

ADDICTION

Drug and Alcohol Abuse

A presentation by

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Emotions of Addiction

Gotta have it!!

Different types of Addictions

- Alcoholism
- Drug abuse
- Eating disorders
- Compulsive sex dependence
- Compulsive gambling
- Compulsive exercising
- Internet Abuse
- Hookah Smoking
- Television and other media
- Cell phones

Reasons for Addiction

- **Feel Good**
- **Feel Better**
- **To Relax**
- **Better Performance**
- **Curiosity**
- **Peer Pressure**
- **To Relieve Stress**
- **Avoid feeling depressed or anxious**
- **Avoid feeling/getting angry**
- **Escape marital or family troubles**
- **Escape problems at work**
- **Forget financial troubles**

Addiction

Does not Discriminate
Equal Opportunity Destroyer!

Affects:

- **Babies**
- **Adolescents**
- **Adults**
- **Parents**

Social Problems:

- **Drugs/Alcohol – Driving**
- **Violence**
- **Theft**
- **Child Abuse**
- **Sexual Abuse**
- **Infectious diseases**
- **Stress and vulnerability**

Estimated Economic Cost to Society Due to Substance Abuse and Addiction:

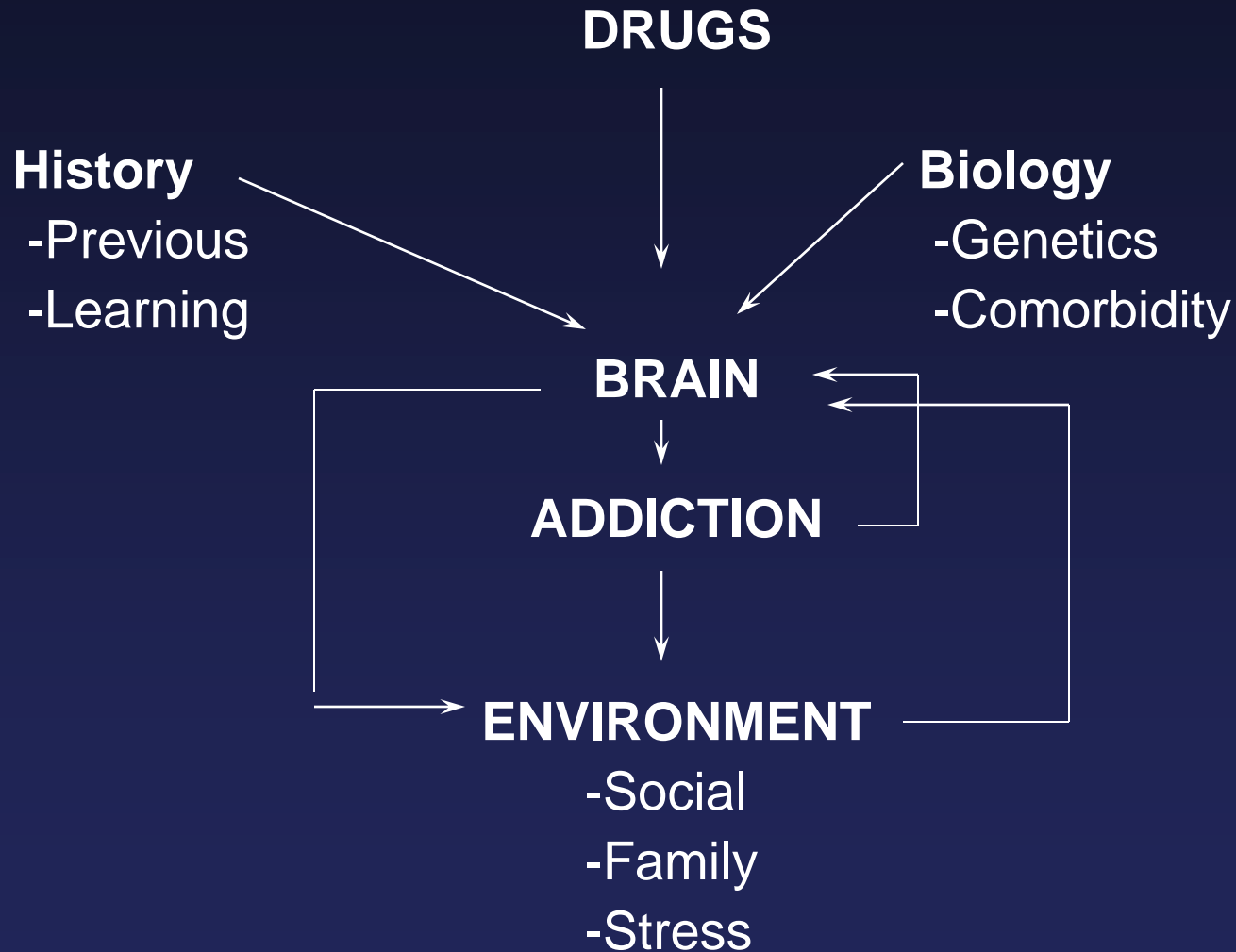
Illegal drugs: \$181 billion/year

Alcohol: \$185 billion/year

Tobacco: \$158 billion/year

Total: \$524 billion/year

Factors involved in Addiction



Driving Under the Influence Statistics

**Drunk drivers kill someone
approximately every 48 minutes**

In 2009

- 33,808 people were killed in traffic accidents.
- 10, 839 of these deaths were a result of alcohol
- 1.4 million people arrested for driving under the influence.
- A drunk driver will drive drunk 87 times before being pulled over!

Alcohol Addiction

Hangovers. Headaches, nausea, vomiting, aches and pains

Weight gain & High Blood Pressure. Alcohol is not water. A beer has about 150 "empty" calories

Depressed immune system. Impaired immunity makes you more likely to contract viral illnesses such as flu and infections.

Cancer. Esophagus, mouth, larynx, and pharynx, liver etc.

Liver disease. Fatty liver, hepatitis, cirrhosis, and cancer

Heart or respiratory failure. Leading to death

Alcohol poisoning.

Cigarette Addiction



Cigarettes

Hooking them while their young for over 100 years.

Amphetamines

speed uppers, dexies, bennies

- Amphetamines are swallowed, inhaled, or injected
- Uppers pump up heart rate, breathing, and blood pressure, and they can also cause sweating, shaking, headaches, sleeplessness, and blurred vision
- Prolonged use causes hallucinations and paranoia
- Difficult to stop using once started - various mood problems such as aggression and anxiety and intense cravings for the drugs.

Cocaine and Crack



(Cocaine) coke, snow, blow, nose candy, white, big C
(Crack) freebase, rock

- Cocaine-inhaled through the nose or injected, Crack-smoked.
- Stimulant gives intense feeling of power and energy.
- Elevates heart rate, breathing, blood pressure and temperature.
- Snorting can put a hole inside the lining of your nose
- Highly addictive
- Even after one use, cocaine and crack can create both physical and psychological cravings that make it very, very difficult for users to stop.

Other Addictive Depressants & Stimulants

Barbiturates –Sedatives and tranquilizers are commonly abused prescription drugs. They can cause hangover-like symptoms, nausea, seizures, and coma. Overdose or mixing these drugs with alcohol can be fatal.

LSD - causes nausea, rapid heart rate, depression, and disorientation. Long-term effects include paranoia and psychosis.

ECSTASY- Causes euphoria, pleasure, self-confidence, extrovert.
Party drug – teens & young adults

Cold and Cough Medicines

triple C, candy, DM, drex, red devils, robo, rojo, skittles, tussin, velvet

- OTC -dextromethorphan (DXM).
- Tablets, capsules, gel caps, lozenges and syrups
- Large doses cause confusion, impaired judgment, blurred vision, dizziness, paranoia, excessive sweating, slurred speech, nausea, vomiting, irregular heartbeat, high blood pressure, headache, lethargy, numbness of fingers and toes, loss of consciousness, seizures, brain damage, and death.
- People who use cough and cold medicines regularly to get high become dependent on them.



Marijuana

pot, weed, blunts, chronic, grass, reefer, herb, ganja

- Most widely used illegal drug in the US
- A stronger form called **hashish (hash)** looks like brown cakes or balls.
- Called a gateway drug -leads to use of stronger drugs.
- Smoked in cigarette (joints), hollowed out cigars (blunts), pipes (bowls), or water pipes (bongs). Some people mix it into foods or brew it as a tea.
- Affects mood and coordination. Users experience mood swings that range from stimulated or happy to drowsy or depressed.
- Elevates heart rate and blood pressure. The drug can also make some people paranoid or cause them to hallucinate.
- Affects the lungs -cough, wheezing, and frequent colds.



Inhalants



- Sniffed or “huffed” to get an immediate rush or high.
- Household products like glues, paint thinners, dry cleaning fluids, gasoline, felt-tip marker fluid, correction fluid, hair spray, aerosol deodorants and spray paint.
- Inhalants are breathed in directly from the original container (sniffing or snorting), from a plastic bag (bagging), or by holding an inhalant-soaked rag in the mouth (huffing).
- Inhalants make you feel giddy and confused, as if drunk.
- Long time users get headaches, nosebleeds, and may suffer the loss of hearing and sense of smell.
- Inhalants are the most likely of abused substances to cause severe toxic reaction and death.

Internet Abuse & Internet Addiction



**"Dear Andy: How have you been?
Your mother and I are fine. We miss you.
Please sign off your computer and come
downstairs for something to eat. Love, Dad."**

- Rapid growth of internet over past 10 years affected everyone
- Changed the way we shop, research and entertain ourselves.
- The internet provides a compulsive escape from reality.
- Pornography addiction, online affairs or chat room relationships, online shopping, gambling etc.
- Internet addiction is a growing disorder affecting marriages, families, friendship.
- Individuals who suffer from internet addiction are also likely to show signs of other addictive behaviors or depression and/or anxiety.



RED FLAGS FOR PARENTS



- Your child changes or minimizes the computer screen when you walk into the room.
- Your child starts spending a lot more time online.
- Your child starts getting phone calls from people you don't know.
- Your child has new clothes, CDs or other items from unknown sources.
- Your child gets overly upset if Internet access is restricted or unavailable for even a short time.
- Your child is unusually withdrawn or non-communicative.

Teens and HIV/AIDS



- Drug abuse and addiction closely linked to HIV/AIDS
 - injection drug use, needle sharing, unsafe sex
- Young people engage in risk-taking and sensation-seeking behaviors -putting them at higher risk
- Drugs and alcohol increase the chances of unsafe behavior by altering judgment and decision making
- Choose not to use drugs. Know that drug use can change the brain and affect the way people make decisions and weigh risks

THE HOLY QUR'AN

They ask thee concerning wine and the game of hazard. Say in both there is a great sin... (Holy Qur'an, 2:220)

O ye who believe! Wine (al-khamr) and the game of chance... are only an abomination of Satan's handiwork. So shun each one of them that you may prosper. Satan seeks only to create enmity and hatred among you by means of wine and games of chance, and to keep you back from the remembrance of Allah and from Prayer... (Holy Qur'an, 5:91-92)

"*al-khamr*" means anything that intoxicates or alters the mind. Thus, all forms of intoxicants are forbidden.

The Holy Prophet (SAW)

“If a large amount of anything causes intoxication, (even) a small amount of it is forbidden.” (Abu-Dawood)

When the Holy Prophet (peace and blessings of Allah be on him) proclaimed Allah's commandment concerning intoxicants, his followers broke their pots and jugs of wine until the streets flowed with it.

Islamic Teachings

- A Muslim may not offer prayers (*salaat*) when he is not in full possession of his senses, even if that is caused by excessive emotion or a state of sleep. Certainly, a mind that is intoxicated is not able to focus on Allah.
- Drugs are used as a means of escape from overwhelming difficulties and responsibilities. The attitude of one who has truly embraced the teachings of Islam cannot be compatible with this state of despair. A true Muslim places his reliance on Allah for the relief of hardship.
- Islam understands that it may not be easy for a person to break away from addiction, so it does not exclude or discourage the use of outside resources, such as counseling or rehabilitation.
- But the most potent tool is prayer and begging Allah's mercy.

The Promised Messiah (as) said:

O ye wise ones! this world is not everlasting. Restrain yourselves and give up all intemperance. Refrain from the use of all intoxicants. Liquor is not the only thing that is destructive for humans, but Opium, Ganja, Hemp, Bhung, Palm-wine and **every type of intoxicant which becomes a habit, affects the brain**, and ultimately causes ruin. Keep away from all of these. I cannot understand why you should use such things through the evil of which thousands of addicts like you depart from this life every year, and the torment of the hereafter is in addition (Essence of Islam vol 4)

Note: Ganja, Hemp and Bhung are different names for extracts from Cannabis plant same as marijuana.

Hadhrat Khalifatul Masih I (ra)

One of the relatives of Hadhrat Khalifatul Masih I was an addict and not interested in the duties of religion. Once he brought a young companion whom, he claimed, he would shape after his own pattern. Huzur asked him to desist from his nefarious design. But he would not listen.

Huzur did all the counseling he could. He even offered cash to him to start some business. But he would not listen. This surprised Huzur who asked his relative what had he done to hold him. He said: "It is simple. I supply intoxicants to him. Now he does not have any will to leave me." In short, addiction to drugs kills initiative.....

Hadhrat Khalifatul Masih II (ra)

Alcohol, opium, cannabis, snuff, tea, coffee, tobacco, are all intoxicants. Some are used as food, for instance tea. But taking tea becomes a vice if it becomes a habit which cannot be given up without injury to health....

Smoking is a foul habit. Other intoxicants are equally harmful. They should be given up once and for all. Certain intoxicants breed lying.

Safeguard the child against all intoxicants. Intoxicants damage the nerves of the child. Consequently it becomes a liar. An addict becomes a blind imitator and ceases to have a will of his own. **(Way of the Seekers)**

Hadhrat Khalifatul Masih IV (ra)

The pursuit of pleasure in every sphere of life requires change and novelty to provide a greater kick. Things, which used to satisfy in the past no longer do now. Smoking and traditional intoxicants fail to provide the kick, which the progressively restless society requires. Drugs of all sorts begin to appear and no measure whatsoever taken to suppress the menacing trend of drug-addiction. Yet, the drug addict requires a still greater kick. So a stronger, more addictive and lethal drug like crack is invented. (Islam's Response To Contemporary Issues)

Hadhrat Khalifatul Masih V (aba)

Huzur (aba) repeatedly warned against the peril of the *laghw* (*vain*) practice of smoking cigarettes leading to more addictive and dangerous intoxicants (August 20th, 2004)

Peace of mind is not in the bedazzlement of this world, or in intoxicants, it is only to be found in turning to God (August 24th, 2007)