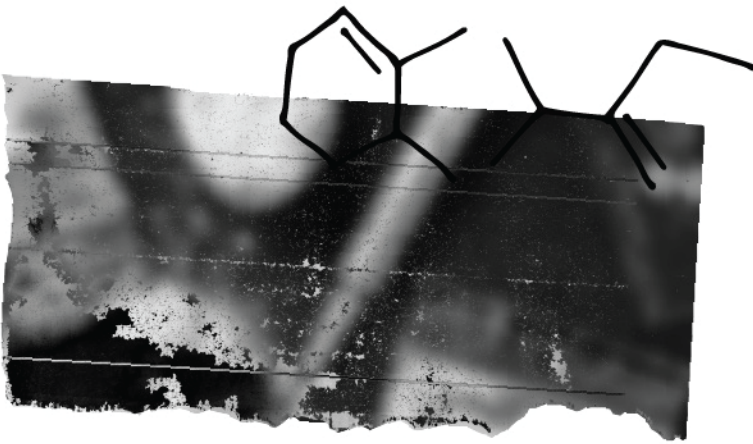


Something That Ruins Everything

شيء يفسد كل شيء

The Dangers of Drug Use and Its Prevention

- **What are drugs?**
- **Is the burden of drugs limited to the individual?**
- **Types of drugs**
 - Depressants
 - Stimulants
 - Hallucinogens
- **The most prevalent types:**
 - Weed (Hashish)
 - Captagon
 - Crystal myth (Shabu)
- **Misuse of prescribed medications**
 - What are the prescribed medications?
 - The most misused prescribed medications
- **Is addiction to prescribed medications less harmful than drugs?**
- **Can a person become addicted if drugs are used occasionally?**
- **What is the difference between substance tolerance, dependency, and addiction?**
- **Physical, psychological, financial, and social effects**
- **Common misconceptions about drugs**



What are drugs?

Drugs are toxic compounds or plants that **alter a person's** mental, physical, and psychological state, affecting how the mind works, how a person feels, behaves, understands, and perceives. This is what makes drugs dangerous and unpredictable.

Drug use can occur through several methods, including **smoking, inhaling, consuming, or injecting the substance.**



How were drugs discovered?

Opium and cocaine were among the first types used throughout history and were employed as treatments. However, over time, their harmful health effects and high addiction potential, requiring daily doses, were discovered. This led to adverse outcomes for individuals and communities.

Is the burden of drugs limited to the individual?

Drug use affects the individual, family, and society as a whole, with numerous repercussions, including:

- **Health effects**

such as diseases, overdoses, and deaths

- **Social effects**

such as violence, crimes, and accidents

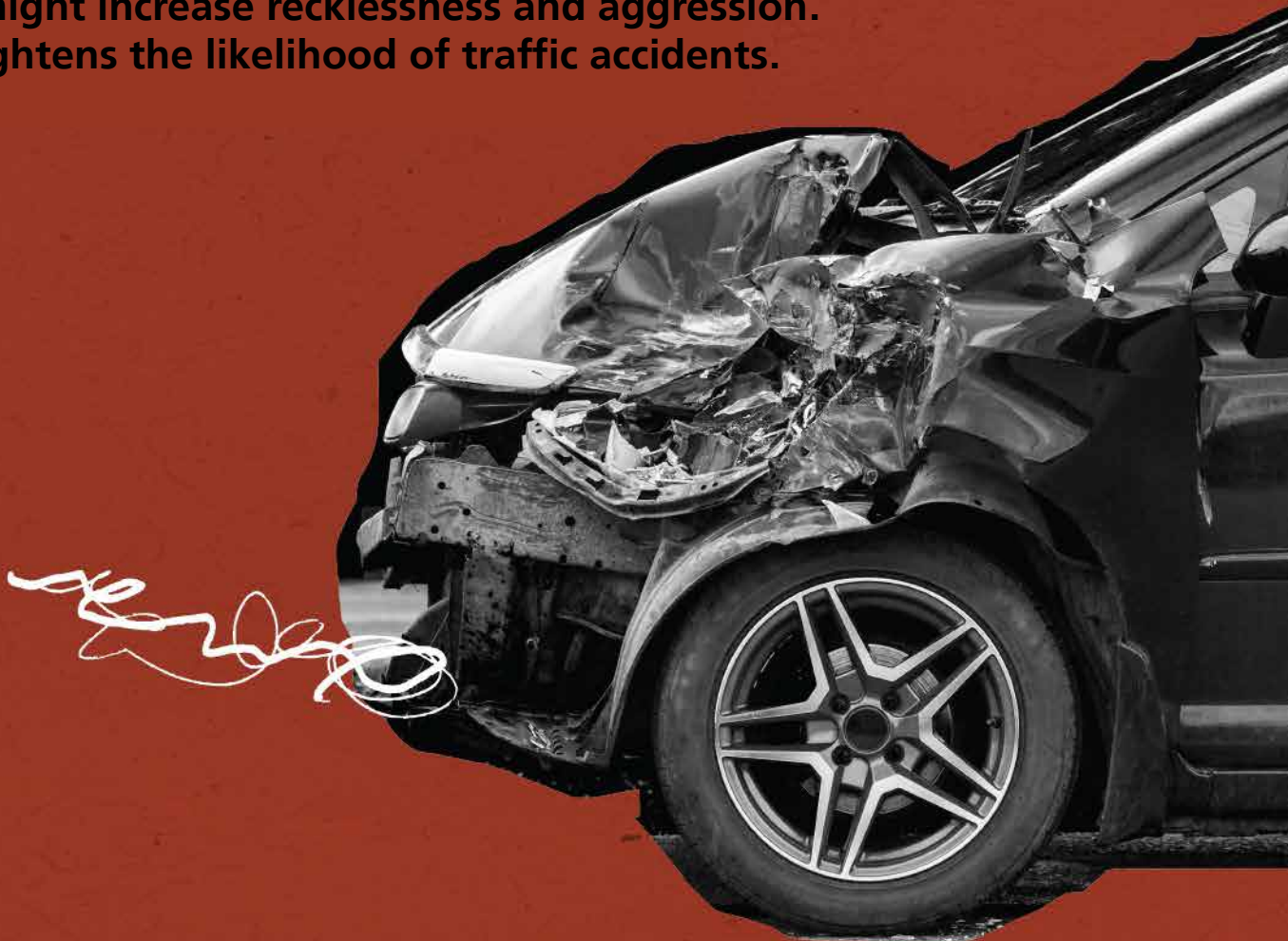
- **Economic effects**

such as healthcare burdens and costs for both the individual and healthcare providers

Drug abuse leads to various physical, psychological, financial, and social problems, including aggression, hallucinations, schizophrenia, financial deterioration, and isolation.

Studies indicated that
about 44%
of drivers in fatal traffic accidents
tested positive for drugs

The use of certain types of drugs can lead to impaired and slow reaction times, focus, and judgment, while others might increase recklessness and aggression. This heightens the likelihood of traffic accidents.





Types of Drugs

• **Depressants**

Depressants reduce the transmission of natural messages between the brain and body, **affecting:**

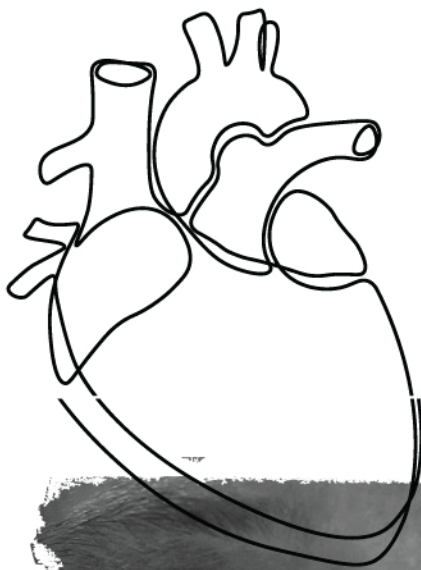
- **Concentration levels and motor skills**
- **Perception and awareness of surroundings**

Additionally, their use can cause drowsiness, nausea, vomiting, loss of consciousness, and even death with large doses.

• **Stimulants**

Stimulants act contrary to depressants by unnaturally increasing the rate of message transmission between the brain and other body parts. **They cause:**

- **Increased heart rate and blood pressure**
- **Elevated body temperature** leading to heat convulsions
- **Loss of appetite**
- **Tension and anxiety**
- **Drowsiness**



Using stimulants exposes individuals to panic attacks, stomach convulsions, and paranoia, causing them to harm themselves and those around them.

• Hallucinogens

Hallucinogens affect the senses and perception of reality, causing users to experience hallucinations and perceive, hear, taste, smell, or feel non-existent things. They affect thoughts and emotions unusually. **Their use leads to:**

- Increased heart rate
- Aggression
- Memory loss
- Anxiety and panic attacks
- May lead to paranoia

All types of drugs are dangerous

Drugs make the brain send false messages to the body, which can, at advanced stages, lead to respiratory failure, heart attacks, comas, or even death at any time and with any usage.

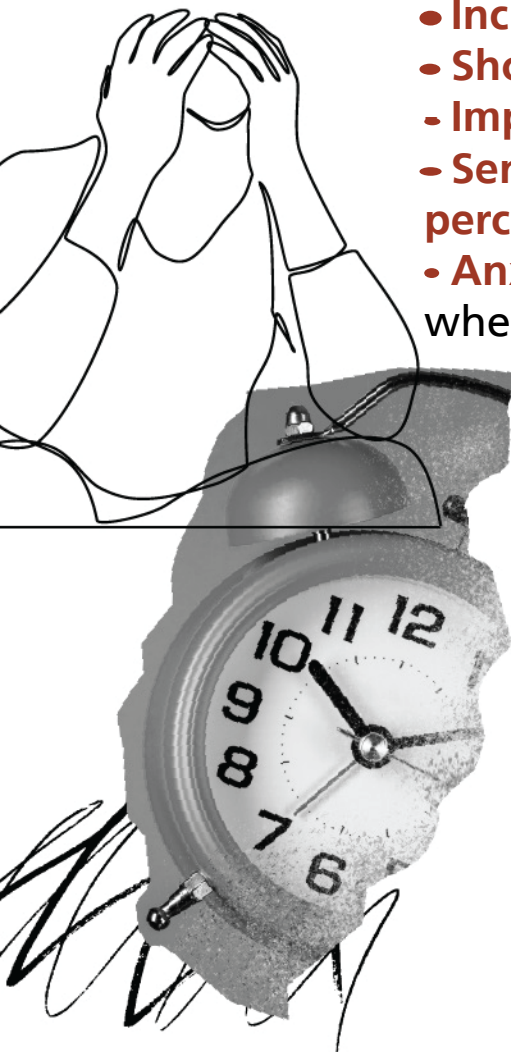


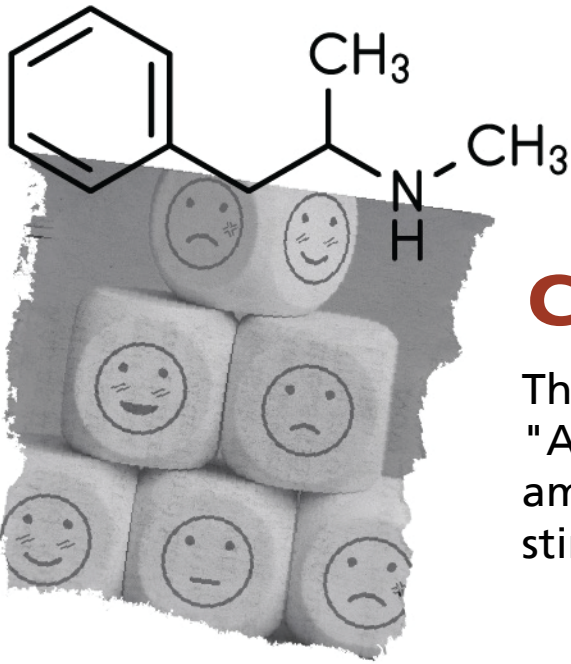
Cannabis is a drug derived from the cannabis sativa plant, but it contains about 500 chemical compounds. It poses serious effects on users and is among the most commonly used drugs due to its cheap price.

- **In the initial hours and days**, the effects of cannabis start within minutes of smoking, moving from the lungs to the bloodstream and onward to the rest of the body and brain, affecting:

- Increased appetite
- Short-term memory weakness
- Impaired motor skills and slow reactions
- Sensory distortions, affecting time and space perception
- Anxiety, fear, distrust, and panic (in some users or when overdosing)

- **After weeks and months of use:**
 - Memory weakness
 - Impacted learning skills and IQ decrease
 - Respiratory diseases and lung damage
 - Increased risk of mental illnesses like anxiety and depression
 - Increased risk of heart attacks and strokes





Crystal Myth (Shabu)

The chemical name for Shabu is "Amphetamine," and it is a common term among users of this central nervous system stimulant.

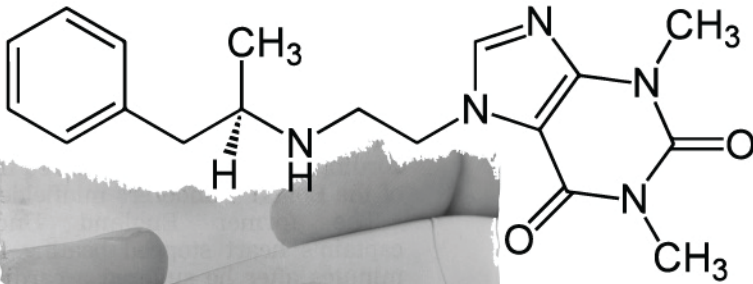
Crystal Myth ruins

- **In the initial hours and days,** Shabu is highly addictive, closely associated with multiple physical and psychological health issues, including:

- Hallucinations and aggressive behaviors
- Anxiety attacks, fear, and insomnia
- Increased heart rate and blood pressure
 - Dry mouth
 - Excessive sweating
 - Severe dental issues

- **After weeks and months of use:**
 - Osteoporosis
 - Permanent heart and brain injuries
 - Elevated body temperature due to the body's inability to regulate heat naturally
 - Brain vessel damage leading to strokes
 - Death





Captagon

Captagon is a highly addictive chemical known as phenethylamine, a stimulant for the central nervous system.

Captagon ruins

• In the initial hours and days:

- Lethargy
- Violence and aggression
- Difficulty sleeping (insomnia)
- Malnutrition
- Persistent headaches
- Increased heart rate and blood pressure

Though you may know the type of drug
you're using, you may not know if
the dosage is lethal

• After weeks and months of use:

- Severe depression exposure
- Brain hemorrhage
- Blood vessels and heart poisoning
- Death

Misuse of Prescribed Medications

What are the prescribed medications?

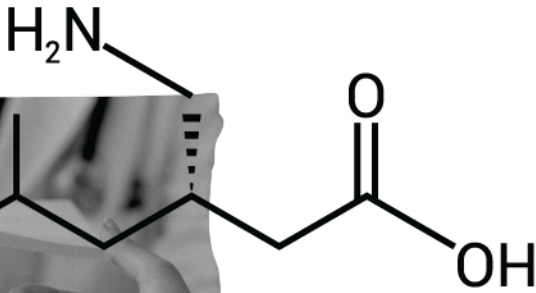
These are drugs prescribed by a specialist doctor for specific health conditions with calculated doses, and are only effective for the conditions they are prescribed for.

Prescribed medications are safe under medical supervision, but can be misused for other purposes:

- Using someone else's prescription
 - Taking medication at incorrect dosages or methods
- For purposes like mood enhancement or relaxation**

Most Misused Prescribed Medications

- Lyrica
- Xanax
- Tramadol



Lyrica Misuse

Lyrica is a medication prescribed by specialists for neurological conditions, including seizures and pain relief. It is non-psychoactive, acting directly on central nervous system receptors, reducing pain by blocking pain signals from nerves to the brain and body.

Studies have shown increasing misuse among adolescents and young people as a dangerous means for mood enhancement, with an unawareness of issues like addiction.

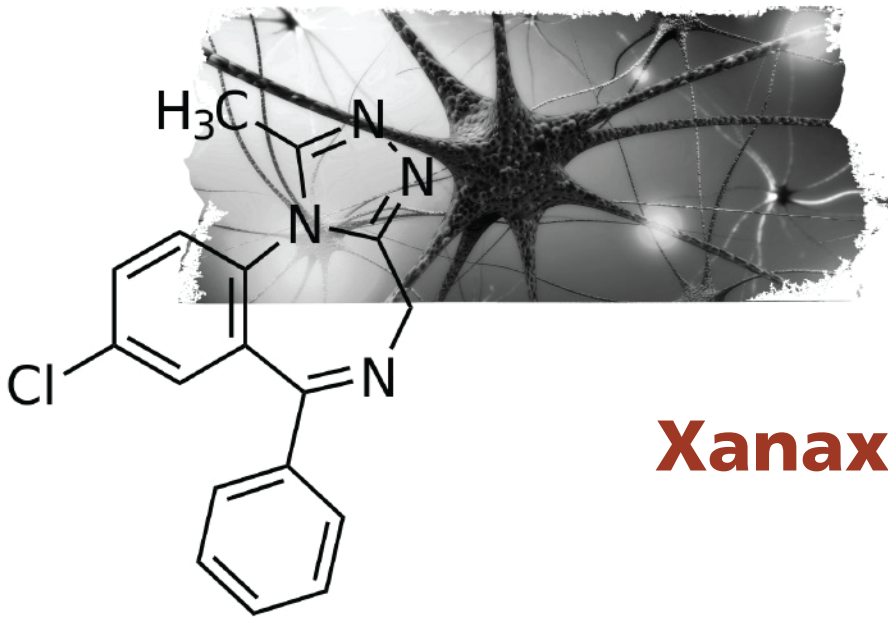
What happens to the body when it is misused?

Effects in the initial days of misuse:

- Difficulty concentrating
- Nausea, constipation, and dizziness
- Confusion
- Slow or stopped breathing
- Dry mouth
- Suicidal thoughts
- Vision changes.
- Sadness and depression
- Dangerous changes in blood pressure
- Emotional instability, mood swings

Effects in the initial days of misuse:

- Pancreatitis
- Strong suicidal thoughts
- Physical dependency and addiction. Withdrawal symptoms occur when attempting to stop taking it, with intense cravings for the drug.



Xanax Misuse

Xanax is a central nervous system depressant prescribed under medical supervision for anxiety, stress, and panic attacks. It affects the brain by increasing the activity of the neurotransmitter gamma-aminobutyric acid (GABA), an amino acid neurotransmitter in the central nervous system. Its increased activity slows brain function, providing positive effects for those with anxiety or sleep issues. **However, excessive activity can be harmful!**

What happens to the body when it is misused?

Effects in the initial days of misuse:

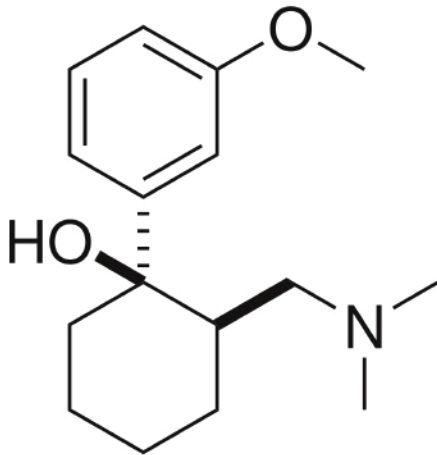
From the most significant effects of misuse, there is severe slowing of brain activity leading to:

- Difficulty concentrating
- Memory problems and weakness
- Low blood pressure
- Dry mouth
- Vision changes
- Severe headaches and dizziness
- Hallucinations, imagining or hearing unreal things or sounds
- Confusion and difficulty speaking clearly

After weeks and months of misuse:

- Leads to physical dependency and addiction

You'll experience withdrawal symptoms when trying to stop, with intense cravings for the drug.



Tramadol Misuse

Tramadol is an opiate medication prescribed under medical supervision. It acts directly on opioid receptors in the central nervous system, present in many brain and body areas, reducing pain by blocking pain signals from nerves to the brain and body.



What happens to the body when it is misused?

Effects in the initial days of misuse:

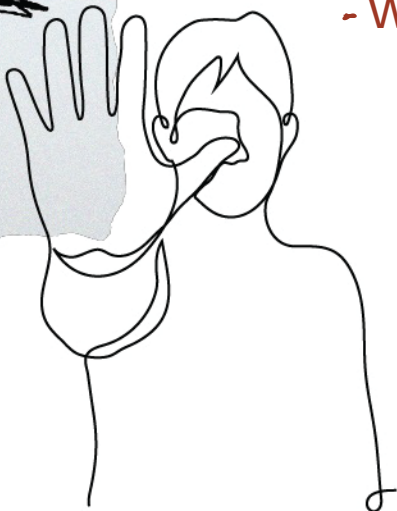
From the most critical effects of misuse, there is severe slowing of brain activity, leading to:

- Difficulty concentrating
- Confusion
- Nausea and constipation
- Slow or stopped breathing
- Weak heartbeats
- Low blood pressure

After weeks and months of misuse:

- Leads to physical dependency and addiction

You'll experience withdrawal symptoms when trying to stop, with intense cravings for the drug.

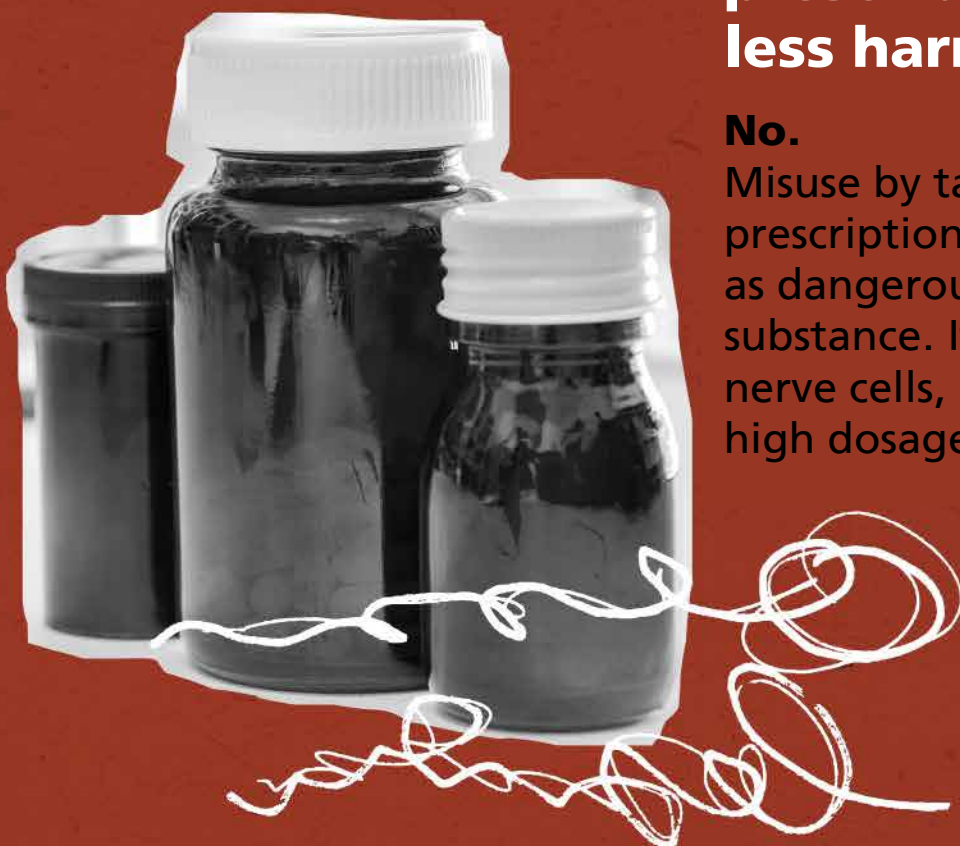


Using these medications in excessive doses, without prescriptions, or by taking another person's medication leads to dependency and addiction, making the body unable to function normally without them. This occurs because the brain and body adapt to the presence of the compound, making it difficult to stop taking it or leading to higher doses to achieve the initial effect, contributing to addiction.

Is addiction to prescribed medications less harmful than drugs?

No.

Misuse by taking someone else's prescription or using it incorrectly is as dangerous as any illegal substance. It negatively affects brain nerve cells, leading to addiction, high dosages, and death.





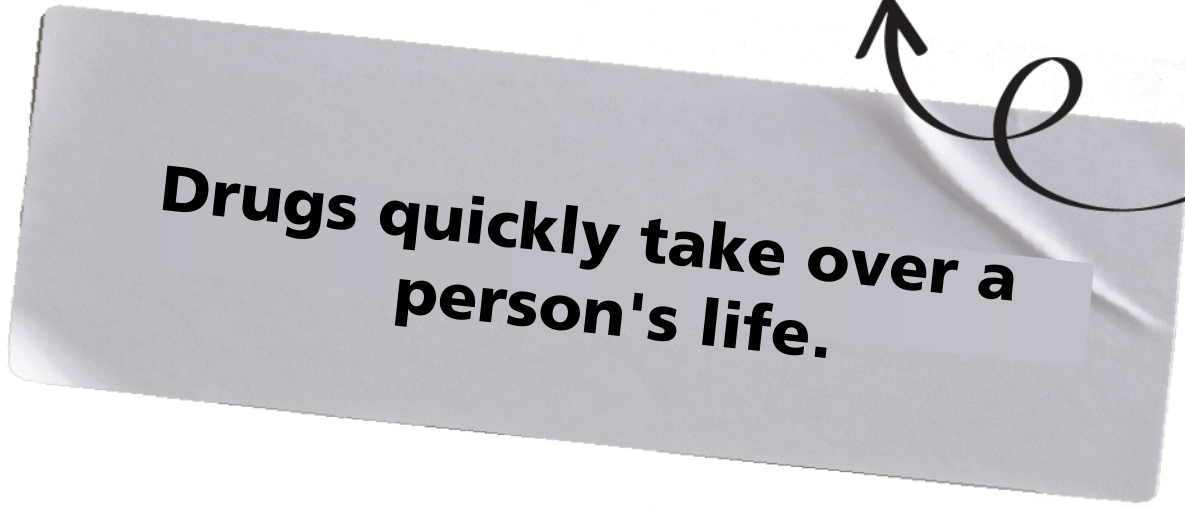
Can a person become addicted if drugs are used occasionally?

"Just once won't hurt!"

Most drug users start from this principle, intending to try it once or only on occasion. However, drugs immediately negatively affect the nervous, respiratory, and circulatory systems from the first use, starting to cause dangerous accumulations and changes in the body.

Thus, addiction can occur at any moment!

Contrary to the misconception that many believe it can be controlled.



Drugs quickly take over a person's life.

Common Misconceptions About Drugs

Misconception	Correction
Enjoyment is associated with drugs	The individual isolates themselves from social activities and friends, focusing solely on obtaining the substance, believing their only enjoyment comes from drug use.
Drugs help control anxiety	Drugs are not the solution to anxiety; on the contrary, they worsen anxiety. Healthy ways exist to relieve anxiety without resorting to drugs.
Occasional drug use doesn't lead to addiction	Initially, usage is optional and takes place occasionally. Eventually, the desire increases to try it multiple times a week, turning optional use into something uncontrollable.
Cannabis isn't classified as a drug and doesn't cause addiction.	Cannabis contains numerous toxins and irritants affecting brain receptors, heightening senses in a striking manner, such as thinking and decision-making, color vision, and hallucinations. Its symptoms are dangerous, leading to schizophrenia.

You Could Be Addicted at Any Moment

• Substance Tolerance:

This is the state where an addict must use increasing doses to achieve the same effect due to repeated use.

Dependency and Tolerance: These often coexist, making it challenging to distinguish between them.

• Dependency:

Occurs when larger doses cause the body to rely on the substance, creating a strong craving with withdrawal symptoms when attempting to stop. **A user may believe they can't function normally without the drug.**

• Addiction:

A pathological condition comprising a compulsive, uncontrollable desire to use drugs, noticeable as a prominent behavior.

Remember!

Entering the first stage inevitably means reaching the next one. Don't let experimenting with drugs rob you of your life's pleasures.



Something Ruins Your Mind

Cerebral Cortex:

Responsible for thinking and problem-solving; its damage affects thinking and balance in life and decision-making.



Basal Ganglia:

Controls pleasure. Drugs harm your life, diminishing the enjoyment of previous pleasures.

Amygdala:

Regulates stress and anxiety; damage results in high anxiety and anger.



Long-term use of certain drugs reduces dopamine-producing cells by 50%, the hormone responsible for pleasure.

Mental and Psychological Health

All drugs impact mental and psychological health, affecting mood and behavior, potentially leading to severe and permanent mental health problems.

Social and Financial Effects

- Family relationship breakdown
- Loss of friends due to aggressive behaviors
- Neglecting studies and work
- Loss of social standing
- Uncontrolled spending
- Loss of money and increased debts for drug acquisition



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