Drug overdose is a topic that has become increasingly popular over the last few years, and it has taken a toll in the wellbeing, the economy, and the culture of the United States. This surge in drug overdose has led to a significant decrease in the life expectancy in the country during the past two years.

In comparison with other accidental death causes, drug overdose leads the charts as of this date, killing more individuals than car crashes, gun violence, as well as breast cancer. Such is the magnitude of drug overdose nowadays, that it has been considered the worst drug epidemic in U.S. History by the Center for Disease Control (CDC).

Most of the affected population are younger people to mid-aged adults. One possible explanation for this correlation is the stress that people between their 20’s and 50’s face in their daily life. A common myth is that drug abuse, although harmful, relieve stress, when in reality, they can end up making users more sensitive to everyday stress, due to drug abuse affecting brains in the same way that stress does.

Resources