

# Alcoholism, smoking and drug addiction

# Drug addiction

- Habit of using drugs, sedatives, hallucinogens and other drugs, leading to disastrous consequences for the individual or for society. Drug abuse may be due to many reasons, including the influence of peer groups, the need to get rid of the monotony or boredom, feelings of inadequacy or protest, emotional problems, such as the constant anxiety and depression. In general, young people use drugs (funds addictive) for intense pleasure and lifting mood, seeking the approval of their peers, or as politically charged act of protest against the existing system. Some to resort to hard drugs, not to feel sexual or aggressive impulses, awakening in adolescence. Older people use drugs to relieve stress in a competitive environment and to blunt the feelings of worthlessness, disappointment and frustration.

- Addicts suffer many people of both sexes, of different types and any socio-economic level. It is clear that it is widespread, but to get accurate data is difficult, since the drugs are obtained illegally. Estimated the mid-1990s, in the U.S. there are more than 750 thousand people taking heroin. Cocaine use in the country also remains high, especially in large cities, but their popularity seems to be declining. In the 1960s, has significantly increased the use of marijuana, not only among adults but also among students of all ages, including elementary school students. While this trend has leveled off over time, the number of people in the U.S. who have smoked marijuana at least once, to be about 15-20 million is believed that up to 17% of college students use cocaine at least once a year, and about 12% take amphetamines.



# Smoking

- The fact that smoking is harmful to health, they know almost everyone, even children. However, due to the fact that the troubles and dangers associated with smoking, as it delayed in time, every smoker thinks they will not touch it, and he lives for today, not thinking about the diseases that inevitably will hit him in 10-20 years ( and started smoking in childhood - before). "Maybe blow", "may happen, but not to me" - a dangerous attitude. But no, do not blow over, the price of smoking is inevitable and imminent. Specialists are well aware that for every bad habit sooner or later inevitable reckoning - it is expressed in the deterioration of health. Next we will discuss in more detail that the morbidity and mortality among smokers is always higher than in non-smokers (this applies to both men and women of any age). Since smoking is related to 90% of deaths from lung cancer, 75% - from bronchitis and 25% - from coronary heart disease in men aged 65 years. In many countries, the number of smokers continues to grow primarily by women and children. Unfortunately, so does the production of tobacco products.



# Alcoholism

- Disease caused by the systematic use of alcoholic beverages, characterized by an attraction to him, leading to mental and physical disorders and disrupted social relationships of the person suffering from this disease.
- Generally speaking, alcohol is good. Simply, there are "bad" people who are not able to enjoy it. I do not in any way approve of alcoholism, but sometimes I think to use (on weekends, or whenever you want (importantly make did not feel like every day)). Generally my positive attitude to alcohol.













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