

# Important Information about Drug Addiction



# **Important Information about Drug Addiction**

**The information aims to raise awareness about the dangers of drug usage and methods of quitting. We all need to contribute to raising awareness in order to protect our community.**

# General Information about Drugs

## Drug

Substances that have an adverse effect on the body functions and can cause a state of habituation or addiction.

## Drug Addiction

- It is a condition that results from the continuous use of narcotic substances and makes the user dependent on the substances either psychologically, physically, or both.
- A drug addict is in need of more doses to achieve the same effects from time-to-time, till he is no longer able to perform his daily activities and tasks without such substances.
- Addiction is considered as a chronic illness that affects the brain, therefore the addict is in need of treatment and rehabilitation.

# General Information about Drugs

## Reasons for Addiction:

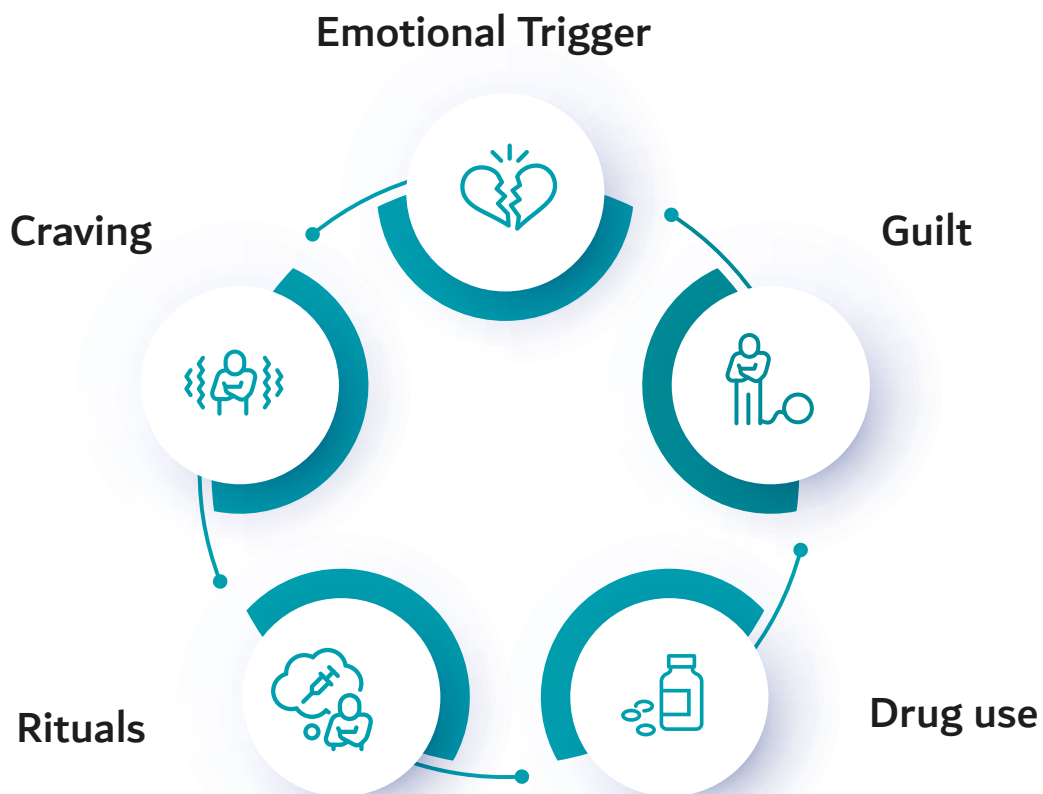
1. Lack of knowledge of the dangers of drug use.
2. Disintegration of the family
3. Lack of supervision, guidance and dialogue from parents
4. Peer pressure, imitation or curiosity
5. Misconception of the consequences of drugs abuse.
6. Free time and boredom.
7. Poor life skills in dealing with stress positively

# General Information about Drugs

## The Cycle of Addiction:

When someone becomes addicted, they become trapped in a difficult cycle that is challenging to escape from. Then the devastating negative repercussions affect the individual from a psychological, social and health perspective.

This cycle consists of:



# Signs and Symptoms of Drug Addiction

## General Warning Signs of Drug Addiction:



**Repeated usage**



**Strong urge to use**



**Isolation from social life**



**Withdrawal symptoms**



**Seeking it**



**Increasing the amount  
consumed**

# Signs and Symptoms of Drug Addiction

## Behavioral Signs and Symptoms of Drug Addiction:

- Change in sleeping patterns.
- Persistent forgetfulness or loss of concentration.
- Strange mood swings.
- Change in eating patterns.
- Aggressiveness.
- Adopting a new social or peer group.
- Damaged relationships.
- Poor performance at school or work.
- Borrows or steals money.

# Signs and Symptoms of Drug Addiction

## Physical Signs and Symptoms of drug addiction:

- Excessive use of chewing gum and perfumes to mask the smell.
- Rapid weight gain or loss.
- Low or no energy.
- Loss of balance.
- Neglecting personal appearance and hygiene.
- Facial pallor.
- Itching or runny nose.
- Wounds and scars in various parts of the body.
- Slurred speech and hallucinations.
- Pupil dilation/ or constriction and eye redness.

## Psychological effects of drug addiction

- Anxiety.
- Insomnia.
- Depression.
- Paranoia.
- Craving.



# Consequences of Drug Addiction



## **Social consequences:**

- Family breakdown.
- Conflicts.
- Loss of residence.
- Accidents, injuries or fatalities.
- Social isolation.



## **Economic consequences:**

- Work loss.
- Poor academic performance.
- Debts.

# Consequences of Drug Addiction



## Physical consequences:

- Liver, kidney or heart failure and cancers.
- Brain toxicity & damage.
- Infectious diseases: Viral hepatitis and AIDS.
- Death due to overdose.



## Legal consequences:

- Criminal justice issues.



## Mental consequences:

- Depression, psychosis, schizophrenia and others.
- Sedation, confusion and memory loss.
- Self-harm thoughts

# Addiction Prevention and Treatment

**You can prevent addiction by:**

- 1.** Understanding the harmful effects of drug addiction on the user and society
- 2.** Enhancing positivity and self-confidence.
- 3.** Acquiring new methods to deal with psychological pressures and life stresses in general.
- 4.** Choosing your friends carefully.
- 5.** Adhering to the physician's instructions in taking medications.
- 6. If you are a parent:**
  - Communicate with your kids
  - Be a good listener & be supportive
  - Set a good example.
  - Strengthen the bond with them
  - Encourage them to pursue hobbies in their free time.

# Addiction Prevention and Treatment

## **Treatment :**

Addiction can be treated successfully and the person can resume a productive life through:

- 1.** Recognition of the problem.
- 2.** An individualized treatment plan with the healthcare provider including:
  - Detoxification
  - Medication-assisted treatment.
  - Behavioral therapy
  - Support groups.
- 3.** You can communicate with treatment centres in the country that handle the matter with complete confidentiality and utmost privacy  
**In Dubai:**
  - Erada Center for Treatment and Rehabilitation - 042399992
  - Al Amal Hospital - 045192100