

What are the effects of drug use?

The effects of drug use on an individual can vary from extreme to slight deterioration both physically and mentally.

However, drug use does not only affect the individual but many others in the process - including your immediate family, your friends and your colleagues.

If an individual is pregnant continued drug use can lead the baby to be born addicted to the drugs they took.

If an individual is suffering from a mental illness such as depression they might start to experiment with drugs to relieve some of the pain they feel and to achieve the allusive "perfect high".

An individual may feel relief from their crippling symptoms for a while but this feeling of euphoria does not last.

Coming down from this high can be very severe on your body. You could start to suffer panic attacks and heart palpitations. You could experience cold sweats and intense cravings for another fix.

The physical effects that drug use has on your body are as follows:

- Through drug abuse your immune system changes, it becomes more susceptible to infections.
- Drug usage over time can lead to you developing heart conditions such as an abnormal heart rate to the often fatal, heart attack. The valves of your heart can also become severely weakened over time.
- Your liver can be put under pressure which can lead to liver damage and in a worst case scenario, liver failure.
- Drugs affect all areas of your brain which can cause seizures, memory loss and strokes. In your day to day life you will also become affected as drug usage causes memory loss, confusion, difficulty when making decisions and processing information.
- Can cause extreme fluctuations in appetite and weight. Drug usage can increase your body temperature immensely which can lead you to develop a variety of health conditions.
- Drugs such as heroin and painkillers can cause you to stop breathing.

How drug use affects your mental state:

- Drug use can cause you to become paranoid.
- Drugs can cause a rapid change in moods. For example, you could be dizzyingly happy, then feel completely hopeless in the next moment.
- Drugs can lead you to become violent and have outbursts of emotion.
- Drugs can make you very impulsive and agitated as you may experience a loss of control.
- Drug use can affect your decision making and thought processes.
- When you become addicted, often what happens is your brain begins to only think about the substance you are addicted to. You lose interest in the aspects of your life that originally may have brought a lot of happiness such as going out with friends, going to the movies or practicing sport.
- Drugs can cause hallucinations. The hallucinations can range from lasting only moments to hours at a time. Hallucinations may cause you to feel like you are a completely different person or even that you are invincible. In this situation you can feel powerful BUT you are putting yourself in huge danger if you act on what you are experiencing in your mind.

Above I mentioned just two areas of your life that can be affected by drug use. However, drugs can infiltrate every part of your life. They can poison your life, your relationships and take away the aspects that make you who you are as an individual. Drugs can alter your appearance, your personality and can even damage your brain in irreversible ways.

On a final note, nobody can guarantee the purity or origin of the drugs you could be putting in your system. This alone is incredibly dangerous as you have no idea what the drugs are mixed with and you are taking a huge risk this way.