


DRUG ADDICTION

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her.

Drug addiction can cause **serious, long-term consequences**, including problems with physical and mental health, relationships, employment, and the law.

You may need help from your doctor, family, friends, support groups or an organized treatment program to overcome your drug addiction and stay drug-free.



155 to 250 million people, or 3.5% to 5.7% of the world's population aged 15-64, abused substances such as cannabis, cocaine, prescription medication.

Treatment:

- Chemical dependence treatment programmes (group or individual sessions);
- Detoxification;
- Counselling;
- Self-help groups

Health problems:

The impact of drug abuse and dependence can be far-reaching affecting almost every organ in the human body. Drug abuse can weaken the immune system, cause heart problems, nausea and vomiting and damage to the liver, to name a few!

SYMPTOMS:

- Feeling that you have to use the drug regularly
- Having intense urges for the drug
- Over time, needing more of the drug to get the same effect
- Making certain that you maintain a supply of the drug
- Spending money on the drug, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Focusing more and more time and energy on getting and using the drug
- Failing in your attempts to stop using the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug

At least 15.3 million persons have drug use disorders.

