

REALITIES AND MISCONCEPTIONS ABOUT DRUG ADDICTION AND ABUSE

While we continue combating drug abuse, it is always wise to fully understand this phenomenon fully to assist the next person. Drug abuse and addiction is less about the type or amount of the substance consumed or the frequency of your drug use, and more about the consequences of that drug use. If your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem.

There are also several misconceptions that come with drug abuse as a whole. And for better understanding, it is only right to counter these myths with information that is true and factual. This will not only help us understand what drug abuse is, but it will also assist us in taking necessary measures to help fight the use of drugs in our homes, societies and country as a whole to make the world a better place for everyone.

Below are some misconceptions and facts about drug abuse :

MISCONCEPTIONS VERSUS REALITY ABOUT DRUG ABUSE

MISCONCEPTION – Using drugs is something someone can stop at any given time. When they truly want change they will stop

REALITY - Long-term exposure to drugs (**NO MATTER WHAT DRUG IT IS**) alters the brain in a way that leads to strong cravings and compulsions to consume. These brain alterations consistently make it extremely difficult to quit stop taking drugs.

MISCONCEPTION - It is safe and encouraged to use medications such as opioid pain relievers because they are usually prescribed by a doctor.

REALITY - interim consumption of opioid pain relievers can assist in controlling and numbing pain after an accident or surgery. The 'BIG BUT' is that frequent or long-term use of opioids can lead to severe drug addiction. Misusing these drugs or taking someone else's prescribed medicine has dangerous or even fatal consequences such as drug abuse.

MISCONCEPTION - The use of drugs to the extent of addiction is a mental health disease. There is no way to treat or help it when it is too late.

REALITY - Many experts do say that the abuse of drugs causes severe damage to the brain. However, that does not necessarily mean everyone is helpless. Brain changes associated with the addiction of drugs can be treated and reversed through the help of different things such as therapy, medication, exercise, and other treatments.

MISCONCEPTION - Drug addicts must reach their lowest point before they can return to a normal life.

REALITY - The recovery process can start at any given point. The quicker the better. The longer the drug addiction lasts, the harder it gets to deal with. Let us not wait until the abuser has reached a very low point. It then gets hard for any intervening process.

MISCONCEPTION - The previous treatment did not work, so there is no need to try again.

REALITY - Drug abuse addiction is very intense, and the recovery process is not different. When an abuser gets back to using, it does not mean that the recovery process has failed. Instead, relapsing is a sign to get back to focusing on recovering.