

# Dangers of drug abuse for health and wellbeing

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



Drugs abuse may make the user feel pleasure, but they are also toxic. Drug abuse, also called substance abuse or chemical abuse is a disorder that is characterized by a destructive pattern of using substances that lead to significant problems or distress. It occurs when a person begins a consistent pattern of use of a substance beyond what is recommended. Abuse occurs when the quantity of the substance used is increased to achieve a high that was once achieved at a lower quantity. There are many dangers of drug abuse including physical and psychological addiction, change in brain chemistry and functioning, and death.

Drug addiction is dangerous to one's health because it can make the addict more susceptible to illness and disease. When a drug is abused, the potential for addiction is increased due to the physical need that the body develops once the drug's effects are achieved. Abuse turns into addiction through chemical changes that the drug supplies to the body when used regularly. Additionally, an emotional and mental attachment develops, causing preoccupation with gaining the pleasurable effects that the drug brings. The body misses the drug when it is not present, causing the person to seek that feeling through ongoing drug use. Addiction has the unfortunate side effects of mental and physical withdrawal, depending on the drug abused. This can lead to the need for medical and psychological intervention in order to break free from the addiction that develops. Drugs have been shown to alter brain chemistry. Although initial drug use may be voluntary, drugs have been shown to alter brain chemistry, which interferes with an individual's ability to make decisions and can lead to compulsive craving, seeking and use.

Over time, drugs change the way that the brain works by altering its neurons and circuits. These changes are particularly damaging to the person's brain, which is still developing. Long-term effects include impairment in learning, memory, and, as previously noted, the ability to make good decisions. Impulse control is another area that is impacted by drugs and involves changes that can last for the rest of a person's life. In addition, drugs may condition the brain so that it associates certain things with drug use. When this happens, intense cravings are triggered. This then becomes substance dependency. Drug use can contribute to a person's earlier-than-expected death. Dopamine regulates body temperature. Increasing dopamine levels with stimulants can affect the body's ability to cool itself. Combined with increased activity, this can lead to a dangerous increase in body temperature, leading to organ failure and death.

Finally, drug abuse is responsible for most physical and psychological addiction, change in brain chemistry and functioning, and even death. Some of the addicts develop serious health problems and mental problems such as brain alterations, behavior problems, digestion complications, muscle disorders, liver problems, and depression. Thus, it is important to create awareness on drug abuse and addiction so that people especially students abstain from such activities.

Drug addiction is a powerful demon that can sneak up on you and take over your life before you know it has even happened. What started out as just a recreational lifestyle has overcome your life and affected every single aspect of it. Leading a clean lifestyle is something that is well within your reach. You

now have the tools you need - go out and heal yourself. Remember that a thousand mile journey always begins with one step and to take it one day at a time.