Addiction is a disease.

Addiction is a disease just as diabetes and cancer are diseases. It is not a weakness. People of all ages, classes, and ethnic backgrounds can get an addiction.

Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain.

There are three stages from first use to addiction. Drug use easily moves to addiction because the brain functions are altered.

It's Widespread

23.1 million persons aged 12 or older needed treatment for an illicit drug or alcohol use problem (9.1%). But only 2.6 million (11.2%) of those who needed treatment it, get it.

The societal costs of addiction are substantial

- Obesity: $147 billion
- Smoking: $157 billion
- Diabetes: $174 billion
- Addiction: $193 billion
- Heart Disease: $316 billion

22.6 million (8.9%) Americans aged 12 or older use illicit drugs like marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically.

More than half of Americans aged 12 or older drink alcohol (51.8%). This is 131.3 million people.

6.7% drink heavily (16.9 million people)

16.9 million heavy drinkers (31.8%) also use illicit drug

Most adult binge and heavy alcohol users are employed.

- Among 56.6 million adult binge drinkers, 42.3 million (74.3%) were employed either full or part time.
- Among 16.5 million heavy drinkers, 12.2 million (74.0%) are employed.
Stages of Change

People with drug and alcohol problems may not want to change. The person could be in any of the following stages:
- Precontemplation: The person sees no need to change.
- Contemplation: The person has thought of the pros and cons of their substance use but is not sure about changing.
- Preparation: The person is ready to take action to change.

Action: The person is attempting to change and avoiding situations that might trigger substance use.
- Maintenance: The person has changed and is working to prevent a relapse.
- Relapse: The person may relapse once or several times before changing their pattern.

Addiction is a Disease

JUST LIKE
- Cancer
- Diabetes
- Heart Disease
- Multiple Sclerosis...

DO I HAVE AN ADDICTION?

Boston University School of Public Health’s website provides online tests to gauge drug use and advice about cutting down or getting professional help. www.drugscreening.org.

TREATMENT WORKS

There are 13,339 addiction treatment facilities in the U.S. Go to www.findtreatment.samhsa.gov to find one near you. Or call 1-800-662-HELP.

PROFESSIONALS CAN HELP

A variety of health professionals can help people with a substance use disorder. They include:
- Primary care physicians
- Addiction specialists
- Mental health professionals
- Peer recovery support staff
- There are always ways to help yourself or your loved one.
- The Addiction Workbook is a self-help guide may assist some people to overcome their alcohol or other drug dependence disorder. [http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252]

SOURCES

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http://m.addicted.blogspot.com/2011/05/types-of-addictions.html
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INTERESTING DATA