



RECOVERY AND MEDICATION BOOKLET

A guide for addicts in recovery from substance dependency on using medication responsibly.

Part of ARC's Information Series



INTRODUCTION

There may be times in our recovery that we may require the use of medication. Reasons for using medication can range from having to deal with a headache, overcoming the flu, dealing with dental issues, managing chronic pain, dealing with a chronic illness, having to manage a psychiatric disorder or facing a terminal illness to name a few.

It is important to remember that whatever the reason, considering the use of medication should never be done without proper due diligence or professional guidance. Our objective must always be to responsibly seek treatment for medical conditions all the while recognising that we are recovering addicts with the disease of addiction.

This booklet offers practical suggestions for living a life in recovery and living with an illness, injury, or mental health disorder that might require medical intervention and/or the use of medication. At ARC Addiction Recovery Centre you will learn that trying to treat addiction with medication can be like putting petrol on a fire.

The last time medication was used to treat the physiological aspect of our addiction, it was done so under strict medical supervision under the guidance of qualified Doctors and Healthcare Professionals in a safe, controlled and responsible manner.

We learn through our experience at ARC Addiction Recovery Centre that once the physiological symptoms of our disease have been dealt with, our addiction does not require the use of medication for treatment. Having said that, the use of medication may still become a necessary part of our journey in recovery.

Below are questions and answers about using medication. We've also added experiences and opinions of medication by recovering addicts. You will also find brief explanations by the ARC Doctor on various issues relating to the use of medication in recovery.

KEEPING OUR HEALTHCARE PROVIDERS INFORMED

We are ultimately responsible for our recovery, but there may be times when we need to seek treatment from a Healthcare Professional. Our Healthcare Professionals will be unable to properly assist us if we are not completely honest with them about our addiction. We make it clear to them that our goal in recovery is to abstain from all mind or mood-altering substances and that we choose not to take medication unless it is absolutely necessary.

You do not have to accept everything your doctor says at "face value" and you do have the right to ask questions. If you are ever in doubt, rather seek a second or even third opinion rather than jeopardise your recovery.

Q: How do I tell a doctor that I might be an addict? I am afraid of what he might suggest?

A: Being Honest with your Doctor or HealthCare provider will always be one of your best defences and safeguards against potentially putting your recovery at risk. Doctors and Health care professionals are not here to judge and are bound by strict ethical rules of conduct that are in place by law. A Doctors primary concern is always the well-being of their patient. Being afraid of putting your recovery at risk is normal and a healthy sign and can help us safeguard our recovery. If you have any concerns, be sure to ask your Doctor questions and, if necessary, get a second opinion and work with your ARC Recovery Coach or Addiction Counsellor to make sure that you are on the right track.

MEDICATION AND RECOVERY

The concept of abstinence can be confusing when the treatment of any kind of illness requires medication. What is important to remember as addicts is to make the conscious decision not to treat our own illnesses or self-medicate but rather to consult medical professionals to assist us.

The ultimate responsibility for making medical decisions rests with each individual. If we choose to accept it, however, a great deal of support is available to help us make these decisions. Your ARC Recovery Coach or Addiction Counsellor is just one example of caring and knowledgeable pool of resources and support for making these tough decisions.

Our experience at ARC has shown that no drugs are risk free for addicts. Non-prescription drugs can be just as dangerous as prescription medication and we therefore encourage you to be responsible when taking any medication

by seeking alternative methods of treatment if at all possible, following the suggestions of your ARC Recovery Coach or Addiction Counsellor, and always checking your motives.

Cleantime is a personal matter for everyone and is an issue which each addict must honestly clarify with their Higher Power, their sponsor and themselves.

Q: Can I self-medicate now that I'm in recovery?

A: NO! Only a qualified Healthcare Professional, who is able to assist you with the best course of action for your particular ailment, should prescribe medication to you.

CHRONIC PAIN

Definition: Pain that lasts beyond the term of an injury or painful stimulus. Can also refer to cancer pain, pain from a chronic or degenerative disease, and pain from an unidentified cause.

Chronic pain is a medical condition that some addicts may have to live with in recovery. In the event of such pain, it becomes extremely important for Recovering Addicts to make sure of their motives for wanting to use medication. Ask your ARC Recovery coach or Addiction Counsellor, your sponsor and your Higher Power for guidance and help along the way.

Our experience at ARC has shown us that some addicts have successfully taken medication prescribed for chronic pain, all the while keeping their recovery manageable. This must, however, be done in a responsible manner and with the guidance of a professional.

Q: Is taking a course of prescribed medication for my chronic backache considered a relapse?

A: If the medication is administered as prescribed by your Doctor at the specific times as per your script and only for the length of time stated on the prescription, then no, it is not considered a relapse.

Q: I suffer from frequent back pain due to a major operation and my GP has prescribed medication containing codeine. Should I take it?

A: Ask your Doctor about prescribing a non-habit forming painkiller. Codeine can cause dependence and withdrawal. Speak to your ARC Recovery Coach or Addiction Counsellor for guidance.

Q: Can I take anti-inflammatory medication whenever I have backache?

A: Non-steroidal anti-inflammatory drugs (NSAID's) are generally considered safe to use in recovery. However, it is of utmost importance to remember that in recovery, it is best to consult a qualified Healthcare Professional who is able to prescribe this medication to you if needed. You should never self-medicate. As an alternative to medication, try applying ice, or even cool water, to a tissue injury. This has an anti-inflammatory effect and is often suggested as an injury treatment and pain management technique for athletes. Another common approach is Rest, Compression and Elevation. Cool temperatures inhibit local blood circulation, which reduces swelling in the injured tissue.

Q: I am an extremely anxious person but I want to avoid asking my Doctor for benzodiazepines. What is a safe alternative?

A: There are many safe alternative medications that can help you with high levels of anxiety. The type of medication that might be applicable in your specific circumstances will depend on a variety of factors. Discuss this in detail with your Doctor and your ARC Recovery Coach or Addiction Counsellor. Consider potential lifestyle changes and other methods of helping you cope with your anxiety.

CHRONIC ILLNESS

Definition: Any disorder that persists over a long period and affects physical, emotional, intellectual, vocational, social, or spiritual functioning.

There are many chronic illnesses that addicts have to face and live with in recovery that have treatments available. Remember to always be honest with your specialist when discussing a treatment plan for your particular condition. If any of the suggested medications or treatments present a problem, you may want to seek a second opinion or perhaps explore some alternative treatment options. Speak to trusted friends in recovery who may have experience with similar illnesses and find out what has worked for them.

Q: I suffer from asthma. Is the asthma medication and continued use thereof considered detrimental to my recovery?

A: No. We would however like to reinforce the fact that this medication must be used only as directed by a certified Healthcare Professional.

Q: I am a recovering heroin addict and I have diabetes. I'm afraid that in my case, the insulin needle will act as a trigger.

A: Consult your Doctor before making any major decisions regarding your medication. A huge part of recovery is about learning to deal with triggers. Work with your ARC Recovery Coach or Addiction Counsellor to help you cope with your fears.

MENTAL HEALTH ISSUES

MENTAL ILLNESS

Definition: Any of various psychiatric conditions, usually characterised by impairment of an individual's normal cognitive, emotional, or behavioural functioning, and caused by physiological or psychosocial factors.

Our mental health can directly influence our standard of living and our quality of life. Medication can be very effective in helping you live a healthier and more manageable life.

Q: If being an addict and using medication is like putting petrol on fire, how do I treat my ADHD and not open the doors to my addiction?

A: There is no straightforward answer to this question. Individuals differ in their needs and there may be many variables that would influence the type, frequency and dosage of medication required to treat ADHD. There are, however, a few general rules that you can use to help with a responsible solution to this problem, such as:

- Remember that you do not treat your ADHD, a qualified Psychiatrist does this. You are, however, responsible for maintaining the treatment plan prescribed.
- We suggest that you start by sourcing a Psychiatrist that has a good understanding of addiction and recovery.
- Verify and confirm your diagnosis and get a second opinion to be safe. Ask your Counsellor, Recovery Coach and Sponsor for any feedback and suggestions that they might have.
- Inform your chosen Psychiatrist that you are a recovering addict and be sure to be absolutely honest with them at all times so that they don't have any difficulty with providing us with an informed solution and diagnosis.
- Explain your recovery to your chosen Psychiatrist. Ensure that they understand that the goal of recovery is abstinence from mind or mood-altering drugs and medication.
- Discuss different treatment options with your Psychiatrist. Ask as many questions as you can, especially if there is anything that you don't understand.
- Research the treatment regime that your Psychiatrist has prescribed for you. Make sure that you are making a completely informed and responsible decision.
- Once you have agreed on a course of treatment with your Psychiatrist, stick to the treatment plan. Make sure to follow up with regular check-ups and re-evaluations.
- Once you've committed to a course of action, maintain your treatment programme and be sure to keep track of any positive or negative side effects or changes in your quality of life. Report these findings back to your psychiatrist regularly.
- Talk to other recovering addicts that you know use medication in a responsible way – ask for any suggestions that they might have.

Q: My Psychologist has suggested that I see a Psychiatrist for anti-anxiety medication. What should I do?

A: Firstly, follow your Psychologist's advice and schedule the appointment a Psychiatrist. Seek references from your ARC Recovery Coach or Addiction Counsellor. Secondly, during your first consultation with the Psychiatrist, be honest about your addiction and as mentioned previously, explain that the goal of your recovery is maintaining abstinence from all mood and mind-altering substances. Ask as many questions as you need to about any medication the Psychiatrist may want to prescribe. Verify and confirm any diagnoses that is made and get a second opinion to be safe. An ethical, thorough and caring Psychiatrist will only prescribe what is essential for your improved mental health which will ultimately assist you with a better quality of life.

Q: I take anti-depressants. Am I still clean?

A: If you are confident that your motives for using anti-depressants are legitimate and if your quality of life has improved as a result of using anti-depressants, as long as you take your medication as prescribed and do not self-medicate as you see fit, your recovery may very well benefit as a result. Your clean time is an issue that only you, your Sponsor and Higher Power have the final say on.

Q: How do I wean myself off my anti-depressants if I feel I don't need them anymore?

A: You should only make the decision to stop taking antidepressants or any other mental health medication, after consulting with your Doctor or Psychiatrist and then under supervision. There can be dangerous and severe side-effects when tapering off the dosages of these kinds of medications which need to be monitored closely. Remember to make an informed decision and discuss all of your options with your respective Healthcare Professional. Speak to your ARC Recovery Coach or Addiction Counsellor for any suggestions in this regard.

EMERGENCY CARE

Definition: *Providing life-saving measures in life-threatening situations.*

There may be times in your recovery when a visit to casualty may be unavoidable. When faced with this situation, you may be required to make quick decisions. Our best suggestions are that you be as upfront and honest as possible about your medical history and addiction with the Doctor on call. If possible, ask a family member or your ARC Recovery Coach or Addiction Counsellor to accompany you or call your sponsor in order to make an informed decision about any medication which may be prescribed.

Q: If I am involved in an accident and I'm unconscious when taken to an emergency care facility and morphine is administered, have I relapsed?

A: No. The morphine will be administered by a trained professional and monitored at all times. As soon as you are conscious and able to speak to a Doctor, it is important to inform him/her of the fact that you are a Recovering Addict and that you wish to abstain from any mood or mind-altering substances where possible. This will allow any Healthcare Professional to work out a treatment plan that is conducive to your ongoing recovery.

TERMINAL ILLNESS

Definition: *An advanced stage of a disease with an unfavourable prognosis and no known cure.*

At some stage in your recovery, you may have to face being diagnosed with a terminal illness. Despite many mixed emotions of anger, fear, or hopelessness, it is absolutely possible to maintain recovery whilst living with a terminal illness.

In cases of a terminal illness diagnoses, addicts may be prescribed mood or mind-altering substances medication as treatment. In cases such as this, leave these decisions to Healthcare Professionals, reminding you, as always to be honest about your addiction.

Powerlessness can cause major problems for addicts and in the case of terminal illness, it is imperative to remember that you have been taught to live "one day at a time", to surrender and to leave the results up to a Power greater than yourself.

Q: Is the medication administered by an Anaesthetist during a four hour operation considered a relapse?

A: No. This medication is administered by the Anaesthetist and is constantly monitored during the operation.

Q: Is it important to tell an Anaesthetist the fact that I am a recovering addict? Will I have to discuss the different types of drugs that I have used?

A: Yes, this is extremely important to disclose to the Anaesthetist as your body can and does build up a level of tolerance to different drugs and this can affect the dosages required during a long operation. This kind of information should be disclosed to all Healthcare Professionals you consult with in order for them to provide you with the best treatment, care and advice possible.

ADDICTS EXPERIENCES

"I've been using my GP since I was in school. My dad used to take me to him to be tested for drugs all the time. By the time I stopped using and began my journey in recovery, he knew how important my recovery was to me, he witnessed the process. I explained that I couldn't take certain types of mood and mind altering medications as they weren't conducive to my recovery. Every time I saw him with the flu, I would repeat my usual list of unsafe substances. When I went to the pharmacist with my script, I did the same with him."

"There have been times when my doctor still prescribed me medication containing alcohol, despite my specific request for medication without alcohol as an ingredient. I know that my doctor wouldn't have done that on purpose, but I also know that it's my own responsibility to double check what I'm putting into my body"

"My psychologist has recommended that I see a professional about using antidepressants. For a long time, I refused because I thought it would compromise my clean time. One day she explained to me that the antidepressants weren't for my addiction, they were her suggestion as a means of treatment for the severe anxiety I felt about life on a daily basis. I decided to give her suggestion a try after discussing this with my sponsor and recovery friends. I did my due diligence and investigated various options. Today, my quality of life is a thousand times better because of the medication that I now know I need."

"Whilst still in treatment, I had to schedule an emergency dentist appointment. I was in severe pain and even once I explained my addiction to the dentist, it was suggested I take pain medication which I would consider unsafe to take. The dentist seemed to be under the impression that because codeine had not been my drug of choice, it would be safe for me to use. I have made the choice not to use any mind or mood-altering substances now that I'm in recovery. The pain was excruciating and, although I felt incredibly uncomfortable with the idea of using a medication with codeine in it, I made a commitment to use the medication strictly as prescribed. This helped me cope with the incredible pain that I was experiencing. I am comfortable with my decision to use the medication prescribed for the pain, as the decision was not taken lightly and I used the meds only as prescribed. My motives were in order. "

"I spent many years in and out of doctors' offices, spinning stories and stealing prescription pads so that I could get high on pharmaceuticals. I've been diagnosed with a hundred different disorders by doctors and psychiatrists. There have been many times that they've put me on medication that I knew I didn't need. I've never understood how someone could speak to me for 15 minutes and hand me a script for medication because they decided I was mentally ill. I don't trust doctors and I honestly believe that they can really screw people's lives up by putting them on medication that they don't need. After having spent many years in recovery and having examined my resentments and issues with Healthcare professionals, I came to realize that my dishonesty was, more often than not, the reason for the misdiagnosis by Doctors and Psychiatrists"

“After several hospitalisations for alcoholism and serious gastrointestinal problems, I joined a Twelve-Step Program on the advice of a psychiatrist at the hospital where I was being treated. This doctor helped me see alcoholism as my primary problem and the root of a totally unmanageable life. I attended Twelve-Step meetings at the hospital and continued after I was discharged. I have been happily sober for many years now, but during the first nine years of my recovery I suffered from celiac disease. During those early years I was physically miserable. When I joined the Fellowship, I was taking tranquilizing medication under the direction of a physician knowledgeable about alcoholism. Every month I had the opportunity to review the prescription with him. For about a year and a half, I continued to take the medication, and my home group, my sponsor, and other good friends were supportive of my doctor’s orders. Others, a minority, were not so understanding. Some of them urged me to throw away the pills and ‘never mind the physical problems.’ This advice was guilt producing and emotionally disturbing. I stayed sober one day at a time and learned how to use spiritual principles in my life. My prescription was gradually reduced, and by the time I was sober about a year and a half I no longer required the medication. In retrospect, knowing the nature of my physical illness and the benefits of the medication in terms of helping rebuild my intestinal tract, I would consider the negative advice I received as ethically irresponsible and dangerous. I had to trust my doctors with my medical problems — not blindly, but with a regular review of my healing program and medical needs.”

“I once asked my sponsor if he thought it would be okay for me to use sleeping pills. I remember him laughing and telling me to drink warm milk and to read the Big Book. I thought that his solution was completely absurd and I went and saw a doctor that I knew I could manipulate for a script. That night, I took about 30 sleeping pills, blacked out and woke up under my kitchen table the next day. There are definitely healthier ways to get sleep, and there are also probably easier ways to get high. I’ve realised that, just because a doctor says it’s okay to take something, I need to check my motives and be honest about my addiction with my doctor.”

“Three doctors agree on the bipolar diagnosis. I have come to terms with that, and see that most of my life I have needed some kind of medication. For many years it was alcohol, and now it is prescription medication. I felt tremendously conflicted about taking medicine in sobriety. I fought against it, but eventually I had to surrender to the obvious. I took Step One on that too. Just as I had to accept powerlessness over alcohol, I had to accept that I needed medication to survive. After I’d been on this medication for four years, I talked to an old-timer. I told him that I felt guilty and inadequate because I took medicine. He opened the Big Book, to the Doctor’s Opinion and told me to read it. Even when the Big Book was written, the founders recognized that alcoholics with mental illness needed additional help. I went for 13 years without any medication at all, and I suffered a great deal. Now I take a prescription medication for a mental illness, and I take it as prescribed. My life is much better.”

“After about a year in recovery, I started to believe that if I used any medication for any reason, I wasn’t clean. This was extremely problematic due to the fact that I suffer from epilepsy and have to take chronic medication daily for this illness. Thankfully I shared my intention to stop all my medication with my family and with one or two trusted friends in the Fellowship. After many conversations, a lot of arguing from my side and much love and tolerance from their sides, they were able to convince me that the medication I take makes my life manageable and safe and in no way alters my mood or mind. It would actually be completely irresponsible of me to stop taking this medication which is the complete opposite of what this program has taught me to be – a responsible, productive member of society.”

“Early in recovery, I had to see my doctor due to severe back pain. I disclosed the fact that I am an addict and that there are medications that I cannot take. My doctor wrote out a prescription for Tramacet. After taking the medication for a couple of days, I mentioned the name of the medication to my sponsor, who promptly informed me that Tramacet was an opioid and was extremely unsafe for me to use. I immediately thought this automatically meant I had relapsed due to the fact that I had taken something I shouldn’t have however, my sponsor explained that relapse is more about the intention behind using. Granted, I should have been more responsible when it came to checking the medication yet I had not taken the pills with the intention of ‘getting high’. I immediately threw the pills away and thankfully learned a valuable lesson in respect of being extremely vigilant when it comes to medication and my recovery. I double-check everything now if I need to take any kind of medication”

“During my drinking years, I suffered from a physical problem, which more or less led to my addiction to prescription drugs. Although surgery had been recommended, I put it off. As my alcoholism progressed, it was impossible for me to tell where the pain of my drinking problem began and the pain from my physical problem left off. There were times during my drinking years when I boasted of going cold turkey, and stopped drinking for a couple of weeks. During that time I would take my readily available painkillers — some prescribed and some over-the-counter — along with a tranquilizer to calm down. I didn’t consider myself addicted to pills because my ‘fix’ had always been half a glass of brandy! After joining a Twelve-Step Program, I still needed surgery, but as I had my hands full with getting sober, I delayed any decision about that. During my first sober months, I self-righteously spoke at meetings about turning my life and my will over to the care of God as I understood Him, and then would go to the restroom and take a pill for pain. As weeks went by, I continued to pop a little pill now and then, but I was soon to find that these little painkillers and tranquilizers were just as cunning, powerful, and baffling as the bottle had been. One night, in deep emotional pain over a broken engagement, I popped a sleeping pill and vividly remember feeling just as drunk as I had ever been on alcohol. I retreated to my apartment, where I drank lots of water and many cups of black coffee, thinking that this whole scene was just like drinking. Thank God my lesson came very early in my sobriety, and I learned once and for all that I was not capable of handling any mood-altering drug.”

“Due to the fact that I spent many years in and out of doctors’ offices, weaving a web of lies in order to obtain the prescription medication I was addicted to, it was extremely difficult for me once in recovery to then visit the doctor. Against my sponsor’s suggestion, I would object to seeing any sort of doctor even when I was desperately ill. Only once I was booked off work for almost two weeks with a lung infection and prescribed strong medication did I realise that she was indeed right all along. Had I followed her suggestion, I would in all likelihood have only had to take mild medication and a couple of days off and recovered much quicker. I still struggle with sitting in a doctor’s consulting room today but am more responsible about making the decision to see him when I am ill and need his help.”

“I felt tired all the time, angry with everyone, even suicidal. At times, I couldn’t bear to be in a meeting where people shared about their happiness or gratitude. I struggled with this depression for almost two years. I went to a therapist and he tried very hard to help me, and at times I felt better. But the dark mood persisted and in my new job I started to act as I had when I drank and used, getting resentments, missing work, feeling paranoid. I knew and accepted that I had clinical depression. I thought that I could beat it though, with the help of a Twelve-Step Program and therapy, and I think I sincerely tried. Unfortunately, after trying for two years that combination did not work. My therapist encouraged me to see my doctor and see if I could get help with medicine. At first I was totally against the idea. I had taken many drugs in addition to my drinking and after finding such a better life sober, I did not want to even consider drugs. One day, I came upon a billboard that said something like ‘Depression is a chemical imbalance in the brain, not a moral defect.’ I think that the use of the word ‘defect’ really struck me because of our Sixth Step. My mind opened that day and I became willing to consider medical help. I prayed about it and talked to my sponsor, my therapist and to others in the Fellowship and finally decided to talk to my medical doctor about my depression. She started me on an antidepressant. It took a little while, but I started to feel much better. Life stopped being such a daily grind, and I even started to have some gratitude again. I was very pleased that I hardly even noticed that I was taking the medicine, even in the beginning. I feel normal on it, not high or fuzzy in any way. I now know many others who find that their path to happy destiny includes antidepressant medicine. It is by no means for everyone, but for me these medications are a godsend.”

MY LIFE. MY HOPE. MY REHAB.

DOCTORS OPINION

It's important to remember that your Healthcare Providers can only work with the information provided to them. Be upfront and honest about your medical history and addiction in order for them to assist you in the best way possible.

Question:

Are there any specific indications which may alert you to the fact that a patient may be lying to you about their symptoms and may be trying to obtain medication under false pretences?

Doctors Answer:

As a start, I am always sceptical when a first time patient specifically requests that I prescribe them any dependence forming medications, especially if they request these by name. In general, I look for the usual physical signs of substance use or withdrawal.

Question:

Which illnesses are the most difficult to treat when dealing with Recovering Addicts?

Doctors Answer:

In general, I know that I need to be very careful when prescribing medication for most medical issues. In my experience, most medications on the market that are available for treating the flu and common cold contain pseudo ephedrine, alcohol, codeine, etc. These chemicals can be very risky when prescribing them to anyone recovering from substance abuse or dependence. Aches and pains as a result of muscle and other injuries can also be tricky.

Question:

Are there any "recovery friendly" painkillers?

Doctors Answer:

Yes. Paracetamol, Ibuprofen and Aspirin, to name a few, are generally the most common of the recovery friendly painkillers. However, be sure that the particular brand that you use doesn't contain any chemical that might put your recovery at risk. Consult your ARC Recovery Coach or Addictions Counsellor to be sure. At ARC, clients are always encouraged to contact us if ever in doubt. It's also important to be careful of what we call "combination" painkillers. These are painkillers that would combine various classes of drugs. South Africa is currently one of three countries in the world that still allow for the production of combination painkillers.

Question:

Would you prescribe sleeping pills to a Recovering

Addict, and if so, under what circumstances?

Doctors Answer:

Sleeping pills are usually hypnotics, which are habit forming. These types of medications can be incredibly risky for anyone in recovery. Only under the most exceptional of circumstances will I prescribe sleeping pills to a Recovering Addict – always for a very limited time period - and only after a thorough due diligence and investigation into the cause of a potential sleeping disorder.

Question:

Would you ever prescribe Benzodiazepines to a Recovering Addict and if so, under what circumstances?

Doctors Answer:

Due to the habit forming nature of Benzodiazepines, it is not advisable. Benzodiazepines are generally used to treat severe anxiety disorders and only over a very limited time period. There are many other recovery safe alternatives that can be considered. Only ever under the most exceptional of circumstances will I ever prescribe Benzodiazepines to a Recovering Addict – and preferably under the condition that the person is under the supervision of a nominated guardian or in the care of an intensive care institution.

Question:

What is your feeling on Drug Replacement Therapy?

Doctors Answer:

This can be a very contentious topic and there are many schools of thought often wildly differing. My opinion is that Drug Replacement Therapy is most effective over a short period of time, specifically for the detoxification phase of an intensive inpatient care treatment programme.

Question:

Do you think that there are Doctors out there that may be ignorant when it comes to treating Recovering Addicts with medication?

Doctors Answer:

In my experience, it's not always guaranteed that a Doctor will have specialised knowledge or training on the complexities of substance abuse or dependency disorders. It can be said that many Doctors are at times ignorant of the risks involved in prescribing certain medications to Recovering Addicts. Having said that, many Recovering Addicts are not aware of taking responsibility and maintaining that their Doctor is well informed of their condition.