Substance abuse prevention and rehabilitation

Substance abuse has been an issue in the Philippines this also includes the drug syndicates or drug lords, But ever since President Rodrigo Duterte seated in the palace it had made a bigger fuzz for he has declared a “War against drugs”. Now what are these substances that are prohibited?

These are some of the most common abused substances

**Alcohol**

* Drinking too much could case blackouts, memory loss and anxiety and could result to permanent brain damage, and being dependent to alcohol
* Drinking can be a big factor for cancer of the mouth, throat, breast and especially liver
* Excessive drinking can cause hypertension that could result to having a heart attack or stroke, and to develop some types of dementia
* Can cause impotence to men, infertility to women

**Marijuana**

Short-term Effects

* Short-term memory problems
* Severe axiety
* Hallucinations
* Loss of sense and personal identity
* Sexual problems

Long-term effects

* Decline in IQ
* Addiction
* Antisocial behavior starts and worsens

**Heroin**

Short-term effects

* The feeling of “Rush”
* Slower breathing
* Nausea and vomiting
* Drowsiness
* Hypothermia
* Coma or death because of overdose

Long-term effects

* Teeth become bad
* Inflammation of the gums
* Constipation
* The immune system weakens
* Coma
* Impotence for men
* Introversion
* Pustules on the face
* Loss of appetite
* Insomnia

**Cocaine**

Short-term effects

* Loss of appetite
* Dilated pupils
* Nausea
* Hyperstimulation
* Violent behavior
* Hallucination that creates the illusion of drugs burrowing under the skin
* Euphoria
* Axiety and paranoia
* Intense drug craving

Long-term effects

* Permanent damage to blood vessels of the heart and the brain
* Liver, kidney and lung damage
* Malnutrition
* Reproductive damage and infertility for both men and women
* Severe depression
* Mood disturbancs
* Psychosis
* Tolerance and addiction

**Shabu**

* Addiction
* Psychosis
* Repetitive motor activity
* Change of brain structure and function
* Memory loss
* Aggressive or violent behavior
* Severe dental problems
* Weight loss

**Inhalants**

The most common inhalant in the Philippines is Rugby

Effects

* Nausea
* Vision problems
* Memory lapses
* Motor lapses
* Difficulty with breathing
* Kidney and liver damage
* Shrinks the brain
* Turbercolosis
* Hallucination

**Opium**

Effects

* Anxiety
* Blurred Vision
* Coma
* Depression
* Hallucination
* Seizures
* No blood pressure or pulse

**Ecstacy**

Short-term effects

* Increase in energy levels
* Euphoria
* Distorted perception of time
* Higher pleasure and desire for physical touch
* Increased levels of sexuality and sexual arousal
* Elevated Alertness
* Increased energy and focus

Long-term effects

* Nausea
* Muscle Cramping
* Fever
* Hallucinations
* Feeling faint

Preventing from using drugs

First of all, the person must be disciplined and be knowledgable of the consequences he/she may have if they will take any substance, This means that teaching everyone about the substance is essential. Temptations and Peer Pressure is also a reason why people take or try these substances, the best way is to avoid those kind of people since they would pull you down rather than pushing you up to something good. Look for other substitutes than taking substances, there are other ways to relieve stress. And if you think that you have a substance abuse problem get help as soon as you can, go to a rehabilitation center and follow their program.’

Rehabilitation in the Philippines

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