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## Introduction

Addiction is an inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm and also refers to the misuse of a substance at high doses or in inappropriate situations that could lead to health and social problems.

## Diseases caused by addiction

- HIV/AIDS.
- Cardiovascular disease.
- Stroke.
- Cancer.
- Hepatitis B and C.
- Lung disease.
- Mental disorders.

## Causes of addiction

- Environment.
- Genetics.
- Family history of addiction.
- Mental health disorder.
- Peer pressure.
- Early use.

## Statistics

In 2021 about in 5.5 per cent of the population aged between 15 and 64 years have used drugs at least once in the past year, while 36.3 million people, or 13 per cent of the total number of persons who use drugs.



## Stages of treatment methods

- Detoxification phase.
- Treatment of withdrawal symptoms.
- Qualification.
- Psychological counselling phase.
- Community therapy.
- Preventing relapse.

## Conclusion

Addiction is harmful to health resulting in multiple diseases that have methods of treatment and do not have a cure .

## References

- <https://www.medicalnewstoday.com/articles/323465#addiction-vs-misuse>
- <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/addiction-health>