



## **Drug Addiction and Nutritional Status**

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### **Abstract**

Drug addiction is one of the most struggling social and health problems worldwide. Various factors determine the efficiency and duration of the addicts' treatments. One of these factors is nutritional status. Because of drug addiction, individuals slight their nourishment. Several reasons such as particularly drug abuse related loss of appetite, budget and sleep duration cause this situation. Relating to the subject, various literature searches has been done in databases. Even though eating and drug abuse look like separate conditions, actually they both have many neural similarities. Nerve fiber bundles that reach the structure called nucleus accumbens excrete great amount of neurotransmitter dopamine. When a hungry individual finds food, this structure fills up with dopamine. Likewise, cocaine and amphetamine increase the level of dopamine in this structure and cause a wave of pleasure. This situation is one of the factors that diminish appetite of drug addicts. Many of the drug addicts, especially opium addicts have undernutrition in terms of macro and micro nutrients and therefore malnutrition may be occurred. Food consumption preferences of addicts cause malnutrition as well. Addicted individuals' fruit, vegetable or dairy products consumptions are in small quantities. Changes in drug addicts' nutritional status serve positively in treatment. Inadequate and unbalanced nutrition related to loss of appetite is a frequent situation that's seen in the drug addicts. Bettering of nutrition status has important effect on treatment of addicts. Therefore, it's beneficial to provide adequate and balanced nutrition to drug addicts.

### **Biography**

Serkan Aslan was graduated from the Department of Nutrition and Dietetics, Afyon Kocatepe University in 2013. He began his Master's program at Gazi University, Institute of Health Science in Nutrition in 2014. He is currently studying the determination of nutrition and appetite status in drug addicts.

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