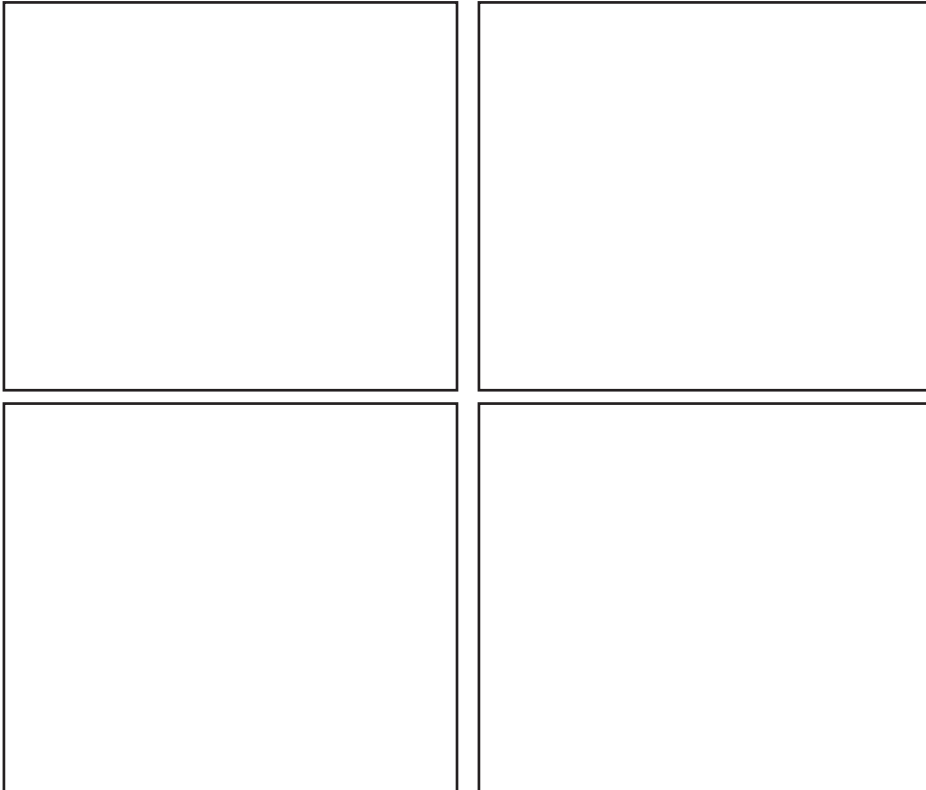


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## ADDICTION

- Water pipe smoking (Shisha)
- Video game addiction
- Gambling addiction
- Nicotine
- Marijuana
- Alcohol



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## ADDICTION

**A**buse is when you use legal or illegal substances in ways you shouldn't. You might take more than the regular dose of pills or use someone else's prescription. You may abuse drugs to feel good, ease stress, or avoid reality. But usually, you're able to change your unhealthy habits or stop using altogether. whereas;

**Addiction** is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm... It is considered a brain disease because it changes the brain—they change its structure and how it works.

*These brain changes can be long lasting, and can lead to the harmful behaviors seen in people who abuse drugs.* Addiction is when you can't stop. Not even when it puts your health in danger. Not even when it causes financial, emotional, and other problems for you or your loved ones. That urge to get and continue to use/do can fill up every minute of the day, even if you want to quit. There has been a major shift from the traditional drugs like marijuana, nicotine, and alcohol to the more dangerous activities and substance like Water-pipe smoking (SHISHA), gambling - sports betting and video gaming.

The world health organization in its 72nd world health assembly held on Saturday, May 25, 2019 called gambling a disease, that gaming disorder is an official illness. The 194-member meet added excessive gaming to a classified list of disease as it revised its international statistical classification of disease and related health problem (ICD -11). Gaming disorder (video gaming addiction) is associated with increased anxiety, social phobia and depression. our research has shown that increasing consumption of water-pipe smoking also known as Shisha among the youth in Ghana is likely to become a serious public health issue.

This is not a trend which is being driven by a small number of kids pulling down an average but a more widespread malaise.

The World Health organization stated that, the fastest growing mental health problem in the world and particularly in the developing world is among adolescent. Addiction within a family is a devastating, gut wrenching problem. it can tear at the very fiber of even the strongest family 24 hours a day, 7 days a week.



**Water Pipe Smoking also known as Shisha**, – is a way of smoking tobacco, sometimes mixed with fruit or molasses sugar, through a bowl and hose or tube. The tube ends in a mouthpiece from which the smoker inhales the smoke from the substances being burnt, into their lungs.

Despite the many perils of shisha smoking, shisha is gaining popularity among the youth, which is a cause of great concern



**Video Game Addiction**, also known as gaming disorder or internet gaming disorder, is generally defined as the problematic, compulsive use of video games that results in significant impairment to an individual's ability to function in various life domains over a prolonged period of time.

Video game addictions are similar to other addiction in terms of the amount of time spent playing, the strong emotional attachment to the activity, and the patterns of social difficulties experienced by gaming addicts, Gaming addicts become preoccupied with game-playing, and it disrupts family and other areas of life, such as school.



### Gambling Addiction (Sports Betting)

is an urge to gamble continuously despite harmful negative consequences or a desire to stop. Any type of gambling — whether lottery, sports betting, card games, racing, bingo, dice games, and slots, — can become problematic.

Pathological gambling is a common disorder that is associated with both social and family costs. Gambling can lead to a range of problems, but the addiction can happen to anyone. No one can predict who will develop an addiction to gambling.



**Nicotine** is a powerful addictive drug found in cigarette. Nicotine is the drug in tobacco leaves. Nicotine is what keeps people smoking despite its harmful effects. When you smoke, nicotine goes straight to your brain. Your brain has a circuits that release a chemical called dopamine which controls feelings of pleasure in the brain.

Nicotine spikes an increase in dopamine. when a teen smoke, nicotine goes quickly to the brain. In just 10 seconds, the pleasurable effects of the nicotine reach its peak levels. Within a few minutes, the pleasure is gone and the craving for another cigarette begins a new cycle. That is how you get addicted to it.



**Marijuana** has a chemical in it called delta-9-tetrahydrocannabinol, better known as THC. A lot of other chemicals are found in marijuana, too—about 400 of them, many of which could affect on your health. **But THC is the main psychoactive ingredient.** THC is up to no good in the brain. THC finds brain cells, or neurons,

with specific kinds of receptors called cannabinoid receptors, to

which it binds. Certain parts of the brain have high concentrations of cannabinoid receptors.

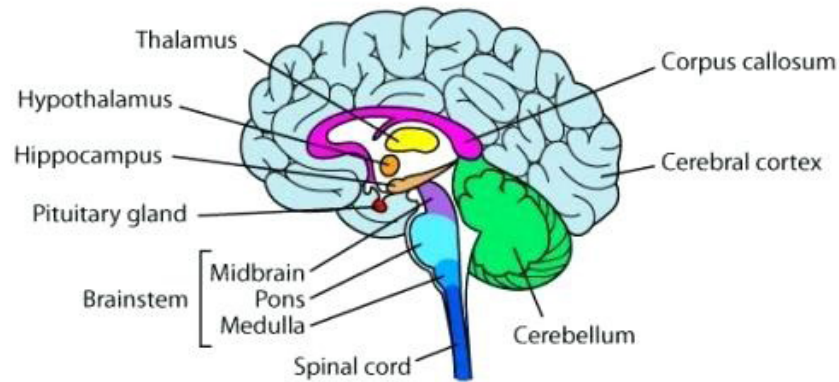
Some Ghanaians may perceive the calling on government by certain groups for the legalization of marijuana to mean that this drug is not harmful or addictive. But legalization doesn't change the underlying chemistry of marijuana and the very real addictions the drug can cause. *Legalization also can't stop the cycle of addiction.* proponents of marijuana **perpetuate the notion that marijuana is harmless**, and that's a message picked up by the mainstream press. Users may think their families just don't understand the benefits of marijuana, and they may feel validated by the legalization effort.



**Alcohol** is a drug. it is one of the most popular addictive substances in the world. Alcohol addiction is a disease that changes the way the brain works. It is classed as depressant, meaning that it slows down vital functions-resulting in slurred speech, unsteady movement, disturbed perceptions and an inability to react quickly.

It causes negative emotions, impulsive behavior, cravings and withdrawal symptoms. Alcohol is a neurotoxin, which means it can poison the brain. Research suggests that alcohol increases the production of endorphins. *These are the brain's natural painkillers. They are also associated with pleasure and reward. They tend to accumulate within the portions of the brain linked to addictive behaviors.*

**The brain's hippocampus region—which helps create new memories—is also affected by alcohol, which contributes to blackouts and short-term memory lapses while drinking.**



## What Does Addiction Do to the Brain?

The human brain is the most complex organ in the body, The brain is made up of many parts that all work together as a team.

**The brain stem** - controls basic functions critical to life, such as heart rate, breathing, and sleeping.

**The cerebral cortex** is divided into areas that control specific functions. Different areas process information from our senses, enabling us to see, feel, hear, and taste. The front part of the cortex, the frontal cortex or forebrain, is the thinking center of the brain; it powers our ability to think, plan, solve problems, and make decisions.

**The limbic system** contains the brain's reward circuit, the brains are wired to ensure that we will repeat life-sustaining activities by associating those activities with pleasure or reward. the activity target the brain's reward system by flooding the circuit with dopamine, Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of

pleasure. Whenever this reward circuit is activated, the brain notes that something important is happening that needs to be remembered, and teaches us to do it again and again, without thinking about it. Different parts of the brain are responsible for coordinating and performing specific functions. the brain regulates your basic body functions; enables you to interpret and respond to everything you experience; and shapes your thoughts, emotions, and behavior.

The overstimulation of this system, which rewards our natural behaviors, produces the euphoric effects sought by people who abuse drugs and teaches them to repeat the behavior. When some drugs are taken, they can release 2 to 10 times the amount of dopamine that natural rewards do. Over time, your brain gets used to the extra dopamine. So you might need to take more of the drug to get the same good feeling. In some cases, the effects can last much longer than those produced by natural rewards.

The resulting effects on the brain's pleasure circuit dwarfs those produced by naturally rewarding behaviors such as eating and sex. The effect of such a powerful reward strongly motivates people to take drugs or repeat those activities again and again. *They can hurt your:*

- *Judgment*
- *Decision making*
- *Memory*
- *Ability to learn*

We believe that increased understanding of the basics of addiction will empower people to make informed choices in their own lives, adopt science-based policies and programs that reduce drug abuse and addiction in their communities, and support our activities/projects that will improve the Nation's well-being