes impaired. " Drug misuse is not a disease, it is a decision, like the decision to step out in front of a moving car. You would call that not a disease but an error of judgment." – Philip Dick. It relates because just like how your judgement is erroneous because you decide to continue doing drugs knowing there bad for you, but you still do it anyway. The consequences vary from sustaining physical injuries or personal problems being affected. Drinking while driving is an excellent example because it proves the irrationality of the impulsive decisions that you make. Some methods of improving is by going to a withdrawal clinic, or once again, by going to see a counsellor.