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Addiction and health among fugitives from war and refugees and their offspring

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The Arab world has witnessed and still witness a series of armed conflicts with severe consequences on physical, mental/emotional, social and sexual health levels (PMESSH) still unfolding as well as public and community health. Before war, Addiction and Psychiatric Disorders affect generally the people health and their offspring. But during and after war, war traumata tend to occur together with Addictive Disorders and Psychiatric Disorders as Panic Disorder, Bipolar Disorder, Anxiety Disorder, Post Traumatic Stress Disorder, Drug Addiction, and Substance Addiction in war conditions as Syria, Iraq, Yemen, and Libya wars. In war conditions, the stressful environment become very dangerous for the PMESSH and is difficult to treat.

In environments with crises and wars, addiction is one of the ways to escape for temporary psychological wellbeing due to the deterioration of the public conditions. The psychological stress caused by war is one of the main justifications used by the fugitives from war and refugees to escape the war and in order to get a little happiness, because they live in a state of despair, futility and tampering, a harsh stage experienced by Europe during World War II and the world during the First World War.

War traumata, negative environmental and psychological factors leave indelible scars on the health, germ cells and epigenetically somatic tissues, signs that can be inherited

and transmitted from generation to generation. Effects of addiction, Trauma and negative memories can be passed on from parents to children through sperm and ovum. The germ cells preserve and transmit on both genetic and epigenetic information. According to scientists, the enriched and positive environments have an impact on the traumatized lineages and their offspring. In sexual intercourse, life-enriched, positive experiences and environments, and well-being (feeling of happiness and serenity) reshape the epigenetic signature of spermatozoa and ovulations in human trauma.

Based on the evidence-based studies, the researchers provided the recommendations, victims and refugees need not only financial and logistical support, but also, they are in desperate need for serious psychological help and support to overcome their effects of addiction, trauma and the horror they have been through and still persist in their memories. Victims and refugees must be provided psychological therapy in addition to physical therapy by the international community. The study's findings indicated the efficacy of the psychotherapy and health education on remedy the effects of addiction, trauma, and psychiatric disorders among fugitives from war and refugees and improve their health and their offspring health.

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