



Temple Terrace Drug Rehab Center Publishes Post On Finding Help With Cocaine Addiction

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WhiteSands of Temple Terrace - Drug & Alcohol Treatment Center has announced that they have recently published a post on their website that offers advice on how to get help with cocaine addiction. The article is titled, "Getting (Effective) Help with Cocaine Addiction: Help with Cocaine Addiction ? Long-Term Effects of Abuse and Finding Effective Treatment."

WhiteSands Treatment Center spokesperson Joe Ducey says, "Getting effective help with cocaine addiction is one of the best ways to overcome the destructive disease. In the said article, we explore the effects of cocaine abuse, cocaine withdrawal symptoms, and how an addiction is treated professionally."

The article explains that one of the most worrisome long-term effects of cocaine abuse is that the brain is able to adapt such that the reward systems in the brain of the addicted person become much less sensitive to natural reinforcers. What this means is that for people who abuse cocaine, they will enjoy less the normal things in their life, with the result that the addicted person can no longer feel happiness without using cocaine.

Also, the areas of the brain that are responsible for feelings of stress become more sensitive such that the

addicted person has more negative moods and is displeased with life, in general. The result is that addicted people become more obsessed with getting the drug than food and vital relationships in their life.

Furthermore, addicted people develop tolerance for the drug, which means that they will need a larger quantity of the cocaine to achieve the same sensation they have felt when they used cocaine in the past. This results in a gradual increase in the amount of cocaine used, which may lead to an overdose.

Some of the health effects of long-term abuse of cocaine are: seizures, stroke, weight loss and malnutrition, gastrointestinal tract ulcers, nasal septum damage, high risk of having an infectious disease, lung damage, loss of smell, Parkinson's disease, heart attack, poor memory, poor concentration, and poor decision-making skills.

One main reason why people who abuse cocaine need help is that they will need to be able to deal with the intense withdrawal symptoms when they quit using the drug. These include severe depression that can lead to suicidal thoughts, nightmares, anxiety, fatigue, muscle aches, intense cravings, chills, nerve pain, and difficulty concentrating.

Included with the article are resources that people addicted to cocaine and their loved ones will find useful in seeking help for the addicted person. Help with cocaine addiction is available from the WhiteSands drug rehab facility at Temple Terrace in Florida. They offer inpatient and outpatient levels of care, individual or group therapy, individual or group counseling, and treatment plans for both drug and alcohol addiction.

WhiteSands inpatient treatment facilities can be found at Tampa and Fort Myers, Florida. For Tampa, the facility is located in Plant City, which is found east of the metropolitan Tampa Bay area. This is a 50,000 square foot state-of-the-art facility with 150 beds. It has resort style features and amenities, which means that patients stay in a relaxed and comfortable place. There is even a large swimming pool, picnic tables, tiki huts, and gazebos. There is a huge dining hall, spa treatment rooms, snack cafe, clubhouse game room, and a workout gym. Some of the components of the core inpatient program are physical evaluation, medical history taking, psychiatric evaluation, medical detox, medical staff who are available 24/7, daily group therapy sessions, biosound therapy sessions, and optional family support sessions.

The inpatient treatment facility in Fort Myers is a resort style property composed of nine houses. Each house has four bedrooms and the houses are connected through cobbled pathways. In between these houses and intersected by the pathways are gazebos, fountains, streams and landscaping. Just like with the Tampa facility, patients will feel as if they are vacationing in a resort, complete with sports facilities, outdoor recreation, and living rooms with comfortable couches and large flat screen TVs.

Those who want to know more about the Temple Terrace drug rehab treatments and the inpatient treatments

can visit the WhiteSands website or contact them by telephone.

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For more information about WhiteSands Treatment Center - Temple Terrace, contact the company here: WhiteSands Treatment Center - Temple Terrace Joe Ducey media@whitesandstreatment.com 6610 E Fowler Ave J Temple Terrace, FL 33617

WhiteSands Treatment Center - Temple Terrace

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