



## Addiction of Drugs among Young Adults

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### DESCRIPTION

Young people's brains continue to grow and develop until their mid twenties. This is especially true for the prefrontal cortex, which is used for decision making. Taking drugs at an early age can impair brain development processes. It can also affect decision making. The sooner a young person starts using drugs, the more likely they are to continue using drugs and become dependent later in life. Using drugs at an early age can lead to the development of adult health problems such as, Heart disease, high blood pressure, and sleep disturbance.

The drugs most commonly used by young people are alcohol, tobacco and marijuana. Recently, more and more young people smoke cigarettes and marijuana. There are still many unknowns about the dangers of e-cigarettes. Some people unexpectedly become very ill or even die after smoking e-cigarettes. For this reason, young people should refrain from e-cigarettes.

Prescription drugs are pills, liquids, and other forms of medicine ordered by a doctor or other qualified health care professional for a specific patient for a specific medical purpose. Health professionals who can prescribe these drugs consider many factors, such as the patient's weight and medical history, and carefully provide the correct dosage. These substances are not available over the counter due to potentially dangerous side effects. Prescriptions should not be used by anyone other than the patient himself, even for the same disease. Also, patients are only allowed to take the prescribed amount and type of medicine. Unfortunately, these drugs are so commonly prescribed that many young people obtain and use them illegally.

Drug use and addiction are preventable. Prevention programs involving families, schools, communities and the media can prevent or reduce substance use and addiction. These programs include education and outreach to help people understand the risks of drug use.

Illicit drugs are never safe. They can affect our health, social life, work, school, friends and family. Drugs affect the central

nervous system. As a young person, our brain is still growing and is not fully developed until your mid twenties.

- Damaging connections within the brain.
- Reducing your ability to experience pleasure or reward.
- Causing memory and learning problems.
- Making it hard to control impulses.

Teenagers who experiment with drugs and alcohol put their health and safety at risk. Teenager drug and alcohol use has many dangers and adverse effects. Some of these results are:

- Driving under the influence of drugs can impair a driver's motor skills and endanger the driver passengers, and other road users.
- Adolescents who use drugs and alcohol are at increased risk of heavy drug and alcohol use later in life.
- Drug and alcohol use can adversely affect a teenager's brain development, which can then lead to severe memory impairment.
- Drug and alcohol use can damage internal organs. Chronic high dose use of certain drugs, such as methamphetamine, can lead to psychotic behavior. Chronic use of inhalants can damage the heart, lungs, liver, and kidneys. Prescription and over the counter medications can cause shortness of breath and seizures.

**Risk factors are individual circumstances that make a teenager more likely to abuse drugs or alcohol. Some risk factors are:**

- A family history of substance use.
- A mental or behavioural health condition, such as depression, anxiety or ADHD.
- Impulsive behavior.
- History of traumatic events, such as experiencing a car accident or being a victim of use.
- Low self-esteem or feelings of social rejection.

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