



**Opinion**

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# Effects of Drug Abuse on Developing Countries: Facts & Figures



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## Opinion

Drug abuse has been a topic of keen interest amongst all the leading health care organizations as well as a serious burning issue in some countries. With the onset of twenty first century and a progression in the same has seen more involvement of youth towards the culprit or paws of addiction and drug abuse. The increasing trends in globalization and technology, surprisingly the inclination of today's youth have let them more habit forming!

Dealing with the Asian countries the culprit of addiction has hindered the pace of growth, especially in the countries like China, Japan, India, and South Korea. It is not unseen that these are the ones contributing major segment to the technology and growth of world economy [1,2]. The researches reveal the fact that the south Asian countries are under more coverage of this evil. In short, an example like opium is frequently quoted in literatures [3]. Opium, which has been used in treating and alleviating physical and mental stress since ages, has now become doses of the addicts. Similarly, Asian countries like Burma and Sri Lanka which are the producers of heroin are even not spared. Developing and underdeveloped countries are scaling new heights in terms of supply of such products, to more of the youth community getting addicted to it. In today's world it has become a matter of minutes to order supplies of opium or cannabis, which can be easily supplied at the doorstep for teenagers.

Less than two decades back has observed a rapid increase in number of addiction cases in these countries, where in the youth involvement has increased from a minor ratio of less than 10% to have had increased to a about 18-20% [2]. Similarly the ratio of teenage females getting addicted has surprisingly hiked up to about 8-10% in comparison to less than 5% before. It's worth mentioning that the increase in percentage has been more in the past 5 years in comparison to last two decades. WHO

schemes which deliberate addiction as a serious social issue has been implemented in such countries. Several NGO's are taking a remarkable step towards rehabilitation of youth and working on their knowledge and social awareness. Though the schemes are trending up, and so are the consumption rates, which hold a serious issue for the years in progress [1].

A study on epidemiology of drug addiction in youth has resulted as an outcome of coherence with the youth aggression cases worldwide. Lack of knowledge, more of motivation and less family support has been analyzed as the main reasons [2]. Secondly, talking specifically of South East Asian countries, special narcotic and psychotropic substances act has to be induced into practice, especially in reference to golden triangle which comprises the borders of Burma, Thailand and Laos; the core producing areas.

Implementation of strict rules and subsequent follow-up for the trade and transport of such narcotic drugs and substances is only the remedy to stop the increasing percentage of drug abuse [3]. The countries in the belt hold responsibility to literate their citizens, especially the youth regarding the side effects of the same. The growth and the development are on the young shoulders for the centuries to come. So, here comes the responsibility of the nations and the intellectuals in concern to educate the society about the use, abuse, and drug addiction!

check your fasting insulin level. If your hypertension is the result of elevated insulin levels, dietary intervention will be key.

Aim for a fasting insulin level of 2 to 3 microU per mL (mcU/mL). If it's 5 mcU/mL or above, you definitely need to lower your insulin level to reduce your risk of high blood pressure and other cardiovascular health problems. Keep in mind that the so-called "normal" fasting insulin level is anywhere from 5 to 25 mcU/mL, but please do not make the mistake of thinking that this "normal" insulin range equates to optimal.

## References

1. [http://www.who.int/topics/substance\\_abuse/en/](http://www.who.int/topics/substance_abuse/en/)
2. <https://www.drugabuse.gov/related-topics/trends-statistics>
3. <http://drugabuse.com/know/>



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