**Gaming Disorder and Effects of Gaming on Health: An Overview**

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Introduction: A video game is any software program that can be played on a computing device, such as a personal computer, gaming console or mobile phone. Video games are age and gender friendly, very popular but like other pleasurable endeavors, can have adverse consequences, which are reviewed. ...

**The Opioid Epidemic: Can We Reverse The Historical Trend?**

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Opium derived from the condensed juice of the poppy, Papaver Somniferum, has been used as an analgesic, euphoric, and soporific for centuries. The use of opium use goes back 6000 years to China. It was initially cultivated in 3400 B.C. in Mesopotamia, and has been used therapeutically and recreationally ever since. In fact, opium was available during the time of Hippo ...