

MEDICARE
T.P.A. Services (I) Pvt. Ltd.

HEALTH AWARENESS DEPOT
FOR
THE MONTH OF SEPTEMBER

RECOVERY and RELAPSE are just around the corner, choose one and say "HELLO"

September is National Alcohol & Drug Addiction Recovery Month

Many teens try alcohol, tobacco, or drugs. Some teens try these substances only a few times and stop. Others can't control their urges or cravings for them. This is substance abuse.

Teens may try a number of substances, including cigarettes, alcohol, household chemicals (inhalants), prescription and over-the-counter medicines, and illegal drugs. They use alcohol more than any other substance. Marijuana is the illegal drug that is used most often.

Why do teens abuse drugs and alcohol?

- 🦋 They want to fit in with friends or certain groups.
- 🦋 They like the way it makes them feel.
- 🦋 They believe it makes them more grown up.
- 🦋 They tend to try new things and take risks, so may take drugs or drink alcohol because it seems exciting.
- 🦋 Teens with family members who have problems with alcohol or other drugs are more likely to have serious substance abuse problems.
- 🦋 People with poor self-esteem or emotional or mental health problems, such as depression, also are at increased risk.

What problems can teen substance abuse cause?

- 🦋 Substance abuse can lead to serious problems such as poor schoolwork, loss of friends, problems at home, and lasting legal problems.
- 🦋 Alcohol and drug abuse is a leading cause of death or injury related to car crashes, suicides, violence, and drowning.
- 🦋 Even casual use of certain drugs can cause severe health problems, such as an overdose or brain damage.
- 🦋 Substance abuse can increase the risk of pregnancy and sexually transmitted diseases (STIs), including HIV because of unprotected sex.

What are the signs of substance abuse?





It's important for you to be aware of the signs that the person may be abusing alcohol, drugs, or other substances. Some of the signs include:

- 🦋 Red eyes and health complaints, such as being overly tired. Using over-the-counter eyedrops - he or she may be trying to cover up red eyes caused by smoking marijuana.
- 🦋 Less interest in school, a drop in grades, and skipping classes or school.
- 🦋 New friends who have little interest in their families or school activities.
- 🦋 Chemical-soaked rags or papers, which may mean that he/she is inhaling vapors.
- 🦋 Stealing to support a drug habit
- 🦋 Unexplained changes in their weight, alterations in their sleep patterns.
- 🦋 They lose interest in taking care of themselves physically. Their clothes may be dirty, and they may smell bad. They may also show signs like shaking, slurred speech or a lack of coordination.

Help & support – on your path to recovery:

Many people think that they have to reach rock bottom before they seek help.













The truth is that it is never too soon to get help. Sadly, the more intense an addiction is, the harder it is to treat.

-  If you're trying to stop drinking, peer support groups can be an invaluable source of guidance, assistance, and encouragement.
-  Groups are very helpful, not only in maintaining sobriety, but also as a safe place to get support and discuss challenges.
-  Connecting with others who know first-hand what you're going through can help reduce feelings of isolation, fear, and hopelessness.
-  Staying motivated and positive is much easier when you have others you can turn to and lean on to help you get through tough times.





A **TWELVE-STEP PROGRAM** is a set of guiding principles outlining a course of action for recovery from addiction, compulsion, or other behavioral problems. Originally proposed by Alcoholics Anonymous (AA) as a method of recovery from alcoholism. The method was adapted and became the foundation of other twelve-step programs.

TWELVE STEPS

The following are the original twelve steps as published by Alcoholics Anonymous:

-  We admitted we were powerless over alcohol—that our lives had become unmanageable.
-  Came to believe that a power greater than ourselves could restore us to sanity.
-  Made a decision to turn our will and our lives over to the care of God as we understood Him.
-  Made a searching and fearless moral inventory of ourselves.
-  Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
-  Were entirely ready to have God remove all these defects of character.
-  Humbly asked Him to remove our shortcomings.
-  Made a list of all persons we had harmed, and became willing to make amends to them all.
-  Made direct amends to such people wherever possible, except when to do so would injure them or others.
-  Continued to take personal inventory, and when we were wrong, promptly admitted it.
-  Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
-  Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Reference Links:

-  http://en.wikipedia.org/wiki/Twelve-step_program
-  http://www.helpguide.org/mental/support_groups_alcohol.htm
-  <http://www.webmd.com/parenting/guide/teen-alcohol-and-drug-abuse-topic-overview>
-  <http://www.recovery.org/topics/alcohol-and-drug-addiction-recovery>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.