



Discovery Point Retreat Publishes Article About Cardiovascular Disease

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Discovery Point Retreat discussed the correlation between drug abuse and cardiovascular disease, as part of their advocacy to raise awareness about the issue. American Heart Month is in February, and it is a national effort to address heart disease.

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths is caused by heart disease. Discovery Point Retreat in Dallas Texas recognizes substance use as a common factor contributing to cardiovascular disease.

However, the Niznik Behavioral Health facility also emphasized that heart disease can be prevented by making healthy choices, managing health conditions, and avoiding the use of illicit substances.

The risk of cardiovascular disease among people who abuse illicit and prescription drugs is higher. This is because most drugs can have adverse effects on the heart, arteries, veins, and capillaries. Stimulants can increase activity in this organ system, while opioids can slow it down. This leads to a wide range of adverse health effects such as irregular heartbeat, increased heart rate, narrowed blood vessels, and high blood

pressure.

The cardiovascular effects of drug abuse may range from mild to severe. The severity may depend on the person's drug intake, and how long they have been abusing a certain drug.

Discovery Point Retreat named some of the drugs that affect the cardiovascular system: cocaine, marijuana, ketamine, GHB, DMT, inhalants, heroin, LSD, MDMA, methamphetamine, PCP, prescription stimulants, synthetic cannabinoids, synthetic cathinones, tobacco, steroids, and mescaline, also known as peyote.

Taking and abusing these drugs can expose someone to a lot of unnecessary health problems. To make matters worse, a lot of recreational users take illicit substances by injecting them directly into their bloodstream in an attempt to get a more intense high.

Using improperly sterilized paraphernalia puts the user at risk of blood-borne illnesses and infections. Some additives and contaminants may not be fully dissolved before injection. These contaminants can clog blood vessels supplying oxygen and nutrients to organs, leading to tissue death in vital organs like the lungs, liver, kidneys, or brain.

Intravenous use of drugs may also lead to scarred or collapsed veins, bacterial infection, and infections in the valves and lining of the heart.

The problem is that many people who abuse popular drugs are unaware of their side effects. Some of them may try to hide their drug use, making it difficult for physicians to properly diagnose and treat any associated health issues, should they arise.

Discovery point Retreat encourages the public to share strategies that can prevent heart disease. People can also encourage others to live heart-healthy lives.

The American Heart Month is a great opportunity to raise awareness about heart disease and its prevention.

Preventive measures can be taken at home and in the community. Small changes in a person's diet, like using spices to season food instead of salt, can go a long way in preventing heart disease. Even just tweeting about the American Heart Month can inform people online about ways to keep themselves healthy.

Teachers and administrators can make physical activity a part of the school day to help students start good habits early.

Discovery Point Retreat encourages people struggling with addiction to seek proper treatment right away. A

combination of medical detox and behavioral therapy can address the effects of addiction. It can get the person started on living a drug-free lifestyle.

It all starts with seeking proper medical assistance. Call Discovery Point Retreat today and begin the journey towards recovery.

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Discovery Point Retreat - Alcohol & Drug Rehab Dallas

Discovery Point Retreat in Dallas Texas is the leading addiction treatment center in the great Dallas, Fort Worth area. Specializing in outpatient and inpatient therapy for alcohol drugs and RX addiction.

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