

Breaking the silence of **addiction**



Addiction is a condition characterised by the compulsive and repetitive use of a substance (such as drugs, alcohol, or tobacco products) or engagement in an activity, despite its harmful consequences.

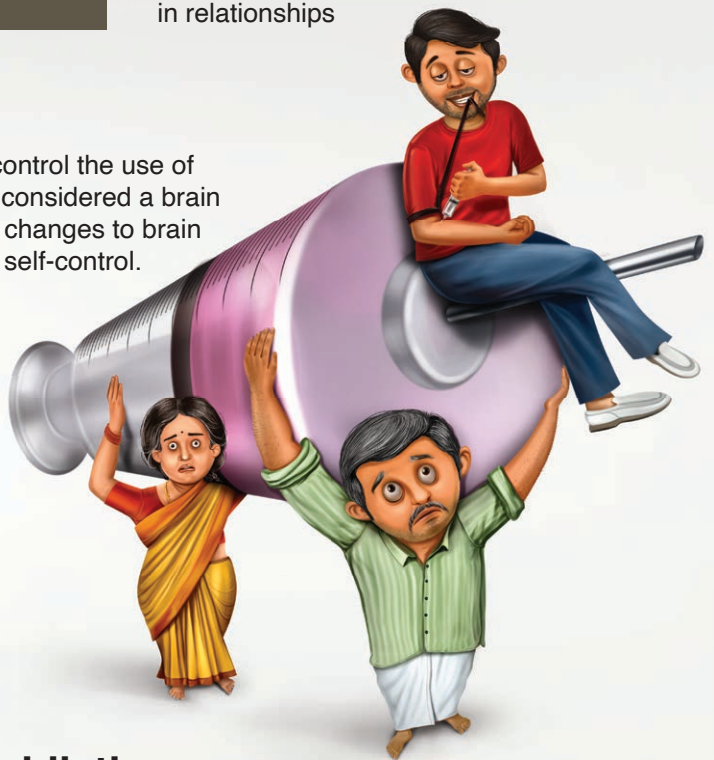
Substance Addiction

When is a Person Considered to be Addicted?

- Intense urges for the consumption of alcohol or drugs or addictive behaviour that blocks out any other thoughts
- Feeling anxious and irritable when they are not using substances or engaging in addictive behaviour
- Experiencing withdrawal symptoms when attempting to stop the addictive activity
- Not meeting obligations and work responsibilities
- Continuing the addictive activity when they have a medical condition or mental disorder that gets worse when they use it
- Continuing substance usage or addictive behaviour, knowing it causes problems in relationships

Drug Addiction

Drug addiction leads to an inability to control the use of a legal or illegal drug or medicine. It is considered a brain disorder because it involves functional changes to brain circuits involved in reward, stress, and self-control.



Tobacco Addiction

Nicotine, a stimulant found in tobacco products, is consumed through smoking, chewing, sucking, or gargling. Beedi, chewing paan (betel leaf) with tobacco, gutka, and mawa are popular and highly addictive. Nicotine dependence occurs when your body gets used to having some level of nicotine in your system.



Alcohol Addiction

Alcohol is a highly addictive substance that rewires how the brain functions. They find it difficult to stop drinking, even if their alcohol use affects their lives and the lives of those around them.



Behavioural Addiction

Behavioural addiction refers to compulsive behaviours that provide a sense of reward or relief, similar to substance abuse, but without the involvement of drugs or alcohol. When you do something enjoyable, the brain releases dopamine, which has the effect of making you feel good. The desire to experience this sensation repetitively can result in uncontrollable cravings over time.

Behavioural addiction covers lifestyle addiction such as pathological gambling, gaming, internet, mobile, and shopping. While these behaviours may start as harmless or occasional activities, they can escalate over time, leading to a loss of control, neglect of responsibilities, and significant personal or relational harm. Some people use drugs as self-medication for an underlying health condition which could ultimately lead to drug addiction.



How Does Addiction Affect Physical and Mental Health?

Use of alcohol, tobacco, cigarettes, and intravenous drugs can lead to short and long-term negative health effects that include

- Cancer • Lung, Gastrointestinal, and Heart disease • Affects the central nervous system, metabolism, etc • Weakened immune system
- Infections (Hepatitis B, Hepatitis C, and HIV)
- Withdrawal symptoms like nausea, tremors, and seizures • Depression, anxiety, and sleep problems
- Cognitive impairments like memory loss and lack of concentration • Psychological disorders
- Suicidal thoughts • Academic or career challenges • Relationship difficulties
- Illegal behaviours

Impact on Family and Society

Addiction not only affects the individual but also takes a heavy toll on families, causing financial and emotional strain. Family members feel anxious, depressed, and hopeless and live in constant fear of something happening to the person they love. They lose trust in each other, which increases stress, and leads to abusive behaviour within the family. Children raised in an abusive environment experience lasting effects on their mental health and overall life.

Who is Affected by Addiction



Children



Spouses



Parents



Siblings

Breaking the Stigma of Addiction

The stigma surrounding addiction is a significant barrier to understanding, supporting, and effectively addressing this complex mental condition. Many individuals struggling with addiction express a desire to break free but feel trapped, helpless, or afraid of being judged. However, this stigma not only alienates individuals struggling with addiction but also discourages them from seeking help, perpetuating feelings of shame and isolation. We have to break the stigma to support people suffering from addiction and provide a safe, understanding space to share their experiences and receive guidance toward recovery.

Is Addiction a Moral Failure or a Medical Condition?

Often addiction is mistakenly viewed as a moral failing or a lack of willpower. However, addiction is a condition that is influenced by a combination of genetic, environmental, and psychological factors. Proper medical treatment under the guidance of experts is required to overcome addiction.

When to Seek Help?

When addiction affects the person's physical or mental health, daily life, relationship with family and friends, or causes withdrawal symptoms, medical attention is required.



Why Choose MIOT?

The Journey To Recovery Begins With Listening

MIOT's compassionate team prioritises active listening, offering a protected, non-judgmental, and supportive space where patients feel heard, respected, and valued. This initial step lays the foundation for building trust and guiding them towards recovery.



Department of Mental Well-Being

Our specialists with over 25 years of expertise include psychologists, psychiatrists, and de-addiction specialists. We use evidence-based approaches accepted and practiced worldwide. We have a state-of-the-art facility that reflects the finest global standards. We provide personalised treatment addressing the unique needs of patients.

MIOT's Serene Environment

Located on a serene 14-acre campus, MIOT offers a green, peaceful environment filled with fresh air, ideal for healing and rejuvenation. Our rooms are air-conditioned and spacious, with ample natural light. They are designed with every patient's safety and convenience in mind.

Comprehensive Assessment and Diagnosis

MIOT conducts detailed evaluations to understand the extent of addiction, its underlying causes, and any co-occurring mental health conditions such as anxiety or depression. This holistic assessment ensures that the treatment plan addresses both physical and psychological aspects of the individual's health.

Holistic Care

Backed by MIOT's hepatology, pulmonology, nephrology, and gastroenterology experts, we also provide physical rehabilitation for those dealing with the physical effects of long-term addiction. Additionally, we support them in strengthening their emotional balance, enabling them to face future challenges with confidence.

Aftercare and Relapse Prevention

Recovery is a lifelong process. MIOT ensures that individuals are maintaining their sobriety after completing the program with regular follow-ups and relapse prevention training to help individuals identify and manage potential triggers.

Support for Families

Addiction affects not only the individual but also their loved ones. Understanding this, MIOT provides support services for families, helping them understand addiction, cope with its challenges, and become active participants in the recovery process.





For more information about the Department of Mental Well-being
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