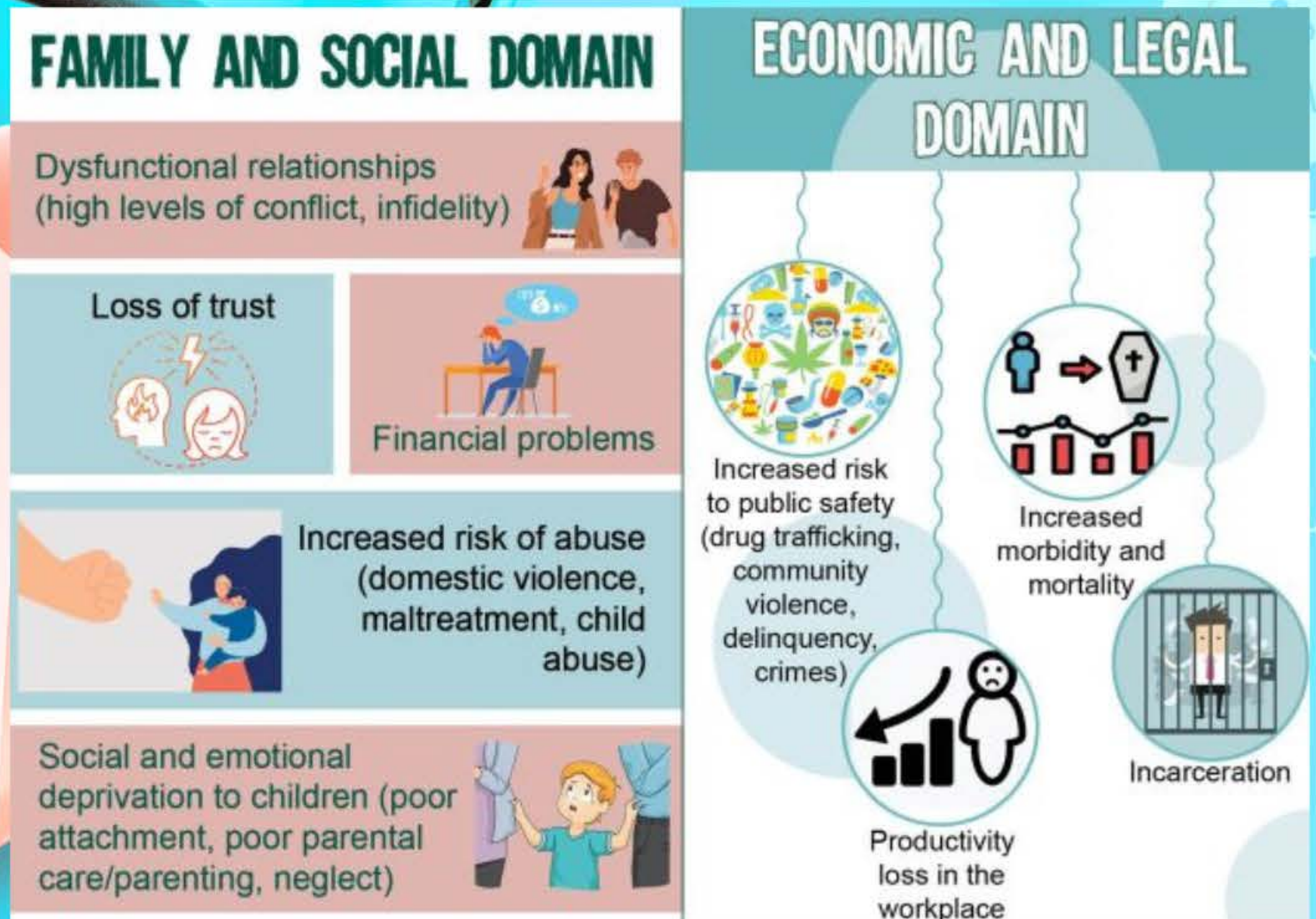
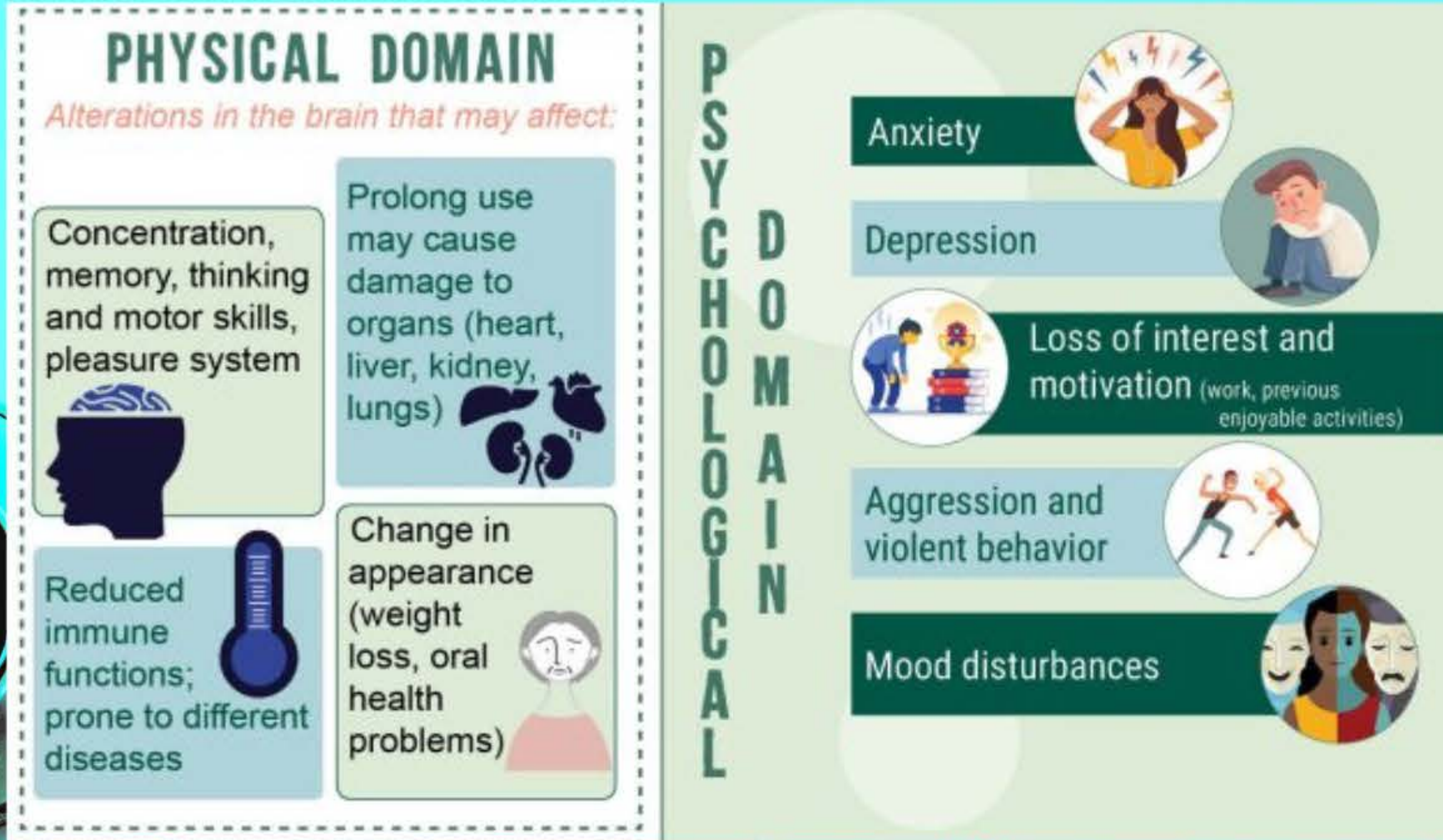




# UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

## IMPACT / EFFECTS OF DRUGS



#UHCares

Source: DOH HEALTH ADVISORY



Trunkline: (046) 416 4531

- ★ UHC WEST (GMH 114) loc no: 3039  
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100  
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm
- ★ UHC HS CLINIC loc no: 3304  
Mon - Fri 7:00 am - 7:00 pm



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## RECOVERY AND INTERVENTIONS

### FIVE ACTION STEPS FOR QUITTING (ROADMAP)

1. Set a quit date.



2. Change your environment - stay away or remove anything that could remind you of your object of addiction, sometimes this can include your workplace or home environment



3. Distract yourself - find meaningful, alternative activities that could replace your urge to use (e.g. exercise, hobbies, work)



4. Review your past attempts at quitting - take a look at the techniques that work best for you and the things that do not.



5. Create a support network - ask for encouragement and support by talking to your family and friends; seek professional help



## GOALS OF TREATMENT

Reduce the intensity of symptoms - alleviate and manage symptoms like cravings

Prevent complications - prevent physical and cognitive impairments of continued drug abuse

Improve functioning - social, occupational, emotional, cognitive functioning

Respect human rights - follows humane approach in treatment

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## NATURE OF SUBSTANCE USE ADDICTION

Drug addiction, also called substance use disorder (SUD) is defined as:

- A complex condition in which there is an uncontrolled use of substance despite adverse or negative consequences.
- It involves a cluster of cognitive, behavioral, and physiological signs and symptoms.

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), defines drug addiction as a problematic pattern of use of an intoxicating substance leading to clinically significant impairment or distress.

The most commonly used drug in the Philippines is a variant of methamphetamine called shabu or "poor man's cocaine."

### SIGNS AND SYMPTOMS

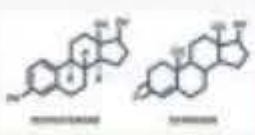

- ➔ Change in sleeping habits 
- ➔ Increased irritability 
- ➔ Lack of motivation 
- ➔ Hallucinations 
- ➔ Trouble managing responsibilities at work, school, or home 
- ➔ Inability to focus 
- ➔ Withdrawal symptoms 

## RISK FACTORS FOR ADDICTION

### GENETIC AND PERSONALITY PREDISPOSITION.

Addiction has genetic underpinnings.


#### Developmental Stage


- The surge in the female hormone estrogen and the male hormone testosterone during puberty - are associated with risk taking and sensation seeking. 
- Social and psychological struggles faced by adolescents, added to these biological risks, make them particularly vulnerable to substance misuse and substance use disorders. 


### ENVIRONMENT.


The environment in which the individual grows predisposes the person to develop addiction.

The quality of earliest interaction with **significant caregivers within the family** increases the risk for later drug abuse.


➤ lack of mutual attachment and nurturing by parents or caregivers 

➤ ineffective parenting 

➤ a chaotic home environment; a caregiver who abuses substances, suffers from mental illness, or engages in criminal behavior 


➤ Children who experienced neglect, abuse, and any other forms of traumatic events. 

The **school and community** serve as risk factors for children and adolescents, such as:

➤ inappropriate classroom behavior, such as aggression and impulsivity 

➤ academic failure 

➤ poor social coping skills; 

➤ association with peers with problem behaviors, including drug abuse; and misperceptions of the extent and acceptability of drug-abusing behaviors in school, peer, and community environments. 

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