

Substance Abuse or Dependence

Substance abuse is a pattern of using alcohol or drugs that leads to problems in a person's life. These problems can:

- Put others at risk for harm when driving, working with tools or watching children
- Cause problems with family or friends
- Cause trouble with the law, or at work or school

Substance dependence is the need for alcohol or drugs. A person continues to drink or use drugs in spite of problems in his or her life. The person often needs more alcohol or drugs over time to get the same effect. As dependence grows, the person slips further away from family and friends. Performance at work or school drops and health problems occur. This person may not be able to see how alcohol or drug use is affecting his or her life. There may be signs of physical or emotional distress when the person cuts back or stops use. This is called withdrawal.

Substances Most Often Abused

Alcohol is the most often abused drug. Substance abuse can be the use of legal or illegal substances. Substances most often abused include:

- Alcohol such as beer, wine and liquor
- Nicotine in cigarettes and chewing tobacco
- Street or club drugs, such as marijuana, bath salts, cocaine or crack, or other inhalants such as glue, gas or paint.

Zloupotreba opojnih sredstava ili ovisnost

Pod zloupotrebom opojnih sredstava se smatra stalno korištenje alkohola ili droge koje dovodi do problema u životu pojedinca. Ovi problemi mogu:

- izložiti druge riziku od štetnih posljedica za vrijeme upravljanja motornim vozilom, rukovanja alatom ili čuvanja djece
- prouzrokovati probleme s porodicom ili prijateljima
- prouzrokovati probleme sa zakonodavnim tijelima, probleme na poslu ili probleme kod kuće

Ovisnost o opojnim sredstvima je potreba za uzimanjem alkohola ili droge. Osoba nastavlja piti ili koristiti drogu uprkos problemima koje ima u životu. Osobi je često nakon određenog vremena potrebna veća količina alkohola ili droge da ostvari isti rezultat. Kako se ovisnost povećava, osoba se sve više udaljava od porodice i prijatelja. Rezultati na poslu ili u školi slabe i dolazi do zdravstvenih problema. Ova osoba možda nije u stanju da spozna na koji način upotreba alkohola ili droge utiče na njegov ili njen život. Kada osoba smanji ili prestane s upotrebom opojnih sredstava, mogu se javiti znakovi fizičkih ili emotivnih problema. Ovo se zove povlačenje.

Najčešće korištena opojna sredstva

Alkohol je vrsta droge koja se najčešće koristi. Upotreba opojnih sredstava može biti upotreba legalnih ili ilegalnih opojnih sredstava. Najčešće korištena opojna sredstva su:

- alkohol, kao što su pivo, vino i liker
- nikotin u cigaretama i duhanu za žvakanje
- ulične ili klupske droge kao što su marihuana, soli za kupanje, kokain ili krek i drugi inhalanti poput ljepila, benzina ili boje

Substance Abuse or Dependence. Bosnian.

- Prescription or over the counter medicines
- Muscle relaxants and medicines for anxiety or sleep
- Anabolic steroids

Signs of Substance Abuse or Dependency

Talk to your doctor, nurse or counselor about getting help if you have any of these signs:

- I get high or intoxicated on a regular basis.
- I lie about use, especially about how much or often I drink or use drugs.
- I become defensive or angry when confronted about my use.
- I avoid my family and friends.
- I prefer the company of other drinkers or users.
- I am less involved in activities that I used to enjoy.
- I talk a lot about alcohol or drugs.
- I pressure others to drink or use.
- I have been in trouble with the law.
- I take risks, such as driving when high or drunk, or take sexual risks.
- I perform poorly at work or school due to using before, during or after work or class.
- I feel depressed, hopeless, or suicidal.

- lijekovi koji se izdaju na recept ili lijekovi u slobodnoj prodaji
- lijekovi za opuštanje mišića i lijekovi protiv anksioznosti ili za spavanje
- anabolički steroidi

Znakovi zloupotrebe opojnih sredstava ili ovisnosti

Posavjetujte sa svojim ljekarom, medicinskom sestrom ili psihologom o dobivanju pomoći ukoliko imate bilo koji od ovih znakova:

- Redovno se drogiram ili sam pod uticajem alkohola.
- Lažem o upotrebi alkohola ili droge, pogotovo o njihovoj količini ili učestalosti konzumiranja.
- Počinjem se braniti ili ljutiti kada mi neko spomene njihovo korištenje.
- Povlačim se od porodice i prijatelja.
- Više mi odgovara društvo drugih koji piju alkohol ili koriste drogu.
- Manje učestvujem u aktivnostima u kojima sam ranije uživao-la.
- Dosta pričam o alkoholu ili drogi.
- Vršim pritisak na druge da piju ili koriste drogu.
- Imam probleme sa zakonom.
- Izlažem se rizicima, kao što su upravljanje motornim vozilom u drogiranom ili pijanom stanju, ili učešće u seksualnim aktivnostima.
- Ostvarujem loše rezultate na poslu ili u školi zbog upotrebe opojnih sredstava ili alkohola prije, za vrijeme ili poslije posla ili nastave.
- Osjećam se depresivno, bespomoćno ili imam samoubilačke nagone.

Hotlines

There is help available 24 hours a day for the person using alcohol or drugs, as well as for family members and friends.

Organization	Website	Phone Number
Alcoholics Anonymous	www.aa.org	1-877-515-1255
Al-Anon / Alateen		1-888-425-2666
Ohio Tobacco Quitline		1-800-784-8669
Cocaine Hotline	www.ca.org	1-800-347-8998
Marijuana Anonymous	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

Hotline službe (vruće linije)

Za osobe koje upotrebljavaju alkohol ili drogu, kao i njihove članove porodice i priljatelje, pomoć je dostupna 24 sata dnevno.

Organizacija	Websajt	Telefonski broj
Alcoholics Anonymous (Broj za anonimne pozive za alkoholičare)	www.aa.org	1-877-515-1255
Al-Anon / Alateen		1-888-425-2666
Ohio Tobacco Quitline (Linija u Ohaju za one koji prestaju pušiti)		1-800-784-8669
Cocaine Hotline (Hotline za korisnike kokaina)	www.ca.org	1-800-347-8998
Marijuana Anonymous (Broj za anonimne pozive za korisnike marihuane)	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous (Broj za anonimne pozive za korisnike narkotika)	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA) (Uprava za usluge odvikavanja od zloupotrebe opojnih sredstava i mentalnog zdravlja, skraćeno na engleskom SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

2008 – 6/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Substance Abuse or Dependence. Bosnian.