

# Drug Abuse

Drug abuse is when you become addicted to or dependent on drugs. Drugs can be legal or illegal: both of which can cause serious health short-term and long-term health issues.

## Examples of Commonly Addictive Drugs

- Meth (methamphetamine)
- Cocaine and crack cocaine (“crack”)
- Heroin
- Marijuana
- Narcotics/prescription painkillers
- Other prescription drugs
- Inhalants including paint, glue or aerosol products

## Health Risks

The health risks of drug use can vary based on the drug, how often it is used and how much is used.

Short-term and long-term risks may include:

- Dangerous changes in body temperature, heart rate, blood pressure or mental state
- Damage to the heart, liver, kidneys, or other essential organs
- Contracting diseases such as:
  - HIV
  - Hepatitis

## Signs of Drug Abuse

- Experiencing a strong urge to use the drug
- Spending money on the drug even if you do not have the financial means to do so
- Stealing money or possessions from others
- Neglecting your relationships and/or job
- Having withdrawal symptoms while not using, including: feeling physically ill, nausea, vomiting, depression or headaches
- Changing mood, problems concentrating, sleep changes or other physical changes

## Treatment for Drug Addiction

Contact your doctor, counselor or therapist about treatment options as soon as you begin to question your drug usage. Treatment options may include:

- Individual counseling
- Group support sessions
- In-patient rehabilitation

## Business Health Services - Downtown Baltimore

Baltimore City Clinic and Public Safety Infirmiry (PSI)

323 N. Calvert Street  
Baltimore, MD 21202

Phone: 410-332-9240  
(Main)

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(City Clinic)

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## Business Health Services - Lutherville

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Phone: 443-275-5090

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MEDICAL CENTER