

## Pharmacology 2019- Drug abuse, the problem - Raafat Abdeldayem - Mansoura University

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### ABSTRACT

#### Objectives

The abuse of drugs can have serious ramifications on a person's physical health, mental health, and overall well-being. Aim of the work is to determine the prevalence of some drugs among patients from the laboratory point of view.

#### Methods

The sample size for this study was five hundred patients with acute poisoning by some drugs of abuse. In this study all patients were subjected for detection of drugs of abuse in urine by EMIT system and Gas Chromatography / Mass Spectrometry (GC/MS) for confirmation of the obtained results.

#### Results;

The study revealed that the percentages of positive urine samples by Enzyme Multiplying Immunoassay Technique (EMIT) confirmed by Gas Chromatography / Mass Spectrometry (GC/MS).

Conclusion; presence of these drugs has a serious effect on man health, consequently his environment.

Recommendations; it is recommended that public health intervention aimed at preventing drug use among inhabitants should be designed to raise awareness about the negative effects of drug abuse.

#### Introduction

Among the social and medical ills of the 20th century, drug abuse ranks as one among the foremost devastating and dear. The drug problem today may be a major global concern including Bangladesh. Almost all addictive drugs over stimulate the reward system of the brain, flooding it with the neurotransmitter dopamine. That produces

euphoria which heightened pleasure are often so compelling that the brain wants that feeling back again and again. However repetitive exposure induces widespread adaptive changes in the brain. As a consequence drug use may become compulsive. An estimated 4.7% of the worldwide population aged 15 to 64 or 184 million people, consume illicit drug annually. Heroin use alone is liable for the epidemic number of latest cases of HIV/AIDS, Hepatitis and drug addicted infant born annually. Department of narcotic control (DNC) in Bangladesh reported in June 2008 that about 5 million drug addicts within the country & addicts spend a minimum of 17 (Seventeen) billion on drugs per year. Among these drug addicts, 91% are young and adolescents population. Heroin is that the most generally abused drugs in Bangladesh. For geographical reason like India, Pakistan and Myanmar; Bangladesh is additionally a crucial transit root for internationally trafficking of illicit drug. Drug abuse is liable for decreased job productivity and attendance increased health care costs, and escalations of violence and violent crimes. Drug addiction is a preventable disease. Through scientific advances we now know far more about how exactly drugs add the brain, and that we also know that white plague are often successfully treated to assist people stop abusing drugs and resume their productive lives. Most countries have legislation designed to criminalize some drugs. To decrease the prevalence of this problem in our setting; increase awareness, promoting additional research on abused and addictive drugs, and exact implementation of existing laws are strongly recommended. We should also deserve renewed attention on prescription abuse. It is imperative that as a nation we make ourselves conscious of the results related to substance abuse. Otherwise devastating effects of drug will destroy the manpower and economic process of the country.

Drug abuse often a painful experience—for the one that has the matter, and for family and friends who may feel helpless within the face of the disease. But there are belongings you can do if you recognize or suspect that somebody on the brink of you features a drug problem.

Certain drugs can change the structure and inner workings of the brain. With repeated use, they affect a person's self-control and interfere with the ability to resist the urge to take the drug. Not having the ability to prevent taking a drug albeit you recognize it's harmful is that the hallmark of addiction.

A drug doesn't need to be illegal to cause this effect. People can become hooked in to alcohol, nicotine, or maybe prescribed drugs once they use them in ways aside from prescribed or use someone else's prescription.

People are particularly susceptible to using drugs when browsing major life transitions. For adults, this might mean during a divorce or after losing employment. For children and teens, this can mean changing schools or other major upheavals in their lives.

But kids may experiment with drug use for several different reasons. "It might be a greater availability of medicine during a school with older students, or it might be that social activities are changing, or that they're trying to deal with stress," says Dr. Bethany Deeds, NIH expert on substance abuse prevention. Parents may need to pay more attention to their children during these periods.

The teenage years are a critical time to stop drug use. Trying drugs as an adolescent increases your

chance of developing substance use disorders. The earlier the age of first use, the upper the danger of later addiction. But addiction also happens to adults. Adults are at increased risk of addiction once they encounter prescription pain-relieving drugs after a surgery or due to a chronic pain problem. People with a history of addiction should be particularly careful with opioid pain relievers and confirm to inform their doctors about past drug use.

There are many signs which will indicate a beloved has a drag with drugs. They might lose interest in things that they want to enjoy or start to isolate themselves. Teens' grades may drop. They may start skipping classes.

They may violate curfew or appear irritable, sedated, or disheveled," says child psychiatrist Dr. Geetha Subramaniam, NIH expert on substance use. Parents can also encounter drug paraphernalia, like water pipes or needles, or notice a wierd smell.

"Once drug use progresses, it becomes less of a social thing and more of a compulsive thing—which means the person spends a lot of time using drugs," Subramaniam says.

If a beloved is using drugs, encourage them to speak to their medical care doctor. It can be easier to have this conversation with a doctor than a family member. Not all drug treatment requires long stays in residential treatment centers. For someone within the early stages of a substance use problem, a conversation with a doctor or another professional could also be enough to urge them the assistance they have. Doctors can help the person believe their drug use, understand the danger for addiction, and are available up with an idea for change.