

30. A DOCTOR CAN HELP YOU CREATE A TREATMENT PLAN.



- 31. Medications are available that can help people addicted to alcohol or opioids reduce their cravings.
 - 32. Addressing both a person's physical and mental health is key to recovery.
 - 33. The path to recovery looks different for everyone.
 - 34. Successful recovery often includes lifestyle changes. This may mean finding new friends who support recovery efforts.
- 35. SUPPORT GROUPS AND ONGOING COUNSELING MAY HELP PREVENT RELAPSE.**
- 36. More than 25 million people in the U.S. have overcome addiction and are now living healthy, productive lives.



Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health is a first-ever Surgeon General's report on addiction. Inside is an easy-to-read summary of some of the most important findings in this report. To view the entire report online, visit addiction.surgeongeneral.gov



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This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.

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SURGEON GENERAL'S REPORT

36 THINGS EVERYONE SHOULD KNOW ABOUT ADDICTION



- 1. ADDICTION IS NOT A SIGN OF WEAKNESS OR A PERSONALITY FLAW.**
2. Addiction can happen to anyone.
- 3. ADDICTION IS A CHRONIC BRAIN DISEASE.**
4. Substance use disorder is another name for addiction.



AN EASY-TO-READ SUMMARY

5. DRINKING ALCOHOL OR USING DRUGS AFFECTS THE BRAIN'S NATURAL CHEMICALS.

6. The chemicals in the brain that cause pleasant feelings become active when alcohol or drugs are used. This is what causes a person to feel "high."

7. If alcohol or drugs are used regularly, the brain and body build a tolerance. This means it will take a larger amount of a substance in order to get "high."



8. Over time, the repeated use of drugs or alcohol changes a person's brain chemistry.

9. BRAIN CHANGES ARE WHAT CAUSE A PERSON TO SEEK OUT AND USE ALCOHOL OR OTHER DRUGS OVER AND OVER.

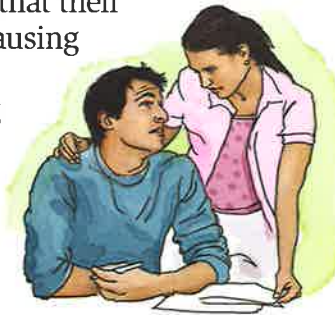
10. A person may begin to feel stress, anxiety, depression or other negative feelings when not using the substance.

11. Addictive drugs, including alcohol and marijuana, have a particularly harmful effect on the developing brain.



12. A person's substance use may cause problems with family or friends, work or school. He or she may have physical or mental health problems too.

13. A person may know that their substance abuse is causing problems, but they cannot stop drinking or taking a drug – this is addiction.



14. THIS DISEASE MAKES IT HARD FOR A PERSON TO STOP USING A SUBSTANCE WITHOUT HELP.

15. Over 20 million people in the U.S. have a substance use disorder involving alcohol or drugs.

16. One in seven people in the U.S. are expected to develop a substance use disorder at some point in their lives.

17. More than 40 percent of people who suffer from addiction also have a mental health condition. Fewer than half of these people get help for either disorder.

18. ADDICTION CAN HAVE SERIOUS CONSEQUENCES.

19. Every day in the U.S., thousands of people are treated in emergency departments for the misuse of alcohol or other drugs.



20. The long-term effects of addiction can include serious health problems and early death.

21. More people die each year from alcohol and drug overdose than are killed in car crashes.

22. ADDICTION CAN BE PREVENTED.

23. Knowing your risk factors for addiction may help prevent the disease.

24. The earlier a person first tries alcohol or drugs, the greater the risk for a substance use disorder.



25. Having family members with a substance use disorder or growing up in a home with alcohol or drug use can also increase a person's risk.

26. Addiction is a chronic condition. It does not go away. But, like many chronic diseases, it can be treated and managed.

27. TREATMENTS ARE EFFECTIVE.

28. People can and do recover.

29. Talking to a doctor or counselor about your drug or alcohol use can be a great first step toward recovery.

