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English 3

6 October 2017

## **Accidental Addiction**

Although designed to be more beneficial than harmful, prescription drugs, taken as directed, kill 100,000 Americans per year. That is equivalent to one person every five minutes. This is not only because people misuse them for recreational purposes, but because of people that became dependent on the medications that were supposed to simply heal them. Prescription drugs are the worst drugs because they can cause accidental addiction. However, even in the case of prescription drug abuse, anyone who is addicted to a drug is personally responsible for their situation in the end.

A typical misconception among teenagers is that prescription drugs are safe simply because they are given by a person in a white coat. By a survey done by the Foundation for a Drug-Free World, it was found that unfortunately almost 50% of teens believe that prescription drugs are much safer than illegal street drugs. This just goes to show how much people don't understand about drugs.

Taking them for nonmedical reasons or to "self-medicate" can be just as dangerous and addictive as taking illegal street drugs. Taking painkillers is a real risk, especially when not specifically prescribed to a patient by a certified doctor. Despite the misunderstandings, users are still responsible for their addiction in these cases because they are the cause of the problems that arise.

Apart from extremely unique scenarios, people make the personal decision to take/do street drugs for recreational purposes. Excluding wild scenarios, it was originally a choice for the addict to pick up a drink or to try a substance. According to the National Institute on Drug Abuse, 52 million Americans over the age of 12 have used prescription drugs for non-medical purposes in their lifetime. If they hadn't made the choice to intentionally damage their health for a temporary high, then they would have never developed an addiction.

For some addicts, victims of prescription medication, their first use of their poison was not taken with the intention of getting high and risking the development of an addiction. Their dependence was not a choice. With prescription drugs, the goal is to strengthen health, not just to get a person high.

Dependency and addiction are not the same because dependency leads to addiction. When a body becomes physically reliant on a drug, it soon needs a higher dosage of the medication to get the same effect, relief, or high. The recovering patients feel that it's safe for them to continue taking the medication that they were told to take. Sometimes medication seems like the only answer; especially when it is the only solution that their doctor offers them. "As direct marketing laws regarding prescription drugs began to relax over a decade ago, the drugs themselves became increasingly viewed as a commodity rather than a treatment." Without realizing it, they are training their bodies to rely on the meds.

People can have different reactions to drugs due to differences in each person's body chemistry. A drug that was beneficial for one person could potentially be very risky, or even fatal, to someone else. So imagine what could happen if a person actually become addicted to a

medication that wasn't even advantageous for their health. There is a lot of controversy surrounding whether substance abuse is a choice despite the overwhelming amount of scientific evidence that supports the idea that addiction is in fact a medical disease. If a patient is seeking help, clearly they care about their health and would not choose to get hooked on the drug that is supposed to help them get better.

Prescription drugs are the worst because they are supposed to be helpful, not harmful. Most people take them with only good intention, but science causes them to become a slave to the dependency that they didn't ask for. Taken as directed, they kill hundreds of thousands per year. Innocent people easily become dependent on the medications that were supposed to simply help them heal. Anyone who is addicted to a drug that was not prescribed to them or forced to take is personally responsible for their situation in the end.

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