

The 5 Most Physically Addictive Substances – Infographic

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The 5 Most Physically Addictive Substances

Recent statistics show that about

2.1 million

people in the country are addicted to one physically addictive substance or another.

It is important to note that addictive substances are not all equal –some are better at creating dependency than others while some cause more havoc during withdrawal.

- When it comes to ranking physically addictive substances, we check the following characteristics:
- The high it gives and the psychological dependence it creates.
 - How easily a person gets hooked when trying the substance.
 - The physical harm it causes.
 - The cravings and symptoms experienced when the substance is withdrawn.

Here are the 5 most physically addictive substances:

- #### Heroin

According to the National Institute on Drug Abuse (NIDA), heroin is the fastest-acting and most abused opioid in the country. Opioids are a class of drugs that include prescription painkillers such as oxycodone and morphine and illegal ones such as heroin.
- #### Cocaine

Cocaine is a stimulant drug derived from the coca plant and sold in a highly addictive powder form. It is classified as a schedule II controlled substance by the DEA.
- #### Alcohol

Alcohol is the most regularly used addictive substance in the country and is legal for those who've attained the drinking age. While it's a common feature in social situations and activities, it doesn't mean that alcohol doesn't have a darker side.
- #### Nicotine

Nicotine is mostly found in tobacco products and some sources list nicotine addiction as the most common addiction in the country.
- #### Methamphetamines

According to NIDA, about 2 million people aged 12 years and above used meth in 2019 with about half of them becoming addicted.

Start Your Addiction Recovery Journey

You don't have to wait until you've hit rock bottom before asking for help to overcome addiction. You just have to admit you have a problem then get in touch with an addiction treatment center such as Evolve Indy.



Recent statistics reveal that approximately **2.1 million** individuals in the nation grapple with addiction to one physically addictive substance or another. However, it's crucial to understand that not all addictive substances are created equal. Some are more potent in fostering dependency, while others wreak more havoc during withdrawal.

Criteria for Ranking Physically Addictive Substances

When evaluating the physical addictiveness of substances, we consider the following aspects:

- **Euphoria and Psychological Dependence:** The intensity of the high and the psychological dependence it induces.
- **Addiction Potential:** How swiftly an individual becomes addicted upon initial exposure.
- **Physical Harm:** The detrimental effects it has on the body.
- **Withdrawal Symptoms:** The cravings and physical symptoms manifested during substance withdrawal.

Top 5 Physically Addictive Substances

1. Heroin

According to the National Institute on Drug Abuse (NIDA), heroin stands out as the most rapidly acting and widely abused opioid in the nation. Opioids encompass both prescription pain relievers like oxycodone and morphine, as well as illicit variants such as heroin.

2. Cocaine

Derived from the coca plant, cocaine is a stimulant sold in a highly addictive powdered form. The Drug Enforcement Administration (DEA) categorizes it as a schedule II controlled substance.

3. Alcohol

Alcohol, legal for those of legal drinking age, is the most prevalently consumed addictive substance in the country. Its ubiquity in social contexts doesn't negate its potential for harm.

4. Nicotine

Predominantly present in tobacco products, some studies rank nicotine addiction as the nation's most prevalent addiction.

5. Methamphetamines

NIDA's data indicates that in 2019, about 2 million individuals aged 12 and above experimented with meth, with nearly half of them succumbing to addiction.

Embarking on Your Addiction Recovery Journey

You don't need to reach your lowest point to seek assistance in battling addiction. Recognizing the issue is the first step. Reach out to a dedicated addiction treatment facility like **Evolve Indy** to begin your path to recovery.

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