

Chapter 10

2. Alcohol is a depressant, which slows the activity of the central nervous system. The use of alcohol becomes a substance abuse once the person uses it to function or cope with their daily activities. Once they build a tolerance to a certain amount of alcohol, they increase their intake to feel the effect they desire. The intake increase leads to dependency, which can cause structural damage to the brain, liver (which can lead to cirrhosis) and malnutrition.

Alcoholics Anonymous (AA) group is a widely used therapeutic route in that people with alcoholism participate.

3. Heroin is an opioid that was once considered an upgraded morphine used for pain relief. Opioids derived from opium poppy flowers. Heroin was found to be more addictive than other opioids. Since heroin is very addictive, it is illegal in the US; even for medical use, it is not allowed. People with drug addiction to heroin would inject them into their bodies. Cocaine is a stimulant that can be found in coca plants. It is then processed into hydrochloride powder for illegal distribution. Cocaine is injected, inhaled, and smoked by its users. Currently, 16 million people are affected by opioid drug abuse, and about 4.8 million are cocaine users in the US.

16. The crowd you choose to hang out with can influence you to do the same things everyone in that group does. Scott's entire friend group, including his girlfriend, takes ecstasy, so I believe peer pressure plays a huge role in developing substance abuse. Society can help prevent

substance abuse by limiting access to drugs. They should also try to make it legal for employers to mandate drug tests for their employees.

17. Drugs are used to treat people's illnesses and disorders, so I think it is fair that marijuana should be available for medical use. Marijuana does not affect people the same way it would affect people that abuse opioids or stimulants like cocaine. Marijuana should be easy to purchase, like it is for alcohol. People are less likely to die from using marijuana than any other drugs or alcohol. The US should legalize it in every state but with restrictions, like age requirements.

Chapter 11

19. Erectile disorder is when a man cannot maintain an erection during a sexual encounter. It can occur due to anxiety, decreased erection at nighttime, erection failure linked to a past procedure, or a social-cultural factor. Female orgasmic disorder is when a woman cannot reach or have a delayed orgasm. Many biological factors can contribute to this disorder, like diabetes, menopause, drug use, or depression. Vaginismus is a sexual pain disorder that occurs in women, where they experience uncontrolled contractions. It can happen due to the woman's fear of penetration.

29. Disorders of desire are known to be challenging to treat due to multiple factors that play a role in the development of the condition. That is why therapists develop a combination of treatments that can benefit all aspects of the disorder. The treatment involves affectual awareness, where the patient is asked to visualize a sexual encounter to find issues like anxiety or concerns. The rest of the treatment includes cognitive self-instruction training and other behavioral and biological interventions.

31. I believe the issue regarding insurance coverage for Viagra, or the Pill is to control people's bodies. The government should not govern medical use, and it is unfair how they favor insurance coverage for Viagra. It displays sexism and should not be allowed regarding women's and men's health; both are equal and deserve access to these medications equally. It is disappointing to know that men can easily get approved insurance coverage for Viagra versus birth control.

33. If drugs only correct the disorder without improving the patients to be more active, the drug would not be beneficial. The medications used to treat sexual dysfunction should enhance the patient's performance and experience. At some point, you would want the person diagnosed with the disorder to be able to perform without the assistance of drugs. The research shows that the same desire to improve sexual motivation is needed, especially in older men. I would be cautious about prescribing a medication that eliminates all negative emotions depending on the patient. It might elevate another mental issue that wouldn't be beneficial.