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### **Effects of cocaine on the health, mental power, and relationships of users**

Cocaine is an exceptionally poisonous and addictive drug (National Drug Institute 1). Persons who are addicted to this drug will recurrently do anything in order to get more of cocaine irrespective of the consequences or risks. Abuse of cocaine can bring about severe health issues which can cause death, habitually from stroke, cardiac, or seizure (First & Allan 188-189).

Cocaine is a stimulant that principally affects the brain hence bringing about the feelings of euphoria and extroversion. Addiction to this drug can grow very fast, even with small use. An addiction is both mental, meaning the user powerfully desires the outcomes of consuming cocaine, and physical, meaning that the person's body desires the drug.

### **Effect of cocaine on health**

Cocaine generates pleasurable feelings in the body. It makes the brain to discharge neurotransmitters like dopamine. This dopamine flow is accountable for a temporary pleasant feeling. Cocaine can also reduce the user's desire or need for food and sleep (Weiss, Steven & Roxanne 29). Other effects linked with cocaine users include elevate risk of high blood pressure and heart damage. Long-term damage can be seen in cocaine users who have long term history of abuse. Those who smoke cocaine can suffer lasting cancers of the throat or lung damage, and respiratory system.

### **Mental effect of Cocaine**

According to Disease Control Priorities Project (89), regular cocaine users who use huge amounts of cocaine usually experience panic, paranoia, aggression, hallucinations, anxiety, irritability, bizarre or repetitive behaviors, and impaired judgment. According to Hendricks (2), impaired judgment can have severe consequences like risky sexual behaviors, contraction of HIV from sharing needles, as well as violent or suicidal thoughts.

### **Effect of cocaine addiction on relationships**

In a situation where a spouse is addicted to cocaine then this can cause a strain on the relationship because the addicted person may have changed from being an easy going person to one who is vulnerable to violent outbursts, mood swings, and secrecy. This is hard for the other person especially if there are kids involved as it is both confusing and distressing for kids to see a parent depicts signs of addiction. Furthermore, an addicted person may experience financial issues which the partner is not aware of. This merged with paranoia; irrational conduct is likely to lead to a broken marriage (Schäfer3).

From a personal analysis on the issue of family life, there is likelihood that the family members of the cocaine addict may feel ashamed or embarrassed at this behavior. They are troubled by what others may think and are not sure of how they can help the drug addict. Also, a teenager suffering from cocaine addiction may affect his or her schooling and his relationship with his or her classmates. One such impact of this is running from school.

### **Conclusion**

Cocaine is a forcefully addictive drug which generates numerous effects which ranges from mental, social, and medical effects. Mental effects range from violence, paranoia, agitation, and hallucinations while health effects range from cancer of the throat, lung damage, and heart problems. Use of cocaine also affects a person's social life as the drug makes the user to be withdrawn and violent hence ruining their relationships.

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