

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

Isticmaal-xumida Maandooriyaha ama Waalifidda

Isticmaal-xumida maandooruhu waa qaab ah isticmaalka khamriga ama maandooriyeyasha ama daroogada oo dhibaatooyin u keena nolosha qofka. Dhibaatooyinkaasi waxay noqon karaan:

- Dadka kale oo halis la galiyo, sida baabuur-wadista, qalab marka lagu shaqeenayo, caruurta marka la ilaalinayo
- Dhibaatooyin loo geysto ehelka iyo saaxiibada
- Sharciga oo la jebiyo ama shaqada iyo dugsiga oo rabshado laga dhigo

Ku-waalifidda maandooriye waa baahi qofku u qabo khamri ama daroogo. Qofku waxa uu sii wadaa cabitaanka khamriga ama isticmaalka maandooriyeyasha isaga oo aan eegayn dhibaatooyinka noloshiisa. Qofku waxa uu u baahan yahay khamri ama maandooriyeyaal intii hore ka badan si uu u gaadho heerka saameyntii ama mirqaankii hore. Marka waalifiddisu sii badato, waxa dhacaya in qofku ka fogaado ehelka iyo saaxiibada. Waxa hoos u dhaca waxqabadkiisa shaqada ama dugsiga waxana yimaada dhibaatooyin caafimaadka ah. Waxa laga yaabaa in qofku aanu arkaynin sida isticmaalka khamriga ama maandooriyuhu ay u saameynayaan noloshiisa. Marka qofku iska yareeyo ama joojiyo isticmaalka maandooriyaha waxa laga yaabaa inuu qofku yeesho calaamado jirka ama murugo niyadeed ah. Waxa taa la yiraahdaa dhibka iska-daynta (withdrawal).

Maandooriyeyasha Loogu Isticmaal-xumi Badan Yahay

Khamriga waa maandooriyaha loogu isticmaal badan yahay. Isticmaal-xumida maandooriye waxay noqon kartaa isticmaal maandooriye sharci ah ama kuwo sharci-daro ah. Maandooriyeyasha loogu isticmaal badan yahay waxa ka mid ah:

- Khamriga sida biirka, waynka/fiinada, iyo khamriga adag
- Nikotiinka ku jirta sigaarka iyo calaalinta tubaakada

- 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, Coricidin 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.

- Mariwaana ama xashiish, iyo kookayn ama karaak (crack)
- Dhallanteed-abuureyaasha (hallucinogens) sida LSD, mescaline iyo PCP
- Seexiyeyaasha (sedatives) sida Seconal, Fiorinal iyo Tuinal
- Obiyeetyada (opiates) sida codeine, OxyContin, Vicodin ama heroin
- Amfitamiinada (amphetamines) sida dexadrine iyo Benzedrine
- Dejiyeyaasha (tranquilizers) sida Valium, Xanax iyo Ativan
- Maandooriyeaasha goobaha qoob-ka-ciyaarka/kalaabyada sida GHB iyo MDMA (Ecstasy)
- Maandooriyeaasha la neefsado sida xabagta, baatrootka, rinjiga iyo naytrogilisiriin (nitroglycerine)
- Anabolic steroids
- Dawooyinka lagu seexdo sida Ambien, Dalmane and Nembutal
- Kuwo kale sida muruq dabciyeyaasha, gargaarka hurdada, Ritalin, Coricedin HBP, sharoobada qufaca iyo dawooyinka kale oo badan ee la iibsano karo warqad dhakhtar la'aan

Calaamadaha Isticmaal-xumida Maandooriyaha ama Waalifidda

Dhakhtarkaaga, kalkaalisada ama la-taliyaha kala hadal sidii aad gargaar u heli lahayd haddii aad leedahay mid ka mid ah calaamadahan.

- Si joogto ah ayaad u mirqaantaa ama u sakhraantaa.
- Waxa aad cabtaa khamri ama isticmaashaa maandooriyeyaal si kasta ha ahaato dhibaataada ay kuu keenayaan.
- Ma awoodi kartid inaad oofisid ballan-qaadyada inaad joojisid ama yareysid isticmaalka.
- Waxa aad been ka sheegtaa isticmaalka, gaar ahaan cadadka/inta aad ka cabtid ama inta jeer ee aad cabtid ama isticmaashid maandooriyeyaal.
- Waad is difaacdaa ama xanaaqdaa marka lagu sheego isticmaalkaaga.

- 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.

- Waxa aad ka fogaataa ehelka iyo saaxiibada.
- Waxa aad jeclaysataa inaad la joogtid khamri-cabeyaasha ama maandooriye isticmaaleyaasha kale.
- Waxa aad ka sii go'daa hawlihii aad ka heli jirtay.
- Waxa aad in badan ka hadashaa khamriga ama maandooriyeyaasha.
- Waxa aad rumeysan tahay in aad u baahan tahay in aad cabtid ama isticmaashid maandooriye si aad maaweelo u heshid.
- Waxa aad dadka kale saartaa cadaadis si ay u cabaan ama u isticmaalaan maandooriye.
- Waxa aad qarsataa ama qarsoodi u keentaa khamri, maandooriyeyaal ama kaydhooda.
- Waxa aad jebisaa sharciga.
- Waxa aad u badheedhaa halis, sida baabuurka oo aad kaxeysid marka aad mirqaansan tahay ama sakhraansan tahay, ama waxa aad u badheedhaa halis cudur galmo.
- Waxqabadkaaga shaqada ama dugsiga ayaa xun sababta oo ah adiga oo isticmaala maandooriye shaqada ama dugsiga ka hor, inta lagu jiro ama ka dib.
- Waxa aad gaftaa shaqada ama dugsiga sababta oo ah isticmaalka maandooriye.
- Waxa kugu dhaca wakhtiyo xusuus la'aan ah – wakhtiyo aadan xusuusan karin isticmaalka.
- Waxa isbeddela niyaddaada.
- Waxa aad leedahay dareen ah diiqad, rajo la'aan ama isdilid.

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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Khadadka Gargaarka

Waxa jira gargaar 24 saacadood ah maalintii oo loogu talagalay qofka isticmaala khamri ama maandooriyeyaal, iyo waliba xubnaha qoyska iyo saaxiibada.

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

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