REHAB
Rehabilitation and Integration into Society of Drug Addicted Adults and Their Families

Madde Bağımlısı Yetişkinlerin ve Ailelerinin Rehabilitasyonu ve Topluma Yeniden Kazandırılması Projesi
Addictive Substances and Their Symptoms

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WHAT IS ADDICTION?

The condition which develops in a process where a substance is taken so as to obtain a certain effect,

- Substance abuse continues in spite of physical, mental or social problems;
- Addiction could not be quitted despite the wish for quit,
- Amount of the substance used is increased, which is taken increasingly so as to obtain same effect, and
- Propensity to take substance can not be ceased.
WHAT ARE THE ADDICTIVE SUBSTANCES?
Addictive substances are those natural or unnatural substances that are injected into human body.

They have effect on body and mind following their intake.
ADDICTIVE SUBSTANCE

- Cigarette and alcoholic drinks
- Various drugs
- Stimulant and mind-bending substances
- Substances used without doctor check although they must be taken by prescription
- Some adhesives, volatile substances such as thinner and lighter fluid
WHAT ARE ADDICTIVE SUBSTANCES?

ILLEGAL SUBSTANCES
- Hashish
- Heroin
- Cocaine
- Ecstasy
- Amphetamine
- LSD

LEGAL SUBSTANCES
- Alcohol
- Cigarette
- Volatile substances such as thinner, Bally and adhesives
- Caffeine
- Sedative and sleeping aids
ILLEGAL SUBSTANCES
AND THEIR SYMPTOMS
HASHISH

- It is the most frequently used substance.
- It is produced from cannabis sativa.
- Sold as herb fractures or as brown, pressed bars.
- Smoked in a manner such as cigarette roll and mixing with cigarette tobacco.
HOW HASHISH USERS ARE IDENTIFIED?

- laughing or crying unexpectedly, for no reason and nonsensically,
- Independent of the situation, fall into fear and panic,
- Being seized with the suspicion unnecessarily while there is nothing to lead to suspicion,
How hashish user is identified?

- Depressive mood,
- Excessive redness in the eyes,
- Gazing at a fixed point,
- State of autism.
HASHISH

Following hashish intake;

- Reflexes of the person is deteriorated,
- Can not drive car,
- Can not preform those works that require attention.
HASHISH

After smoking:
Following symptoms develop

- Increase in relax,
- Talkativeness,
- Feeling himself good,
- Increase in perception of music and colour.
HEROIN

- It is in the form of light brown powder
- Turns white as its purity increased
- Extracted from opium
- Most frequent usage type is snuffing
- Can be transfused via injector after simmered in a spoon,
- Sold in small pouches
HEROIN

AFTER USE OF HEROIN;

- Slowing down in movement and speaking,
- Relief,
- Feeling of relaxation and warmth,
- Redness in the face develops,
How is heroin user identified?

Symptoms of heroin usage:

- Constriction in pupils,
- Walk as if there is heavy load around the neck or in a manner get tired of life,
- Itching in the body,
- Formation of open wound in various places of the body,
- Anorexia and excessive loss of weight depending of this.
COCAINIE

- It is a white coloured, powdered substance.
- Expensive.
- It can be used by snuffing,
- By inhaling its vapour,
- or in a smoking manner or by injection.
How is cocaine user identified?

In an hour following cocaine intake:
- Depression,
- Breakdown,
- Misery,
- Anhedonia,
- Distress,
- anxiety,
- Strain,
- Weakness,
- Desire for long sleep,
- Dreadful dreams, and
- Suicide might be observed.
Following its intake:

- Heart beat palpitates or slows down,
- The pupils dilate,
- Blood pressure drops or elevates.
When cocaine is taken;

- stimulate the person,
- revive,
- exhilarate.
- Its effect terminate in one hour.
COCAINEx Withdrawal symptoms:
- psychological breakdown,
- Malaise, weakness,
- hypersomnia,
- unhappiness
COCAINEm in long term cocaine use;

- Nasal bleeding
- Obstruction in cerebral veins
- Cerebral bleeding
- Impotency
- Migraine-like headaches
- Scepticism and psychosis are observed.
ECSTASY

- It is oral pill.
- Available in various forms and brands.
- Sold also in powder.
- Causes death when taken in high dose and amount.
Users identify themselves as:

- Feel relived,
- relaxed,
- beautiful,
- fearless,
- tolerant
- Attached to the people around.

Most significant effect of ecstasy:

- activate the person, and
- causes changes in consciousness.
ECSTASY

- Increase body temperature and blood pressure.
- Leads to mouth dryness.
- An unpleasant feeling might be experienced with the teeth.
- Creates disorientation and perceptual disorder.
- Gives rise to disorder in visual perceptions.
- The person feels himself energetic and unconcerned.
How is ecstasy user identified?

- Pupils dilate
- Sensitivity to light grows
- Excessive sweeting and need to drink water
- Tightening of jaw and bruxism are observed
- Sensation increases (strange dancing figures and actions, wish for talk and touch)
How is ecstasy user identified?

- Exaggerated affection behaviours are observed.
- Excessive cathexis develops.
- Extreme fatigue or malaise develops when wears off.
AMPHETAMINE

- It is white, odourless, piquant, crystalized powder.
- Easily dissoluble in alcohol and water.
- Smokable.
- Snuffing is possible.
- Transfuse via injection method is possible.
- Creates doping effect.
- Creates psychological dependency.
AMPHETAMINE

- Assertiveness,
- Feeling of self confidence,
- Ability to focus attention increases.
- Feeling of weariness diminishes.
- Insomnia,
- Mental alert,
- Euphoria,
- Talkativeness and the likes are observed.
Withdrawal symptoms

- boredom,
- Unhappiness and state of breakdown,
- nightmares,
- weakness,
- negligence,
- inattention,
- immobility,
- oversleeping,
- headache,
- sweating,
- Stomach and muscle spasms
AMPHETAMINE

Varying according to the amount of dose taken, it may cause,

- tremble,
- epileptic seizure,
- Coma, and
- death.
Following amphetamine intake, it induces:

- Schizophrenia-like psychotic manifestation
- Myocardial infarction,
- Cerebrovascular disorders,
- Severe hypertension and
- Ischaemic colitis.
AMPHETAMINE

- Violent behaviours
- Confusion and insomnia
- Psychotic features (paranoia, mood disorders, obsession)
- Aural and visual hallucinations,
- States of uncontrolled anger associated with paranoia and violent behaviour
- Diminishing appetite,
- A common feeling of euphoria

Chronic Effects:
LSD

- It is white, tasteless and odourless,
- Used in the forms of tablet, liquid and gelatine squares,
- It is made soaked in the papers, dried, divided into small squares and distributed in this manner,
- It is hallucinogen
LSD

Physiological effects which are observed at first,

- Pupils dilate,
- Blood pressure and
- Body temperature increases,
- sweeling,
- tremble,
- Dryness of mouth,
- Turbidity in vision,
- Increase in stomach-intestine activities,
- loss of appetite,
- Insomnia and
- Uncontrolled laughing
Through intake of LSD

- Geometric hallucinations,
- Glitters of colour,
- Colours become apparent,
- Corona around the objects,
- Seeing the object big or small,
- Traces of the images of the moving objects are observed,
through intake of LSD;

- Inappropriate behaviours and
- Psychological changes may develop.
- Sceptic thinking,
- Reasoning disorder,
- Fear for losing one’s mind, and mania phobia, and
- Panic subsist.
It is a synthetic drug,
A hundredfold dangerous than heroin,
It may kill even in one sitting,
A fear develops in an instant,
One thinks that he has died,
Hallucinations develops,
Risk for heart attack is high,
Leads to the death,
Smoked through pipe or nargile or rolling in cigarette paper, or rarely, by brewing and drinking.
Harms of Bonsai

- Rapid increase in blood pressure and elevation in pulsation,
- Severe dryness in the mouth,
- Redness in eyes,
- Hallucination, dreaming,
- Feeling of hunger,
- Unable to discern the environment, inability to know where he is,
- Transient blindness,
- State of temporary paralysis,
- Permanent damages in brain, heart and lungs
- Obliviousness
- Acne

Sentetik Kannabinoid = BONZAI
How Bonsai users are identified?

- Dizziness,
- Perceptual disorders,
- Hallucination,
- Distinctness in physical behaviour,
- State of temporary paralysis (sleeping on the ground or standing stock-still afoot for hours without moving ever).
LEGAL SUBSTANCES AND THEIR SYMPTOMS
ALCOHOL

- Pure alcohol is colourless, clear and almost tasteless liquid.
- If used exceedingly, it falls into the group of hard drugs which has narcotic drug effect.

Similar to other toxic substances it is,
- Pleasure inducing substance,
- leading to addiction and
- dependency.
- The type of alcohol used as drug is ethyl alcohol.
ALCOHOL

- A few glasses of alcohol relieve one’s mind,
- Removes restraining and reduces shyness,
- May increase assertiveness and aggressiveness,
- Have effect on psychological state; makes the person cheer up, or upsets him/her.
- Decreases the reaction.
- In case of overdrink, drowsiness develops the next day.
SHORT TERM EFFECTS OF ALCOHOL ABUSE

- Slurred speech,
- Sleepiness,
- Vomiting,
- Diarrhoea,
- Stomach upset,
- Headache,
- Respiratory distress,
- Visual, auricular and reasoning disorders,
- Loss of coordination,
- Failure to remember what happened...
LONG TERM EFFECTS OF ALCOHOL ABUSE

- Loss of appetite,
- Infection,
- Impotency
- Dyspepsia,
- Oesophageal, throat, stomach and pancreatic cancer,
- Accidents,
- Labour loss,
- Familial problems
- Even DEATH!!!
ALCOHOL

Alcohol withdrawal symptoms

- **Autonomic symptoms**: sweeting, nausea, headache, insomnia
- **Emotional symptom**: anxiety, agitation.
- **Perceptual disorders**: Aural, visual (seeing insects, mouse etc.) or tactile sensory disorders (feeling that insects are prowling over him/her)
- **Disorientation, Attention deficit or Focusing disorder**
- **Epileptic seizures**
- **Hyperthermia**
- **Tachycardia**
- **Arrhythmia**
- **Hypertension**
The troubles that it causes

- Ever year, 3.5 million people lose their life due to alcohol-induced reasons.
- Alcohol is third root cause, in the world, of the preventable death and injuries.
- Material damages caused by alcohol are much more than the income obtained from alcohol.
- Inefficacy in the education, propensity to crime, alcohol-related health problems increase in direct proportion to alcohol abuse.
Dünya Sağlık Örgütü (DSÖ)’nın aralarında Türkiye’nin de bulunduğu 30 ülkede yaptığı araştırmaya göre:

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<thead>
<tr>
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<th>Oran</th>
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<tbody>
<tr>
<td>Cinayetlerin</td>
<td>85%</td>
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<tr>
<td>İrza tecavüzlerin</td>
<td>50%</td>
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<tr>
<td>Şiddet olaylarının</td>
<td>50%</td>
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<tr>
<td>Trafik kazalarının</td>
<td>60%</td>
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<tr>
<td>Kadına şiddet olaylarının</td>
<td>70%</td>
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Oranında en etkili unsuru veya sebebi alkoldür.
ALCOHOL

- It leads to vein calcinosis.
- Accelerates trembling and blood flow.
- Dilute the blood.
- In case of injuries, cause injured areas to heal late.
- Reaction reflexes diminish,
- Thinking and decision making system of the brain diminishes.
ALCOHOL

❖ One day after alcohol abuse, headache and dryness in the mouth are encountered very frequently.

❖ Adversely affects development of unborn baby.

❖ May leads to the behaviours which you will be ashamed of later on, regret, or even could not find time to repent for it.
- Methanol is included in poor quality colognes,
- In blue spirit, and
- Some home-made (illegal) drinks.
- Methanol is toxic substance.
- The first observed indications that arise almost always are various troubles observed in the eye.
• One of the most used substances in the world is tobacco.

• Specific substance of the tobacco is a dark colour liquid and called as nicotine.

• Nicotine, being a colourless, bitter liquid, is poison.

• This substance is also produced synthetically and used as pesticide.
Roughly, half of the population smoke.

Every year 100,000 persons die due to smoking-related reasons. Smoking accounts for the death of one individual out of 10 adult. Smoking accounts for the death of 14 million people every year, and 11,000 persons every day in the world.
Tobacco abuse ratio of the boys in Turkey is at the level of 20%, in girls it is 13%, and smoking ratios among our young population has been increasing at the alarming rate in recent years.
3 out of every 4 persons who try smoking for once become chain smoker. This fact shows how much serious and dangerous the situation is.

Having a swig from the cigarette causes the nicotine to spread almost instantly into the blood system and reach the brain thus having impact on central nervous system.
Thousands of substance contained in it reach to the highest level in the blood only 19 seconds later after smoking.
After the first respiration

- The perceptions such as relieve,
- Alleviation of anxiety and
- Distresses and
- More efficient mind activity develop.

This condition is NOT a relaxation created by smoking, it is, most often, the sense of good experienced when the body, who experience withdrawal, regain the substance what he/she looked for.
Sigara içenlerin kanserden ölüm oranı, içmeyenlere göre 15 ile 25 kat fazladır.
CIGARETTE

- Nicotine causes severe addiction.
- Withdrawal symptoms arise when not taken for 90-120 minutes.
  - Short temper and anger
  - Sadness or breakdown
  - Lack of sleep,
  - Dizziness,
  - Shivering,
  - Drop in the blood pressure,
  - Muscle spasms
  - Unable to concentrate the thought,
  - Unease,
  - Decrease in pulse rate,
  - Increased appetite or gaining weight are observed.
HARMS OF THE CIGARETTE

Upper respiratory infections causes

- tonsillitis,
- Dental caries,
- Lose of teeth,
- sinusitis,
- rhinitis,
- Middle ear infections,
- Loss of hearing,
- cough,
- pituitary,
- wheezing,
- Laboured breathing etc.
HARMS OF THE CIGARETTE

Dermatological diseases

- Permanent lines or wrinkles,
- Colour change in the skin,
- Yellow colour changes in the skin due to nicotine,
- Colour change in the nails,
- Mouth scores,
- Delay in wound healing,
- Failures in the treatment of skin diseases.
- Psoriasis is two times more among smokers.
HARMS OF THE CIGARETTE

**cardiovascular diseases**
- It causer heart attacks, hypertension,
- Increase of cholesterol and
- Vascular occlusions.

**Brain diseases** (paralysis, early dementia)

**Eye diseases** (cataract)
Digestive system diseases

- It causes stomach and duodenum ulcers,
- Chronic gastritis,
- reflux,
- ulcers,
- Liver and,
- Oesophagus cancer,
- Pancreatic and intestinal diseases.
Endocrinial system diseases

- Causes disorders at blood glucose levels,
- Accelerates proceeding to renal insufficiency in connection with the diabetes,
- Increase in cholesterol level,
- Increase in blood level of thyroid hormones,
- Increases autoimmune diseases of thyroid gland,
- Causes bone loss
Menstrual irregularities,
infertility,
Early menopause,
Bone loss,
Urine incontinence etc..
Has adverse effect on pregnancy.
HARMS OF CIGARETTE ON PREGNANT WOMEN

- The risk of premature birth is 2 times more
- Dead birth risk is 3 times more
- Abortion risk is 4 times more.
- Growth retardation and mental retardation risk for the baby increase.
- Babies of those mothers who smoke during the pregnancy are born in smaller weights of 200-250 gr.
HARMS OF CIGARETTE ON MEN

- Leads to impotency by deteriorating blood stream,
- Deteriorates sperm quality and their movements.
It is reported that 20% of the smokers are

- Nicotine addicts,

- Most of them tried to quit smoking, yet

- Less than 15% portion of them succeeded.
QUIT SMOKING ENJOY LIFE
What happens when smoking is quitted?

- After 20 minutes: tension returns to normal
- After 24 hours: heart attack risk begins to reduce.
- After 48 hours: nicotine could not be found in the body, smelling and tasting senses increases (returns to normal)
- After 72 hours: breathing becomes easy since respiratory tracts get softened, energy of the body increases.
- After 3 months: circulation improves, walking gets easy.
What happens when smoking is quitted?

- After 9 months: coughing and laboured breath recover, function of lung increase by 5-10.
- After 5 years: heart attack risk reduces to the half of those who are smoker.
- After 10 years: lung cancer risk reduces to the half of smokers. Heart attack risk equals to the one who has never smoked.
VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES

- Paint thinner,
- Adhesives (particularly the one sold in Bally brand in the market),
- Gasoline,
- Lighter gas,
- Substances used in dry cleaning,
- Tipp-ex,
- Glue,
- The substances such as nail varnish can be cited.

It is a frequently encountered addiction type with the children and adolescents.
VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES

- It is included in many products which are freely sold in the market.
- Leads to sudden deaths and many neuropsychiatric impacts.
- Addiction to it is commonly observed around the world.
- Most frequently used addictive substance following cigarette and hashish are volatile substances.
- Their prices are low.
VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES

- May cause a severe drunkenness,
- Balance disorder,
- Gait disturbance.
- Headache,
- Nausea,
- Vomiting,
- Embolization and choking,
- Sudden deaths might occur.
VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES

- Attention deficit,
- Learning disability,
- Adverse effects such as comprehension ability observed.
- They change structure of the brain.
- Even at the first try, may lead to deaths due to choking and bleeding.
VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES

The person influenced by the substance might be;

- aggressive,
- irritated,
- offensive.

- It may lead to severe mental destruction such as,
- memory loss, speech disorder.
HOW USERS OF VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES ARE IDENTIFIED?

- Sudden change in mood or humour,
- No traces or odour of the used substance are found on the clothes,
- Aggressive mood, offensiveness, adductive and detach oneself from the outer world,
- Play around in school and sometimes skip the school
- Balance disorder, gait disturbance and state of severe drunkenness,
HOW USERS OF VOLATILE SUBSTANCES SUCH AS THINNER, BALLY, ADHESIVES ARE IDENTIFIED?

- Visual and aural hallucinations or confusion,
- disorientation,
- Loss of conscious, strange dreams, epileptic seizures (sara),
- Traces of incisions due to self-cut are observed.
- Suicidal ideas, and disclose those around that he thinks to commit suicide.
CAFFEINE

- Available in the drinks such as coffee,
- tea,
- Chocolate,
- And coke.
CAFFEINE

- It is a chemical which stimulate nervous system.
- Increase energy level of the body,
- Provide vigilance and the state of being hearty,
- Creates boost in the feelings of pleasure and comfort.
CAFFEINE

When consumed in high amounts, gives rise to;

- insomnia,
- Quick and irregular heartbeat,
- Increase in blood glucose and cholesterol,
- Excessive increase in acid secretion of stomach,
- Extreme anxiety, and
- depression.
CAFFEINE

When consumed in high amounts:

- uneasiness,
- irritability,
- shiverings,
- anxiety,
- Sleeping disorders,
  and
- nausea
CAFFEINE

Other effects of caffeine,

- Accelerate blood pressure and Heartbeat,
- Slows down muscle movements,
- Constrict veins (cold hands and feet),
- Makes breathing easy and Increase acid level of stomach,
- Reduces blood flow which goes into brain,
- Delays sleeping,
- Increases stress hormones,
- Body becomes more active and dashing.
SYMPTOMS OF CAFFEINE WITHDRAWAL

- Headache
- Tiredness, malaise
- State of insomnia / drowsiness (yawn, dizziness)
- Poor concentration
- Troubles encountered in working (lack of motivation and attention, underperformance)
- Uneasiness (unhappiness, boredom, bad temper, being on tenterhooks)
SYMPTOMS OF CAFFEINE WITHDRAWAL

- Depression (sadness, malaise, anxiety, unwillingness, resentment etc.)
- Mental strain
- Symptoms of influenza and the likes (nausea, vomiting, arthralgia etc.)
- Mildness in mentation and memory
TRANQUILISIERS, SOPORIFIC DRUGS

- Used for treatment purpose,
- Provided by physician through prescription,
- With red and green prescription,
- Makes peoples calm,
- put someone to sleep,
- High doses cause coma,
- Addiction traits are strong.
Slow down operation of central nervous system.
Reduces anxiety and bad temper.

When these drugs are used in small doses,
Relieve strain and anxiety,
Provide sedative effect in the sentiments and behaviours,
TRANQUILISIERS, SOPORIFIC DRUGS

When used in high doses they create,

- Mental fog, and
- Sleepiness.

- They are offered to market in green prescription usually.
During their usage or immediately afterwards;

- Inappropriate behavioural or psychological changes
  - Inappropriate sexual or aggressive behaviour,
  - Variability in the mood,
  - Impaired judgement,
  - Deterioration in social or occupational functionality.

TRANQUILISIERS, SOPORIFIC DRUGS
TRANQUILISIERS, SOPORIFIC DRUGS

During their usage or immediately afterwards:

- Speaking in a slurring manner
- Coordination disorder
- Toddling
- Attention or memory dysfunction
- Coma


BIBLIOGRAPHY


