



Drug Misuse in Adults: Understanding, Consequences, and Solutions

Minu Chal*

Department of Pharmacology, University of Humber, Canada

INTRODUCTION

Drug misuse among adults is a significant public health concern with far-reaching implications for individuals, families, and society as a whole. Unlike drug addiction or substance use disorders, which involve a clinical diagnosis of dependence and addiction, drug misuse refers to the inappropriate or non-medical use of medications or other substances. This issue encompasses a range of behaviors, from using prescription medications in ways not intended by a healthcare provider to the abuse of over-the-counter or illegal drugs. Drug misuse can occur for a variety of reasons, often driven by both psychological and social factors. Common forms of drug misuse include: Adults may misuse prescription medications such as opioids, benzodiazepines.

DESCRIPTION

This misuse can involve taking higher doses than prescribed, using medications intended for someone else, or using the drugs to achieve a euphoric effect rather than for their intended therapeutic purpose. Even medications available without a prescription, such as cough syrups containing dextromethorphan (DXM) or certain antihistamines, can be misused. People may abuse these substances to experience their psychoactive effects or to self-medicate for conditions not addressed by the medications. The use of illegal substances, including cocaine, heroin, methamphetamine, and ecstasy, falls under drug misuse. These drugs are often used recreationally or to escape from stress and emotional pain, despite their known risks and legal status. Although often overlooked, alcohol misuse is a prevalent issue. It can involve excessive drinking, binge drinking, or using alcohol as a coping mechanism. Alcohol misuse can lead to a range of health problems and complicates the misuse of other substances. Misusing drugs can lead to a host of physical health problems. For instance, opioid misuse can result in respiratory depression, overdose, and increased risk of infectious diseases if injected. Misuse of stimulant medications can cause cardiovascular issues, such as

hypertension and arrhythmias, while overuse of OTC drugs may result in liver damage or neurological problems. Drug misuse often exacerbates mental health issues. Misuse can contribute to or worsen conditions such as depression, anxiety, and psychosis. The cycle of misuse can also hinder effective mental health treatment, making it more challenging for individuals to achieve recovery. The ramifications of drug misuse extend to personal and professional life. Misuse can strain relationships, lead to job loss, and result in legal problems. The financial burden of sustaining a drug misuse habit can also be substantial, impacting both individuals and families. Engaging in drug misuse, particularly with illicit drugs, poses legal risks. Individuals caught using or possessing illegal substances can face criminal charges, legal fees, and incarceration. Additionally, drug misuse increases the likelihood of risky behaviors, including impaired driving, which can lead to accidents and injuries. Public health campaigns and educational programs play a crucial role in preventing drug misuse. These initiatives aim to raise awareness about the risks associated with drug misuse, promote safe medication practices, and provide resources for managing stress and mental health. Healthcare providers can play a pivotal role in identifying drug misuse early. Routine screening for substance use can help detect misuse before it escalates. Early intervention strategies, including counseling and brief interventions, can help individuals address misuse behaviors before they become more entrenched.

CONCLUSION

Drug misuse among adults is a complex issue with significant consequences for individuals and society. By understanding the various forms of misuse, recognizing the potential impacts, and implementing effective prevention, intervention, and treatment strategies, we can work towards reducing the prevalence of drug misuse and its associated harms. Continued efforts in education, healthcare, and policy development are essential to address this pressing issue and support those affected in their journey toward recovery and well-being.

Received:	29-May-2024	Manuscript No:	ipjda-24-21060
Editor assigned:	31-May-2024	PreQC No:	ipjda-24-21060 (PQ)
Reviewed:	14-June-2024	QC No:	ipjda-24-21060
Revised:	19-June-2024	Manuscript No:	ipjda-24-21060 (R)
Published:	26-June-2024	DOI:	10.36648/2471-853X.24.10.29

Corresponding authors Minu Chal, Department of Pharmacology, University of Humber, Canada, E-mail: 7minuchal86@gmail.com

Citation Chal M (2024) Drug Misuse in Adults: Understanding, Consequences, and Solutions. J Drug Abuse. 10:29.

Copyright © 2024 Chal M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.