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# Substance Abuse and Health



Substance abuse refers to the harmful or hazardous use of psychoactive substances, including \_\_\_\_\_ and illicit drugs. Psychoactive substance use can lead to dependency, characterized by a strong \_\_\_\_\_ to take the drug, difficulties in controlling its use, persisting in its use despite harmful \_\_\_\_\_, a higher priority given to drug use than to other activities and obligations, increased \_\_\_\_\_, and sometimes a physical withdrawal state. The effects of substance abuse can be devastating, not only affecting the \_\_\_\_\_ but also their family, friends, and the community. The physical health risks vary depending on the \_\_\_\_\_ used, but can include damage to the heart, liver, and brain, respiratory issues, and an increased risk of infectious \_\_\_\_\_. Mental health can also be significantly impacted, with increases in the risk of conditions such as \_\_\_\_\_, depression, and schizophrenia. Substance abuse during \_\_\_\_\_ can lead to premature birth, low birth weight, and developmental problems for the baby. Recovery involves a \_\_\_\_\_ of medical treatment, counseling, and support groups. Education and prevention are key in helping young people understand the \_\_\_\_\_ associated with drug use. It's important to recognize the signs of addiction and seek help early. The \_\_\_\_\_ to recovery can be long and challenging, but with the right support, individuals can regain control and improve their quality of \_\_\_\_\_.

journey risks alcohol consequences tolerance diseases desire life  
anxiety combination individual substance pregnancy