



Garden Heights Recovery Publishes New Article That Highlights the Risk of Cardiovascular Disease Among People Who Abuse Illicit Drugs

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Jersey City, New Jersey. Garden Heights Recovery, a leading addiction treatment center serving New Jersey and NYC commuters, has pulished a new article highlighting the risk of illicit drug use and the impact on the cardiovascular system. Heart disease is the leading cause of death for men and women in the US. Every year, one in four deaths is caused by heart disease. In line with the upcoming American Heart Month this February, Garden Heights Recovery. reminded the public that heart disease can be prevented when people make healthy choices and manage their health conditions.

Garden Heights Recovery highlighted the increased risk of cardiovascular disease among people who abuse illicit substances.

Researchers have found that most drugs can have adverse cardiovascular effects. These effects can range from something mild like an abnormal heart rate to something serious like a heart attack.

Further, a lot of recreational users take illicit drugs by injecting the substance directly into their bloodstream.

This puts them at risk of bacterial infections and collapsed veins because these drugs may have impurities that can block their capillaries and veins.

Garden Heights Recovery warns against the following drugs that may affect the cardiovascular system: cocaine, GHB, DMT, inhalants, heroin, LSD, ketamine, MDMA, marijuana, methamphetamine, PCP, prescription stimulants, synthetic cannabinoids, synthetic cathinones, tobacco, steroids, and mescaline, also known as peyote.

Most drugs, both prescription and illicit, can harm the cardiovascular system if misused. Just because it was prescribed by a doctor doesn't mean it can't be harmful or addictive. In fact, the current opioid epidemic is proof that prescription medications can be deadly if abused.

The cardiovascular side effects of substance abuse can be deadly. These effects may occur without warning even in individuals who are not habitual drug users. Cocaine, for example, creates problems deep within a person's body that linger long after a person has quit taking the drug. This is why it is known as the "perfect heart attack drug".

Those who are addicted to drugs are at an even greater risk because these dangers increase when the body is repeatedly exposed to these deadly substances over a long period of time. The body develops physical dependence and makes it nearly impossible and very dangerous to quit without proper detox.

The problem is that many people who abuse these popular drugs are unaware of their 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.

Garden Heights Recovery encourages people to spread the word about strategies that can prevent heart disease and encourage people to live heart-healthy lives.

The American Heart Month, coming this February can be used to raise awareness about heart disease and how people can prevent it. Preventive measures can be observed at home and in the community. Teachers and administrators can make physical activity a part of the school day, for example. This can help students start good habits early.

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 American Heart Month can inform people online about ways to keep themselves healthy.

And of course, Garden Heights Recovery encourages people struggling with substance abuse to seek proper

treatment right away. If someone is addicted to these drugs that cause cardiovascular problems, then they will not be able to just quit whenever they want to. They will have to go through proper rehabilitation that includes both medical detox and behavioral therapy in order to rid themselves of the effects of addiction.

Garden Heights Recovery offers partial hospitalization programs (PHP), intensive outpatient programs (IOP), and other helpful programs that could get clients started on the path towards recovery. Garden Heights is only 2.9 miles from NYC proper and makes a fantastic option for NYC commuters who need to attend outpatient drug or alcohol rehab.

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For more information about Garden Heights Recovery- Alcohol & Drug Rehab Jersey City, contact the company here: Garden Heights Recovery- Alcohol & Drug Rehab Jersey City David Freeman 855-208-4908 dfreeman@gardenheightsrecovery.com 26 Journal Square Plaza Suite 1202 Jersey City, NJ 07306

Garden Heights Recovery- Alcohol & Drug Rehab Jersey City

Garden Heights Recovery was founded by addiction recovery professionals dedicated to helping those in need to overcome substance abuse. We serve communities across New Jersey and the United States for drug, alcohol & RX addiction.

Website: <https://www.gardenheightsrecovery.com/>

Email: dfreeman@gardenheightsrecovery.com

Phone: 855-208-4908

