



安全週報

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廣告



Jimmy and Charles are having dinner at a restaurant near their school. The school nurse Debbie also happens to be there.

Jimmy和Charles在學校附近的餐廳吃晚餐，剛好遇到校護Debbie...

- Jimmy** : Eating is such a joy! I produce **dopamine** when I eat...I'm so happy!
- Charles** : Be careful! If you get addicted to food, you may become overweight.
- Debbie** : Charles is right! Modern medicine has found that **addiction** is a result of brain dysfunction that causes abnormal cravings for dopamine. Tobacco, alcohol, and drug addictions are all considered diseases.
- Charles** : Debbie, you're here too! So, what can be done if someone has a problem with addiction?
- Debbie** : People struggling with addiction have complex **physiological, psychological,** and social adjustment issues. They need active, professional **treatment** and assistance. They also need our support and acceptance. It is possible to **recover** from addiction!
- Jimmy** : We can give strong support to those with addictions by loving them and being there for them!
- Debbie** : Yes! That's what we need to do.

- Jimmy** : 吃東西真是太快樂啦！一邊吃一邊分泌多巴胺，超開心的。
- Charles** : 如果你美食成癮，小心會變成大胖子喔！
- Debbie** : Charles說的沒錯喔！現代醫學發現「成癮」源自大腦功能失調，產生不正常的、對多巴胺的渴望，包括抽菸、喝酒甚至毒品上癮...都算是疾病喔。
- Charles** : Debbie妳也在這裡！那如果有這種「成癮」問題該怎麼辦呢？
- Debbie** : 成癮患者涉及生理、心理與社會適應等複雜的問題，需要專業且積極的治療與協助，也需要我們的支持和接納，成癮問題是可以康復的。
- Jimmy** : 用愛與陪伴給成癮患者最溫暖有力的支持！
- Debbie** : 沒錯，就是該這麼做！

成癮問題與多巴胺的關係

大腦分泌「多巴胺」建立快樂獎賞系統，控制成就感、記憶、注意力等，能讓心情感到愉悅，甚至有研究發現，毒品與吸菸等上癮問題，都跟多巴胺有關，許多毒品(如安非他命)也經由這個系統，影響多巴胺正常分泌，讓大腦產生不正常的渴求，這就是藥物成癮，透過專業治療是可以康復的。

Say No to Drugs and Say Yes to a Healthy Life

拒絕毒品迎向彩色人生

Keywords

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addiction 癮 treatment 治療
physiological 生理 recover 康復、恢復



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諮詢專線 **0800-770-885** (請請你 幫幫我)



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