

# Introduction to Cocaine Addiction

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Coke, more commonly known as cocaine is a highly addictive stimulant which instantly affects the brain after introducing it to the body. The effects of this drug are extremely pleasurable and give a false sense of euphoria. Like caffeine, coke makes the user feel awake, and energized. Cocaine addicts usually experience a sense of well being and feel 'powerful', combined with restlessness and anxiety. When the effects of cocaine wear off the user will 'crash', become depressed, and crave another 'hit' or 'wack'. Cocaine addiction is hard to beat, because of the great lengths the user will go to get the drug. Some will even neglect his job, family and loved ones, in order to satisfy their craving for cocaine. This is one of the reasons why cocaine addiction is considered so harsh. It affects the user as well as everyone around him or her.

Signs of cocaine abuse include: change in mood, appetite and sleep cycles, depression, absence at work and home, runny/ sniffly nose, new group of friends and a drop in school grades. Loss of interest in hobbies and other activities are also common signs of cocaine usage. Teenagers may also have a frequent need for money, without a good reason. Confronting the suspected user is the best solution. Cocaine addiction should not go overlooked and should be treated ASAP. Long term effects of cocaine include: irritability, mood swings, restlessness, paranoia, possible auditory hallucinations and the number one long-term effect is addiction to the substance itself.

Many treatments have been found to have great effects on treating cocaine addiction. It is important when selecting treatment methods, to match the treatment to the individual's needs. The main idea is to get the cocaine abuser to stop the use of the drug and help them maintain a positive outlook throughout the withdrawal. Rewards for positive behaviour and attitude are sometimes given and staying cocaine free becomes easier for the users in time. Residential programs focus on re-socialization, group therapy, and team work to assist an addict through withdrawal. It is very important, regardless of the treatment, is moral support from loved ones. Cocaine addiction is not easy to beat, but it's not impossible, with help and the proper treatment, cocaine addiction can be overcome.

## About The Author

Ryan S. Bombard is the owner and operator of <http://www.addiction-spot.com> which features a drug rehab directory and article database.

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