

Top Ten Things Every Physician Should Know About **Addiction**

1

We already see patients with addiction in our practices. Nonjudgmental screening can identify patients with addiction, and education and referrals can encourage treatment.

2

Early identification of substance misuse and intervention saves lives, reduces harm, and promotes well-being for patients and their families.

3

There are effective medications and psychotherapy treatments for addiction.

4

Treating addiction does not require specialty training or referrals to ancillary clinical services for every patient.

5

Addiction is a relapsing-remitting chronic brain disease. Return to use is a common part of the recovery process.

6

Addiction can affect anyone, including physicians. Some groups of patients are more heavily impacted by addiction because of societal marginalization and discrimination.

7

More than 50% of patients with addiction have another mental health disorder, many have chronic pain; simultaneously treating all disorders improves treatment outcomes.

8

There is no “healthy” amount of use of an addictive substance, including alcohol.

9

Using drugs does not necessarily mean someone has an addiction.

10

People with addiction often face judgment, including when seeking health care. You can help reduce concerns and stigma by spreading the message that addiction is a treatable chronic disease.

