

Crack Addiction: No Longer A 'Cheap' High

Crack addiction affects people of all ages throughout the United States. The number of people suffering from crack addiction continues to rise, in part, because supporting a crack addiction is initially relatively inexpensive. That makes it easy to get hooked. Unfortunately, crack is highly addictive, making it very easy to develop a crack addiction even for someone who want to try it 'just once.

Crack addiction is also on the rise because it is the 'poor man's' version of the powdered form of cocaine, which is very expensive. Crack addiction does not, however, only affect poor or lower class people. Crack addiction crosses all races, classes, and socio-economic backgrounds. No matter the background or social status, a person who develops a crack addiction finds it to be nearly impossible to stop and recover from the crack addiction.

Crack addiction can result in a whole array of physical problems. One physical problem that can result from crack addiction is an increase in heart rate and blood pressure. Crack addiction can also cause the eyes to become dilated, anxiety, and a decrease in mental alertness and clarity. In addition, crack addiction can cause hot and cold flashes and sleeplessness. Eventually it often leads to paranoia and psychosis.

A person coping with a crack addiction will ultimately develop a tolerance to crack. This makes it more difficult for the person suffering from a crack addiction to get high. Therefore, he has to take increasingly larger amounts of crack. The initial low cost now becomes less of a factor because the overall amount used continues to increase.

Yet, crack addiction is treatable. A crack addiction treatment program can help a crack addict recover from crack addiction when he is ready to be helped. Usually, the most difficult part of recovering from a crack addiction is the pain, both physical and psychological, associated with crack withdrawal.

For this reason, it is important for a person receiving crack addiction treatment to do more than go through a detoxification process. The person suffering from a crack addiction also needs to learn how to handle temptation and how to handle problems without turning to crack for help. The person then needs guidance and support after receiving treatment for a crack addiction to ensure he puts his newly learned skills to use. Engagement in long term continuing care and lifestyle change is need to insure any degree of success.

Crack addiction is potentially fatal, but through qualified, professional help, the chances of recovery are increased.

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