



English

DRUGS, ADDICTIONS, ILLNESSES
A GUIDE TO AVOIDING HEALTH RISKS

DRUGS WARNING



DRUGS WARNING

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ALCOHOL, DRUGS... WHY?

The use, abuse, and addiction of psychoactive substances in western countries is one of the major problems of public health. Those that use these substances cause big problems to their health, limit their capacity to work and relate to others, face legal problems, often compromising their future definitely.

Looking for fun and buzz or for consolation in alcohol and drugs can be a dead-end street, the risk is losing everything. Is it worth it?



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DRUG

WHAT IS A DRUG?
WHAT IS ADDICTION?

DRUG

One (every) substance that is introduced into a living organism which changes its functioning and/or its physical and mental attitudes.

ADDICTION

Exaggerated and pathological search for pleasure through means or substance or behaviours that results in a pathological condition. The subject loses the control of his behaviour despite the awareness of the negative consequences (compulsion).

It is shown that addiction causes functional and structural alterations, therefore chronic ones, in the central nervous system.

For these reasons, addiction as an illness is considered a chronic disease of the brain.

ONE CAN BE PATHOLOGICALLY DEPENDENT ON...

- **DRUGS**

legal and illegal including alcohol, tobacco, coffee;

- **BEHAVIOURS**

such as game (pathological gambling), shopping (compulsive shopping), television, internet (internet addiction), videogame, sport;

- **SEX**

such as pornography and compulsive masturbation.

- **FOOD**

(bulimia, sugar addiction, disturbances from uncontrolled feeding).

- **WORK**

(workaholic).



MAIN RISK FACTORS

The factors that increase the chances of becoming addicted to drugs are the following:

- **LIVING CONDITIONS OF STRESS, FRUSTRATION, ALIENATION, DISCOMFORT, LONELINESS...**

Precisely for this reason, the subjects who emigrate from their country to live in another with a different culture, different customs and traditions live in a situation of exceptional fragility and are particularly exposed to the risk of an addiction.

- **PROBLEMS OF MENTAL HEALTH...**

People with mental health problems such as anxiety, depression or attention deficit disorders are more likely to develop addiction.

- **DIFFICULTY IN THE HOME ENVIRONMENT...**

If the environment in which someone live is unhappy, or it was during the period of growth, it may be more exposed in a drug problem.



- **PROBLEMS AT SCHOOL, PROBLEMS AT WORK, DIFFICULTY IN MAKING FRIENDS...**

Failures at school or at work or problems getting along with people can make life difficult.

- **HANGING OUT WITH PEOPLE WHO TAKE DRUGS...**

Friends or family members who use drugs could exert a negative influence on persons close to them and induce them to use it.

- **STARTING THE USE OF DRUGS IN YOUTH...**

The use of drugs in young people influences their body organism and their brain that is still developing, and this increases their chance of addiction in adult age.

- **ONE'S OWN BIOLOGY AND GENETIC HERITAGE...**

Every organism reacts to substances in a different way. Some like the feeling they experience the first time and go for them again, others instead feel an immediate aversion to the substance and do not try them anymore.

WHO TO CONTACT

WHO CAN TREAT YOU,
WHERE AND HOW
HE WORKS

Italian law considers every dependance as a disease and those who get sick get treated anonymously and free by the **health system** thanks to services that deal specifically with addictions and offer different types of treatment (medical, pharmacological, psychological, social, legal, residential, semiresidential) defined according to the type of dependency and to the characteristics of the subject seeking for help. Our services include help of doctors, psychologists, social assistants, social workers.

asur

DIPARTIMENTO DIPENDEZE PATOLOGICHE (AV3 ASUR MARCHE):

MACERATA: Via Santa Lucia,2 - 62100 Macerata phone 0733 2572597 - e-mail: zt9stdp@sanita.marche.it - ddpav3@sanita.marche.it / opening hours: Monday to Friday from 8,00 to 14,00; Saturday , from 8,00 to 12,30.

CIVITANOVA MARCHE: Via G. D'Annunzio, 43 – 62012 Civitanova Marche phone 0733 823951 - e-mail: mario.derosa@sanita.marche.it opening hours: Monday to Saturday from 7,30 to 13,30.

CAMERINO: Via E. Betti, 15/a – 62032 Camerino phone 0737 637740 e-mail: sert.cam@sanita.marche.it / opening hours: Monday to Friday from 7,45 to 14,00. Additional information on our services can be found on our website: www.ddpmc.it



ALCOHOL

HOW TO RECOGNIZE WHO IS ABUSING ALCOHOL?

Bad breath, smell of alcohol, slow and clumsy movements, lowered inhibitions, annoying behaviours.

SHORT-TERM RISKS

Nausea, headache, confusion, psychomotor difficulties, coma, altered state of consciousness, impaired concentration capacity, slow reflexes therefore danger to driving, alterations and inattention, aggression, unprotected sex.

LONG-TERM RISKS

Memory disorder, ictus, hepatitis, cirrhosis, cancer, pancreatitis, ulcers, gastritis, arrhythmias, heart attacks, dementia and psychosis, damage to the fetus in case of consumption during pregnancy.

LAW

It is punishable by law habitual manifestation drunkenness (in case a crime is committed), in a public place, administration of alcoholic beverages to minors or to mentally ill people or to people in a state of evident drunkenness and exceeding the **drink driving limit of 0,50g/l and of 0,00g/l for newly licensed drivers, minors and professional drivers.**



MARIJUANA AND CANNABINOIDS

HOW TO RECOGNIZE SOMEONE IS USING?

Dry mouth, compulsive eating, thirst, red and squeezed eyes, excessive laughing, lethargy, relaxation, impaired physical capacity and paranoia.

SHORT-TERM RISKS

Agitation, malaise, nausea, paranoia, depression, anxiety, drowsiness, panic, disturbance of memory and concentration, decreased coordination, equilibrium and reaction times.

LONG -TERM RISKS

Respiratory diseases, tumors, damages and abnormalities to the fetus if taken during pregnancy, concentration and memorization problems, demotivation towards normal habits, psychotic disorders, psychological dependence.

LAW

Below the 500mg of THC, it is considered for personal use is configured with consequent suspension of driving license and passport and it is often required to undergo therapeutic process offered by the Servizio Territoriale Dipendenze Patologiche (STDP), **above the 500mg of THC, you're identified as illicit peddler and risk from 1 to 20 years of prison, seizure of passport and driving license.**



SHORT-TERM RISKS

Cough, blood pressure increase, vasoconstriction, tachycardia, dizziness, breathlessness and irritation.

LONG-TERM RISKS

Yellowing teeth, skin aging, damage to the respiratory and vascular system, damage to the oral cavity and larynx, damage to the first part of the digestive tract, to the placenta and the fetus, to the urogenital apparatus and to the pancreas, chronic bronchitis, emphysema, tumors especially to the lungs, physical and psychic dependences.

LAW

To sell tobacco is forbidden to minors under the age of 18.

Tobacco is a state monopoly, therefore the sale is subject to license and its smuggling is strictly forbidden.

HEROIN

MORPHINE, METHADONE,
BUPRENORPHINE AND OTHER OPIATES

HOW TO RECOGNIZE SOMEONE IS USING?

Pupil constriction (miosis), watery eyes, burning sensation, indifferents to internal and external stimuli, shift between state of euphorial-excitement and depression/apathy.

SHORT-TERM RISKS

Hot flashes, nausea, vomiting, lowering of heart and respiratory rate, overdose, constipation, slowing of perceptual and mental processes, lack of appetite, compromised motor coordination.

LONG-TERM RISKS

Craving (psychological dependance), chronic sedation, apathy, damage to internal organs, tolerance and psychophysical dependance, abstinence, pneumonia, death.

LAW

See pages 20 and 21.



COCAINE AND CRACK

HOW TO RECOGNIZE SOMEONE IS USING?

Shortly after the assumption: dilated pupils, talkativeness, loss of appetite, agitation, irascibility, difficulty formulating thoughts. Later on: fatigue, drowsiness, confusion, anxiety, depression, hallucinations, paranoia.

SHORT-TERM RISKS

Tachycardia, hypertension, nausea, vomiting, rise of body temperature, tremole, dizziness, muscle spasms, breathing problems, chest pain, agitation, insomnia, anxiety, irritability, apathy, depression, paranoia.

LONG-TERM RISKS

Depression, fatigue, listlessness, inappetence, heart attacks, arrhythmias, respiratory disorders, loss of sexual desire, impotence, cerebral stroke, perforation of the nasal septum, strong psychological dependance that causes persistent and compulsive use, death.

LAW

See pages 20 and 21.

LSD

KETAMINE (K, SPECIAL K), Mescaline,
PCP, MAGIC MUSHROOMS AND OTHER
HALLUCINOGENS

HOW RECOGNIZE IF SOMEONE IS USING?

Dilated pupils, skin discoloration, time and space distortion, hallucinations, loss of coordination, false sense of power, euphoria, confusion, paranoia, nausea, vomiting, anxiety, panic, self-harm.

SHORT-TERM RISKS

Nausea, vomiting, dizziness, tachycardia, increased pressure and body temperature, breathlessness, fever and tremors, insomnia, motor and equilibrium disorders, state of confusion, loss of appetite.

LONG-TERM RISKS

Reduced cognitive abilities, anxiety, depression, panic crisis, aggression, delusion, psychic dependence, neurosis and psychosis, risk of flashbacks, death.

LAW

See pages 20 and 21.



MEDICATIONS

If not prescribed by a doctor and not correctly taken, some medications can be as dangerous as other drugs.

ATTENTION IN PARTICULAR TO:

- painkillers/anti-inflammatories;
- psychiatric medications: anxiolytics (benzodiazepines), antidepressant, barbituric acid, sleeping pills, stimulants; Take medications only for therapeutic use, as prescribed by your doctor, and avoid alcohol.

DOPING

A particular case is represented by doping, that is, the use of biologically active substances or medications in order to enhance the athlete's physical conditions and performances. The most common doping substances are sexual steroids. Their long-term use can cause serious health problems, can damage the endocrine, cardiovascular and musculoskeletal system and can cause aggression and psychosis.

LAW

Some medications are over-the-counter medicines but the majority of the above-mentioned categories require a medical prescription.

ECSTASY (MDMA)

HOW RECOGNIZE IF SOMEONE IS USING?

Bruxism, muscle cramp, nausea, chills, excessive sweating, increased body temperatures, altered perception of stimuli (in particular, light and touch), loss of appetite, increased emotional response and increase in sexual intercourses.

SHORT-TERM RISKS

Convulsions, dehydration, breathlessness, cardiovascular collapse, fainting, confusion, nausea, muscular tension, loss of appetite, hallucinations, insomnia, hyperexcitability, irritability, anxiety, acute liver failure, cerebral edema, hyperthermia.

LONG-TERM RISKS

Depression, panic attacks, anxiety, fatigue, weight loss, tolerance, psychological dependence, paranoia, impulsiveness, aggression, delusions and hallucinations, anorexia, death.

LAW

See pages 20 and 21.



POPPERS AND OTHER INHALANTS

HOW TO RECOGNIZE SOMEONE IS USING?

Short-lived euphoria, laughter, dizziness, headache, fainting, unconsciousness, visual disturbance, agitation, irritability, temporarily impaired judgment, muscle weakness, tremors, confusion, nausea and vomiting.

SHORT-TERM RISKS

Nausea, vomiting, vertigo, headache, impaired vision, tachycardia and respiratory crisis, drowsiness, disinhibition, dizziness and agitation, hallucinations, sense of dissociation, immobility, amnesia, visual disturbances, transient blindness, hypothermia, muscle weakness, disorientation, attention deficit disorder, lack of coordination.

LONG-TERM RISKS

Weight loss, irritability, depression, apathy, convulsions, coma, irreversible damage to organs, tolerance.

LAW

See pages 20 and 21.



SMART DRUGS

ICE/SHABOO, CRYSTAL METH,
KHAT, SPICE AND OTHER LEGAL
OR ILLEGAL STIMULANTS

Although these substances vary in look, route of administration and effects, they all belong to the amphetamine/methamphetamine group.

HOW TO RECOGNIZE SOMEONE IS USING?

Dilated pupils, unusual sweating, tremors, anxiety, excitement, talkativeness, dizziness, blurred vision, confusion, agitation, aggression, hallucinations, paranoia, depression.

SHORT-TERM RISKS

They vary according to the substance, the most common ones are migraine, fatigue, depression, nausea, vomiting, palpitations, tremors, heatstroke (a very fast and life-threatening increase in body temperature, even over 42° C), psychotic episodes (deranged, harmful and self-damaging gestures), heart attack, overdose.

LONG-TERM RISKS

Heart, kidney or liver damage, syncope, loss of consciousness, acute and /or prolonged intoxication, coma and death.

LAW

See pages 20 and 21.

OTHER CONSEQUENCES

The consequences of the use/abuse of substances and of developing an addiction are not just physical and psychological as already described. There are other consequences that can be summarised as follows:

SHORT-TERM RISKS

Death, disability or injuries in case of overdose, domestic, car or other type of accidents when one is under the immediate effect of substances.

LONG-TERM RISKS

- **Social problems** → family problems, isolation, marginalization.
- **Economic problems** → people with addiction have a growing need to consume the substance, spending much on it, more than they can afford. That is also true for non-substance-related addiction, such as gambling.
- **Legal problems and detention** → in Italy the possession of substances for personal use can lead to the withdrawal of resident permit, passport, driving license, weapons carry license, whereas the cultivation and sale of any illegal substances are considered a crime and therefore punishable by complaint and imprisonment; the transfer of a substance to another person, even in single doses and free of charge, is considered as peddling.

PERSONAL USE-PEDDLING

PERSONAL USE → Administrative offense; those who illegally import, export, buy or possess narcotic drugs are punished with suspension of the license, passport and weapons carry license from one month to one year.

PEDDLING → Those who cultivate, sell, carry or deliver, import, export, buy or illegally possess narcotic drugs are punished with imprisonment from 1 to 20 years with a fine ranging from 2.000 to 260.000 Euros; seizure of driving license and passport.

ABOUT PRISON, IT IS IMPORTANT TO KNOW THAT...

- Italian prisons are overcrowded (there are more prisoners than available beds), populated for about a third by people from other countries;
- in many cases prisoners are imprisoned for drug-related offences (about one in three);
- most of the inmates spend a great deal of time in jail waiting to be tried (one in three), since Italian justice takes an average of over 2 years to announce a definitive judgment;
- in prison it is much more likely to get sick than outside, both physically (70% of inmates are afflicted by at least one disease, the most common ones are mental disorders, infectious diseases and those of the digestive systems), and psychically (about half of the inmates take psychiatric medications, and from 1992 until today an average of one suicide week has occurred!);
- after getting out of prison, it is very difficult to find a job and to get re-integrated, therefore, it becomes very likely for former prisoners to commit other crimes in the future.

GAMBLING

The Italian gambling market is the first in Europe and the fourth in the world, both for the turnover and the spread of gambling places.

There are all kind of games (slot machines, scratch cards, lotteries, bettings on sports and other events and many others). Advertising is legal and you can play almost anywhere (bars, news stands, restaurants, and also online even with a smartphone).





GAMBLING

Compulsive/Pathological gambling is a real addiction, quite comparable to the one established with drugs. The addiction over time goes to undermine the working world, social relations and the health of the pathological gambler, causing serious problems to the gambler himself and to the people close to him.

The pathological gambler can't stop when he wants, he's not able, this situation leads to a progressive increase in the amounts gambled and in the state of restlessness.

He continues to gamble despite all the problems that gambling causes to himself: indebtedness, family and work crisis, social isolation.

In particular, the risk for one who gets into debts for gambling is to resort to borrowing from usurers and to fall victim to criminal persons or organizations, subjecting him to live under constant threats, from which it is practically impossible to break free. Few actually know that real probabilities of big winnings in gambling are practically nil.

For example, with the scratch cards you have roughly a chance every 6 million cards and slot machines are set up to give back to the player about 70% of the sums gambled.

S.T.D.

SEXUALLY TRANSMITTED DISEASES

Sexually transmitted diseases are infectious diseases caused by micro-organisms (bacteria, virus, etc.) and vary in the way they can be contracted, in their progress and the possibilities of treatment and prevention.

HOW TO AVOID THE STD (SEXUALLY TRANSMITTED DISEASES)

These diseases can be completely avoided by adopting the right behaviours:

- it is advisable to avoid occasional sexual intercourses because they could be unsafe;
- if you had such risky behaviour, it is advisable to undergo a test, just contact your doctor or doctor on duty;
- the use of condoms is always recommended.

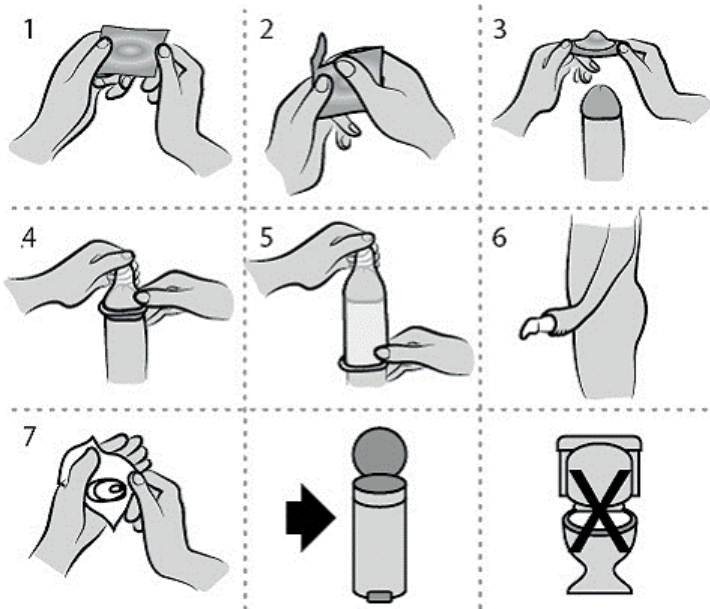



HOW TO USE A CONDOM?

The condom should be unrolled down the penis that is already in erection.

It is necessary to pay attention when pulling back the penis afterwards ejaculation because the condom could slip off too soon.

Once extracted, you must remove the condom and be careful to keep the tip downwards.





HIV causes AIDS that affects the immune system, making infected people more and more helpless and exposing them to other diseases

HIV-AIDS

HIV CAN BE TRANSMITTED

- through unprotected sexual intercourse (penetrative, anal, vaginal or oral);
- through blood (syringes used by others or through transfusion);
- from mother to child, during delivery, pregnancy or breastfeeding.

The mucous membranes that can be infected: mouth, penis, vagina, anus, eyes.

SYMPTOMS

The first symptoms may appear after a long time from the infection (increasing the danger of transmission) and may generally consist in a mild feverish state, sore throat, swollen lymph glands and exhaustion.

One may be HIV positive but this does not mean having AIDS.

PREVENTION

There is risk not only during unprotected sex, but also sharing syringes (both intentionally and by accidental contacts).

There is also risk getting tattoos, through injections, dental interventions with non-sterile instruments.

An anatomical illustration of a human liver, shown in a reddish-brown color, is positioned on the right side of the image. To its left, a large, detailed microscopic view of a virus particle is shown, featuring a complex, spherical structure with a textured surface. The word "Liver" is written in a light blue font near the organ. The title "HEPATITIS B & C" is prominently displayed in large, white, sans-serif capital letters across the center of the image.

HEPATITIS B & C

IT CAN BE TRANSMITTED

Hepatitis B through blood, saliva, seminal fluid, mother-to-child (during and after childbirth); hepatitis C through blood and sexual intercourses, mother-to-child.

SYMPTOMS

Often asymptomatic or with mild symptoms. Fatigue, nausea, vomiting, fever, dark coloured urine, clear stools, yellowing of eyes and skin.

THERAPY AND PROGNOSIS

Antiviral drugs for therapy. Hepatitis B: in most cases it is resolved, but the development of chronic Hepatitis and cirrhosis is possible in 10% of the cases; Hepatitis C: rare cases of acute hepatitis, probable evolution in chronic hepatitis in 50% of cases or more.

PREVENTION

Hepatitis B vaccine is effective in 90-95% of cases; there is no vaccine for Hepatitis C; condom, avoiding contact with blood.



SYPHILIS

GONORRHEA

IT CAN BE TRANSMITTED

Through sexual intercourse (vaginal, anal, oral), mother-to-child transplacentally during pregnancy.

SYMPTOMS

Initially small wound in the sexual contact zone, followed by rash throughout the body, swollen lymph nodes, fever, fatigue, patchy hair loss, weight loss; even without symptoms the bacterium remains, so without thorough treatment the disease reaches the third stage, which can cause severe physical and neurological damages.

PREVENTION

Use of condom, and be careful at early symptoms.

IT CAN BE TRANSMITTED

Through sexual intercourse (vaginal, anal, oral).

SYMPTOMS

In men, often asymptomatic or with penile discharge, difficulty urinating, increased rate of urinating, swelling of the genital and inguinal lymph nodes; in women, vaginal discharge, bleeding during intercourse and vaginal spotting, abdominal and pelvic pain, pain during sexual intercourse; In newborns, conjunctivitis, pharyngitis, respiratory tract infection.

PREVENTION

Use of condom.

A microscopic view of several herpesviruses, which are spherical particles with a central core and a surface covered in numerous short, hair-like projections (glycoproteins). The background is a warm, golden-brown color with a textured, slightly grainy appearance.

GENITAL HERPES

CHLAMYDIA

IT CAN BE TRANSMITTED

Through sexual intercourse (vaginal, anal, oral), childbirth.

SYMPTOMS

Fever, headache, malaise, myalgia, itching and burning that cause bunches of vesicle in the genital areas, which becomes small painful superficial ulcers that turn into scabs; enlarged lymph nodes and genital secretions.

PREVENTION

Use of condom and dental dam (condom for oral sex).

IT CAN BE TRANSMITTED


Through sexual intercourse (vaginal, anal, oral), childbirth.

SYMPTOMS

Often asymptomatic; in women vaginal discharge, hemorrhage, abdominal or pelvic pain, urinary burning; in men penile discharge, burning during urination, swollen and painful lymph nodes.

PREVENTION

Use of condom and screening for women.



VAGINAL YEAST INFECTION

IT CAN BE TRANSMITTED

Through skin, mucous membranes and blood.

SYMPTOMS

Very intense itching and burning on the vulvovaginal level; vaginal whitish secretions.

PREVENTION

Correct intimate hygiene, use of comfortable underwear.

PAPILLOMA

IT CAN BE TRANSMITTED

Through sexual intercourse (vaginal, oral, anal), petting.

SYMPTOMS

One can be a healthy carrier for life; diseases of the skin and mucous membranes, benign tumors to the male and female organs and cancer of the uterine cervix.

PREVENTION

Vaccine for girls preferably around 12, almost 100% effective; use of condom.



TRICHOMONIASIS

IT CAN BE TRANSMITTED

Through sexual intercourse (vaginal, anal, oral), childbirth.

SYMPTOMS

In women abundant vaginal secretions, irritations and soreness of the vulva, painful sexual intercourse; in men often asymptomatic, penile secretions, burning during urination.

PREVENTION

Use of condom.

TEST AND MEDICAL ASSISTANCE

HIV TEST anonymous and free
STDP Macerata - Gruppo C:
Phone 0733/260999, tests Tuesday
14:30/16:30, Saturday 8:00/9:00
and 10:30/12:00

Verification of other Sexually
Transmitted Diseases Contact:
Family Doctor, Doctor on Duty
or STP/ENI Clinic (Temporarily Present
Europeans) at:

- Sanitary District of Macerata,
Via Belvedere R. Sanzio, Phone
0733/2572021, Friday 11:00/13:00;
- Sanitary District of Tolentino c/o
Hospital, Viale Repubblica 18,
Phone 0733/900319, Monday 11:00/13:00;
- Polyclinic Porto Potenza Picena,
Via delle Fonti, Phone 0733/3675151,
Tuesday 17:00/19:00, Friday 9:00/11:00
- Clinic c/o Hospital of Comunità
di Matelica, Viale Europa, phone
0737/781411, Monday 16:00/19:00

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