

## 24



302en24



Notes

## READING WITH UNDERSTANDING



### OBJECTIVES

At the end of this lesson you will be able to:

- understand short themes-based passages and
- answer questions on them.

### 24.1 SECTION I

On this International Day against Drug Abuse and Illicit Trafficking, we celebrate the choice that millions of people around the world have made to live healthily, and we applaud the courage shown by those who have stopped using drugs. In doing so, we send a positive message to all people who use or might be tempted to use drugs: ‘Value yourself... make healthy choices.’

This day is also an occasion to highlight the fact that nearly 200 million people are still consuming illegal drugs. These drugs might have names that sound colourful or enticing, such as crack, pot, junk, crystal meth, and disco biscuits. But these are little more than tickets to a dead end. For those trapped by addiction, treatment is a way out, and the choice to seek treatment is not only courageous, but often life-saving. Those who have not ventured down the path of drug abuse should learn the lesson from those who have, and firmly choose not to.

Making healthy choices also means choosing a lifestyle that has positive effect on the body and mind, including, for example, participation in sports to improve health and well-being, teach the value of teamwork and discipline, and build self-confidence.

(Message by The Secretary General, UN on the occasion of the International Day against Drug Abuse and Illicit Trafficking, 26<sup>th</sup> June, 2005)



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**INTEXT QUESTIONS 24.1**

1. Based on your understating of the message given above, answer the following questions.
  - a) What is the occasion for this message?
  - b) What message has been conveyed through this passage? To whom is the message addressed?
  - c) Why does the writer say that those who are not drug addicts should firmly choose not to fall victim to drug addiction?
  - d) To what healthy choices does the author refer?
  - e) What should people resolve on the occasion?
  - f) What does the author mean when he says, "Let us encourage all our fellow human beings to make personal choices to lead healthy lives?"
2. Which words in the message means similar to the following:
  - a) not allowed by law (Para 1) \_\_\_\_\_
  - b) to express praise/appreciation (Para 1)
  - c) falling victim to an evil design (Para 2) \_\_\_\_\_
  - d) taking step into danger knowingly (Para 2) \_\_\_\_\_

**24.2 SECTION II**

1. Drug addiction is a treatable disorder. Through treatment that is tailored to individual needs, patients can leave their condition and live normal, productive lives. Like people with diabetes or heart disease, people in treatment of addiction learn behavioural changes and often take medications as part of their treatment regimen.
2. Behavioural therapies can include counselling, psychotherapy, support groups, or family therapy. Treatment offers help in suppressing the withdrawal syndrome and drug craving and in blocking the effects of drugs. Studies show that treatment for heroin addiction using methadone at an adequate dosage level combined with therapy reduces death rates and many health problems associated with heroin abuse.
3. In general, the more treatment given, the better the results. Many patients

require other services as well, such as medical and mental health services and HIV prevention services. Patients who stay in treatment longer have better outcomes than those who stay less time. Patients who go through medically assisted interventions with minimized discomfort but do not receive any further treatment, perform about the same in terms of those who were never treated. Over the last 25 years, studies have shown that treatment works to reduce drugs and crimes committed by drug-dependent people. Researchers also have found that drug abusers who have treatment are more likely to have jobs.

4. The ultimate goal of all drug abuse treatment is to enable the patient to achieve lasting abstinence, but the immediate goals are to reduce drug use, improve the patient's ability to function, and minimize the medical and social course of drug abuse.
5. There are several types of drug abuse treatment programmes. Short-term methods last less than 6 months and residential therapy, medication therapy, and drug-free outpatient therapy. Longer term treatment may include for example, methadone maintenance outpatient treatment for opiate addicts and residential therapeutic communication treatment.



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### INTEXT QUESTIONS 24.2

1. Complete the following passage with the information contained in the passage.

Drug addiction is \_\_\_\_\_ can be treated. The treatment given to the addicts is according to \_\_\_\_\_ needs. After treatment the patient can \_\_\_\_\_ life. The treatment makes certain behavioural changes. This therapy includes \_\_\_\_\_ and \_\_\_\_\_. This treatment suppresses \_\_\_\_\_ and \_\_\_\_\_. Use of adequate dose of methadone combined with behavioural therapy reduces \_\_\_\_\_ and \_\_\_\_\_ associated with heroin abuse.

If the patient gets treatment \_\_\_\_\_ the results are better. As a result of treatment number of \_\_\_\_\_ committed by the drug addicts comes down. Main aim of drug abuse treatment is \_\_\_\_\_ and \_\_\_\_\_ function.

2. Which words in the passage mean similar to the following:
  - a) to put an end to something. \_\_\_\_\_ .
  - b) most important/main (Para 4) \_\_\_\_\_ .

