

Substance Abuse or Dependence

Substance abuse is a pattern of using alcohol or drugs that leads to problems in a person's life. These problems can:

- Put others at risk for harm when driving, working with tools or watching children
- Cause problems with family or friends
- Cause trouble with the law, or at work or school

Substance dependence is the need for alcohol or drugs. A person continues to drink or use drugs in spite of problems in his or her life. The person often needs more alcohol or drugs over time to get the same effect. As dependence grows, the person slips further away from family and friends. Performance at work or school drops and health problems occur. This person may not be able to see how alcohol or drug use is affecting his or her life. There may be signs of physical or emotional distress when the person cuts back or stops use. This is called withdrawal.

Substances Most Often Abused

Alcohol is the most often abused drug. Substance abuse can be the use of legal or illegal substances. Substances most often abused include:

- Alcohol such as beer, wine and liquor
- Nicotine in cigarettes and chewing tobacco

Pag-abuso sa Paggamit ng Mga Bagay o Dependensya

Ang pag-abuso sa paggamit ng mga bagay ay ang paulit-ulit na pag-inom ng alak o paggamit ng mga droga na nauuwi sa mga problema sa buhay ng isang tao. Ang mga problemang ito ay maaaring:

- Malagay ang iba sa peligro ng pinsala habang nagmamaneho, nagtatrabaho na may mga kasangkapan o nag-aalaga ng mga bata
- Magdulot ng mga problema sa pamilya at mga kaibigan
- Magdulot ng paglabag sa batas, o sa trabaho o paaralan

Ang **dependensya sa bagay** ay ang pangangailangan ng alak o mga droga. Patuloy na umiinom ng alak o gumagamit ng mga droga ang isang tao sa kabila ng mga problema sa kanyang buhay. Madalas na nangangailangan ang tao nang mas maraming alak o mga droga sa paglipas ng panahon upang makamtan ang parehong epekto ng mga ito. Habang lumalala ang dependensya, lalong lumalayo ang tao sa kanyang pamilya at mga kaibigan. Sumasama ang pagganap sa trabaho o paaralan at nagkakaroon ng mga problema sa kalusugan. Maaaring hindi nakikita ng taong ito kung paano naapektuhan ng alak at paggamit ng droga ang kanyang buhay. Maaari ring magkaroon ng mga palatandaang pisikal o emosyonal na paghihirap kapag ang tao ay nagbawas o tumigil sa paggamit. Ang tawag dito ay withdrawal.

Mga Bagay Na Madalas Abusuhin

Ang alak ay ang pinakamadalas na abusuhin. Ang pag-abuso sa gamit ng mga bagay ay ang paggamit ng legal o illegal na mga materyales. Ang madalas na abusuhing mga bagay ay:

- Alak tulad ng serbesa, bino at likor
- Nikotina sa mga sigarilyo at nginunguyang tabako

Substance Abuse or Dependence. Tagalog.

- Street or club drugs, such as marijuana, bath salts, cocaine or crack, or other inhalants such as glue, gas or paint.
- Prescription or over the counter medicines
- Muscle relaxants and medicines for anxiety or sleep
- Anabolic steroids

Signs of Substance Abuse or Dependency

Talk to your doctor, nurse or counselor about getting help if you have any of these signs:

- I get high or intoxicated on a regular basis.
- I lie about use, especially about how much or often I drink or use drugs.
- I become defensive or angry when confronted about my use.
- I avoid my family and friends.
- I prefer the company of other drinkers or users.
- I am less involved in activities that I used to enjoy.
- I talk a lot about alcohol or drugs.
- I pressure others to drink or use.
- I have been in trouble with the law.
- I take risks, such as driving when high or drunk, or take sexual risks.
- I perform poorly at work or school due to using before, during or after work or class.
- I feel depressed, hopeless, or suicidal.

- Mga drogang nakukuha sa kalye at club, gaya ng marijuana, bath salts, cocaine o crack, o iba pang mga inhalant gaya ng rugby, gas o pintura.
- Mga gamot na nirereseta o over-the-counter
- Mga muscle relaxant at gamot para sa pagkabalisa o pagtulog
- Mga anabolic steroid

Mga Palatandaan ng pag-abuso ng gamit ng mga bagay o Dependensya

Makipag-usap sa iyong doktor, nars o tagapayo ukol sa tulong na makukuha, kung ikaw ay mayroong anumang mga palatandaan sa mga sumusunod:

- Regular akong bangag o lasing.
- Nagsisinungaling ako tungkol sa paggamit, lalo na tungkol sa gaano karami o kadalas ako umiinom o gumagamit ng droga.
- Nagiging dependsibo o galit ako kapag sinita tungkol sa aking paggamit.
- Umiiwas ako sa aking pamilya at mga kaibigan.
- Mas gusto kong kasama ang kapwa kong manginginom at mga gumagamit ng mga droga.
- Hindi na ako madalas sumali sa mga gawaing dati kong kinaaaliwan.
- Madalas kong pag-usapan ang alak at mga droga.
- Pinipilit ko ang iba na uminom at gumagamit ng mga droga.
- Lumalabag ako sa batas.
- Sumusuong ako sa mga panganib, tulad ng pagmamaneho kapag bangag o lasing, o sumusuot sa mga panganib na sekswal.
- Hindi ako gumaganap nang mabuti sa trabaho o paaralan dahil sa paggamit ng mga droga, bago, habang o matapos ang aking trabaho o klase.
- Nakakaramdam ako ng kalungkutan, kawalan ng pag-asa, at kagustuhang magpakamatay.

Substance Abuse or Dependence. Tagalog.

Hotlines

There is help available 24 hours a day for the person using alcohol or drugs, as well as for family members and friends.

Organization	Website	Phone Number
Alcoholics Anonymous	www.aa.org	1-877-515-1255
Al-Anon / Alateen		1-888-425-2666
Ohio Tobacco Quitline		1-800-784-8669
Cocaine Hotline	www.ca.org	1-800-347-8998
Marijuana Anonymous	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

2008 – 6/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Mga Hotline

Mayroong tulong na makukuha ang taong umiinom o gumagamit ng mga droga, buong magdamag, at ganun din ang pamilya at mga kaibigan.

Organization	Website	Phone Number
Alcoholics Anonymous	www.aa.org	1-877-515-1255
Al-Anon / Alateen		1-888-425-2666
Ohio Tobacco Quitline		1-800-784-8669
Cocaine Hotline	www.ca.org	1-800-347-8998
Marijuana Anonymous	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

2008 – 6/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Substance Abuse or Dependence. Tagalog.