

## Treatment Compliance for Drug addiction – Taniguchi Shirley - University of São Paulo -Brazil

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Drug addiction, also called substance use disorder, may be a disease that affects an individual's brain and behavior and results in an inability to regulate the utilization of a legal or illegal drug or medication. Substances like alcohol, marijuana and nicotine are also considered drugs. When you're addicted, you'll continue using the drug despite the harm it causes. Drug addiction can start with experimental use of a narcotic in social situations, and, for a few people, the drug use becomes more frequent. For others, particularly with opioids, white plague begins with exposure to prescribed medications, or receiving medications from a lover or relative who has been prescribed the medication. The risk of addiction and the way fast you become addicted varies by drug. Some drugs, like opioid painkillers, have a better risk and cause addiction more quickly than others. As time passes, you'll need larger doses of the drug to urge high. Soon you'll need the drug just to feel good. As your drug use increases, you'll find that it's increasingly difficult to travel without the drug. Attempts to prevent drug use may cause intense cravings and cause you to feel physically ill (withdrawal symptoms). You may need help from your doctor, family, friends, support groups or an organized treatment program to beat your white plague and stay drug-free. Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get hooked in to alcohol, nicotine, opioid painkillers, and other legal substances. At first, you'll prefer to take a drug because you wish the way it causes you to feel. You may think you can control how much and how often you use it. But over time, drugs change how your brain works. These physical changes can last a long time. They make you lose self-control and may lead you to damaging behaviors.

**Principles of Effective Treatment:** 1. Addiction is a complex but treatable disease that affects brain function and behaviour. Drugs of abuse alter the brain's structure and function, leading to changes that persist long after drug use has ceased. This may explain why drug abusers are in danger for relapse even after long periods of abstinence and despite the potentially devastating consequences.

### 2. No single treatment is appropriate

for everyone. Treatment varies depending on

the type of drug and therefore the characteristics of the patients. Matching treatment settings, interventions, and services to an individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society. 3. Treatment needs to be readily available. Because drug-addicted individuals may be uncertain about entering treatment, taking advantage of available services the instant people are ready for treatment is critical. Potential patients are often lost if treatment isn't immediately available or readily accessible. As with other chronic diseases, the earlier treatment is offered in the disease process, the greater the likelihood of positive outcomes. 4. Effective treatment attends to multiple needs of the individual, not just his or her drug abuse. To be effective, treatment must address the individual's drug abuse and any associated medical, psychological, social, vocational, and legal problems. It is also important that treatment be appropriate to the individual's age, gender, ethnicity, and culture. Many drug-addicted individuals also have other mental disorders. Because drug abuse and addiction—both of which are mental disorders—often co-occur with other mental illnesses, patients presenting with one condition should be assessed for the other(s). And when these problems co-occur, treatment should address both (or all), including the utilization of medications as appropriate.