



EDITORIAL

RISKS OF DRUG ADDICTION IN AFRICA

Drug Use / Abuse among Youth

The use of Psychoactive substances among youth World over is common. Advertising indeed plays a role in enhancing young people to start and sustain consumption commonly used substances such as Alcohol, smoking Tobacco, *Cannabis*, and *Mira(Khat)*.

It is common knowledge that, hard drugs find their way into our high schools and higher Institutions of learning (Universities, Tertiary colleges) etc. Thus ensuring continuous supply of consumers as they graduate to Universities and Colleges. Poverty on the other extreme also fuels drug abuse.

As populations increase so does demand and supply of drugs. The supply of drugs therefore is on the increase. Drug supply trade is a multi billion industry that is on the increase world over. Trafficking of heroin and cocaine is therefore significantly high.

Cannabis however, still leads the balk because of continued local cultivation and supply. It does not require complicated processing and its

long use in Africa as a Recreational Drug, even though not scientifically proved, it was effective in the detrimental to the future progress of some societies.

Drug intake may lead to addiction. The risks of addiction include:

- Mental health problems
- Family instability
- Drop out from school
- Involvement in crime
- Loss of opportunity
- Physiological and Psychological dependence

- Worsening mental instability

Treatment of drug abuse and dependence is difficult and requires multidrug and multisectoral approaches which include:

- Family support
- Church
- Professional psychologists and psychiatrists
- Adequate and well-functioning rehabilitation facilities
- Civil society involvement



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