

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, such as 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 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

物質濫用或依賴

物質濫用是指飲酒或使用毒品並且因此造成生活上的問題。這些問題可能：

- 對別人造成危險，例如駕車、使用工具、或照看兒童
- 導致與家庭或朋友之間出現問題
- 違反法律，或違反工作場所或學校的規定

物質依賴是指無法不飲酒或使用藥物。對酒精或藥物產生依賴性後，儘管生活出現問題，人依然會繼續飲酒或使用藥物。這樣的人往往需要不斷增加酒精或藥物的使用量才能達到相同的效果。隨著依賴性的增強，人可能會進一步疏遠家人和朋友。工作表現或學業成績會下降，同時發生健康問題。此類人身陷其中，可能無法看清酒精或藥物的使用對自己生活的影響。如果減少使用或停止使用，人可能會出現身體或情緒壓力的症狀，這稱為戒除期症狀。

最常見的濫用物質

酒精是最常見的被濫用藥物。物質濫用可能是使用合法或非法的物質。最常見的被濫用物質包括：

- 酒精，例如啤酒、葡萄酒、烈酒
- 香菸和嚼菸中的尼古丁

- Marijuana or hashish and cocaine or crack
- Hallucinogens such as LSD, mescaline and PCP
- Sedatives such as Seconal, Fiorinal and Tuinal
- Opiates such as codeine, OxyContin, Vicodin or heroin
- Amphetamines such as dexadrine and Benzedrine
- Tranquilizers such as Valium, Xanax and Ativan
- Club drugs such as GHB and MDMA (ecstasy)
- Inhalants such as glue, gas, paint and nitroglycerine
- Anabolic steroids
- Sleeping medicines such as Ambien, Dalmane and Nembutal
- Others such as muscle relaxants, sleep aids, Ritalin, Coricedin HBP, cough syrups and many over the counter medicines

Signs of Substance Abuse or Dependency

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

- You get high or intoxicated on a regular basis.
- You drink or use drugs in spite of the problems it causes.
- You are not able to keep promises to stop or cut down use.
- You lie about use, especially about how much or often you drink or use drugs.
- You become defensive or angry when confronted about use.

- 大麻和古柯鹼
- 迷幻藥，例如 LSD、梅斯卡林（三甲氧苯乙胺）和 PCP
- 鎮靜劑，例如 Seconal、Fiorinal 和 Tuinal
- 鴉片，例如可待因（codeine）、OxyContin、Vicodin 或海洛英
- 安非他命，例如右旋苯丙胺（Dexadrine）、苯齊巨林（Benedrine）。
- 鎮靜劑，例如 Valium、Xanax、Ativan
- 派對藥物，例如 GHB、MDMA (搖頭丸)
- 吸入劑，例如強力膠、氣體、油漆、硝酸甘油
- 同化作用類固醇
- 安眠藥，例如 Ambien、Dalmane 和 Nembutal
- 其他藥物，例如肌肉放鬆劑、睡眠輔助藥物、Ritalin、Coricedin HBP、咳嗽糖漿和許多其他非處方藥物

藥物濫用或依賴的症狀

如果有以下任何症狀，請向醫生、護士或心理諮詢師求助：

- 經常處於亢奮或醉幻狀態。
- 不顧飲酒或使用藥物帶來的後果，堅持飲酒或使用藥物。
- 無法堅守停止使用或減量使用的承諾。
- 對使用情況撒謊，特別是對使用量或使用次數撒謊。
- 受人指責時，拒不認錯或發火。

- You withdraw from family and friends.
- You prefer the company of other drinkers or users.
- You become less involved in activities you used to enjoy.
- You talk a lot about alcohol or drugs.
- You believe you need to drink or use in order to have fun.
- You pressure others to drink or use.
- You hide or sneak alcohol, drugs or supplies.
- You get in trouble with the law.
- You take risks, such as driving when high or when drunk, or take sexual risks.
- You perform poorly at work or school due to using before, during or after work or class.
- You miss work or school due to substance use.
- You have blackouts – periods of time when using that you cannot remember.
- You have mood swings.
- You have depressed, hopeless or suicidal feelings.

- 疏遠家人和朋友。
- 喜歡與酗酒者或藥物使用者為伴。
- 對以前喜歡做的事情喪失興趣。
- 酒精或藥物成為談話的主題。
- 認為自己飲酒或使用藥物是人生樂趣所在。
- 勸他人飲酒或使用藥物。
- 藏匿酒、藥物或用具。
- 違法犯罪。
- 冒險，例如使用藥物後處於迷幻狀態下或醉酒後開車，或在性生活方面冒險。
- 上班或上課之前、當中或之後飲酒或使用藥物，造成工作表現或學業成績非常差。
- 因使用藥物而耽誤工作或學習。
- 有失憶期，喪失使用藥物或飲酒時的記憶。
- 情緒波動大。
- 有憂鬱、無助或想自殺的感覺。

Hotlines

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

Alcoholics Anonymous	(614) 253-8501
Al-Anon / Al-Teen	(614) 253-2701 1-888-425-2666
Hope Hotline	(614) 228-4673
Ohio Tobacco Quitline	1-800-784-8669
Cocaine Hotline	(614) 443-2653
Narcotics Anonymous	1-800-451-3000

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求助電話

使用酒精或藥物的人，或其家人和朋友，可透過電話全天 24 小時求助。

酗酒者匿名互助組織	(614) 253-8501
酗酒者匿名互助組織/青少年酗酒者匿名互助組織	(614) 253-2701 1-888-425-2666
希望熱線	(614) 228-4673
俄亥俄戒菸熱線	1-800-784-8669
古柯鹼戒除熱線	(614) 443-2653
吸毒者匿名互助組織	1-800-451-3000

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Substance Abuse or Dependence. Traditional Chinese