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**Dangers Of Prescription Drug Addiction**

**By Gareth Grazier**

In recent years, we have seen a growing trend, a dangerous trend that has unfortunately, cost people's lives. While years ago drug addiction was related to street drugs such as cocaine, methamphetamine, or heroin, we now see the dangers of prescription drug addiction. In fact, trips to hospital emergency rooms for prescription drug abuse from 2000 to 2002 rose a staggering 56%. Because of the huge problem, a number of new programs have been established to help educate doctors, parents, and even children.

Unfortunately, doctors find themselves in a very difficult position, especially when it comes to treating chronic illness. For instance, treating people with painful illnesses such as MS, Reflex Sympathetic Dystrophy, or Arthritis often requires narcotics to keep the pain at bay. For these people, pain medication allows them a chance to live a relatively normal life. However, the problem arises when someone has a temporary injury and finds narcotics more of a stimulant than a treatment for the pain. With narcotics being addictive, it is easy to understand why people with temporary injuries become hooked.

The good news is that for people taking prescription medication for the excitement and the high rather than for the illness, addiction is a treatable disease of the brain. As more and more doctors become educated about the dangers of prescription drug addiction and the signs to watch for, the problem is being better addressed. The truth is that for people, who truly need prescription drugs, the situation is frustrating but as doctors gain more knowledge and confidence associated with drug abuse, they play a vital role in separating the real needs from the false ones.

Today, as much as 95% of all psychiatry residency programs throughout the United States are now offering education associated with prescription drug addiction. On the other hand, less than 30% of medical fields such as pediatric address the potential problem. Obviously, as more and more children are learning that they can get hold of parent or grandparent's prescriptions, educating these families, as well as doctors is vital.

Currently, the United States has more than 19 million regular prescription drug users. For many of these people, the prescription drugs treat a chronic illness, again giving them quality of life but for

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others, the prescription drugs were administered as a solution for a temporary condition that has led to addiction. In this case, doctors need to play a huge role in intervention for patients who do not need long-term care and those who have not yet become addicted to them.

To combat the problem of prescription drug addiction, the federal government is putting programs in place for intervention, screening, referral, and even treatment. Many of these programs are being incorporated into businesses to help employees get through the addiction. The key really falls back to the doctors in taking the time to know their patients, to understand the illness, and then to work closely with the patient when prescribing the medication. For example, someone with a rare disease or illness that is extremely painful would require the doctor to educate him or herself on this problem so that proper treatment could be provided and then monitored. The bottom line is that ongoing education is the key to the dangers of prescription medication, which takes time and persistency.

Gareth Grazier is the webmaster for Fed Addiction

<http://www.fedaddiction.com>

which is a

comprehensive research center containing a ton of material addiction related. Feel free to add your own contribution at:

<http://www.fedaddiction.com/articles>

### **Drug Addiction And Recovery**

**By Ryan Bombard**

Several emotional or psychological reasons may drive you into taking drugs. At times it is mere curiosity that propels you to develop an addiction to drugs over time. Drug addiction refers to the compulsive use of psychoactive drugs to such a level at which the user of drugs has no other way out and continues to use it.

Though addiction to drugs like opium have been common since historical times it is in recent times that the problem has been exacerbated significantly. This is mainly due to the cultivation of plants yielding drugs, advancements in biochemistry and improvements in means of getting access to drugs. The introduction of purified forms of active biological agents and the synthesis of new substances like methamphetamine has made drugs more widespread. Clinically, the word 'addiction' has been replaced by the word 'dependency' in relation to drugs.

It may be noted that not all persons are equally prone to addiction. Some persons are psychologically or genetically more predisposed to drug addiction. Again, some kinds of drugs get the better of some particular types of persons more easily. Similarly, the manner of treatment and method of recovery from addiction vary widely according to the types of drugs, amount of drugs, duration of drug addiction,

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medical complications and social necessities of the patient.

There is the 12–step program among the many recovery methods. Alcoholics Anonymous and Narcotics Anonymous are prominent examples included herein. These are popularly used for a variety of addictions concerning the individual addicted and the family of the individual. Then there are the substance–abuse rehabilitation centers that frequently offer a residential treatment program for the seriously addicted and strive to isolate the drug addicts from other drug users and drug dealers.

The cognitive–behavior therapy, rational–emotive theory or other types of psychological behavior modification methods are employed in the treatment of drug addiction. Replacement drugs like methadone are also used. This methadone is in itself a drug but in order to reduce dependency on stronger drugs like opium it proves helpful. Acupuncture is also a treatment of choice that helps alleviate drug addiction symptoms.

Carrying out the suitable treatment from the various treatments available can bring about recovery from drug addiction. The object is to somehow bring about abstinence from the various addictive substances called drugs.

Ryan Bombard writes about addiction treatments, addiction causes and types and other drug addiction topics.

<http://www.rehab-your-addiction.info/relapsing-with-drug-addiction.htm>

and

<http://www.drug-addiction-battles.info/causes-of-drug-addiction.html>



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