



WHAT IS ADDICTION?

Addiction is a disease that affects how the brain processes rewards, motivation, and memories — and it causes symptoms that affect a person's body, mind, and spirit. Addiction causes a person to seek reward or relief in an unhealthy way through a behavior or substance. Addiction can cause strong cravings and a loss of control — it feels impossible to stop, even when the substance or behavior causes problems. It can affect a person's emotional responses. It can also keep a person from recognizing problems with behaviors or relationships.

A person with an addiction can have times of **remission** (when it seems to be under control) and **relapse** (beginning the addiction again). However, if addiction isn't treated, it gets worse over time. Untreated addiction can lead to disability and death.

SIGNS OF ADDICTION

- Mood swing
- Tolerance
- Withdrawal symptoms
- Change in Appearance
- Irresponsible
- Financial Trouble
- Substance-seeking
- Unhealthy friendships
- Isolation
- Unsuccessful attempt to stop

HOW IS ADDICTION DIAGNOSED?

Anyone, at any age or any stage of their life can be diagnosed with an addiction. There is no blood test or physical exam for addiction. However, addiction is preventable, treatable and can be managed. Your healthcare provider will ask you questions and compare the answers with specific criteria.

- Be honest. The questions may seem personal, but it's important to answer honestly.
- Bring a friend or family member if you can. They might help with the viewpoint of someone who knows you well.
- Write down your questions for the doctor in advance. This helps you remember to ask all of your questions.

WHAT ADDICTION CAN BE DEVELOPED TO?

The most common way people can develop addictive behaviors are substances like alcohol, tobacco, marijuana, and other drugs. This can lead to other chronic diseases, such as diabetes or heart disease, and other negative harmful consequences. Other common behavioral addiction includes problem gambling and online gaming.

Though some people think of "smaller" addictions like phone, exercise, caffeine, chocolate/candy, online shopping, tanning, social media might not have such dangerous repercussions, these addictions still make it difficult to fulfill responsibilities or lead us to neglect other aspects of our lives.

WHAT KIND OF ADDICTION TREATMENTS ARE AVAILABLE?

The main types of addiction treatments that are used in treating drug and alcohol misuse include:

- **Medical detox:** The phase of addiction

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treatment which allows you to rid your body of addictive substances under medical supervision. For some substances, unregulated detoxification can be dangerous. Medical supervision ensures that any health complications that arise as well as withdrawal symptoms and cravings can be managed by the healthcare team to ensure safe and comfortable detoxification.

- **Behavioral counseling:** A range of therapies, such as CBT (cognitive-behavioral therapy), DBT (dialectical-behavioral therapy), MI (motivational interviewing) and contingency management have proven effective in treating substance use disorders. These therapy modalities are used in both individual and group counseling settings, and during both outpatient or inpatient drug and alcohol rehab. They help people recovering from substance use disorders to develop skills and learn strategies to avoid triggers and prevent relapse to substance use.
- **Medication assisted treatment:** Several FDA-approved medications can help people in recovery stay clean by reducing drug cravings and withdrawal symptoms. These medications can be prescribed by healthcare providers to help in continuing sobriety.
- **Dual treatment:** Addiction and mental illness (e.g., depression, anxiety disorders) often occur at the same time, which is why many drug rehab centers have dual diagnosis treatment for both conditions at the same time. This gives the best chance of sustained recovery.
- **Aftercare and long-term follow-up:** Addiction is a relapsing disease and people can return to drug and alcohol use after many years of sobriety. Long-term follow-up and aftercare programs include of support groups, ongoing education, and mentorship to prevent relapse.

WHO CAN I CONTACT ABOUT TREATMENT?

- Substance Abuse and Addiction Hotline
Call: 1844-289-0879
- Substance Abuse and Mental Health Services Administration (SAMHSA)
Call: 1800-622-4357
- San Francisco DPH Substance Abuse Services Access
415-503-4703 or 888-246-3333
- San Mateo BHRS Access
1-800-686-0101
- Santa Clara County BHSD Call Center
1-800-488-9919

WHAT QUESTIONS CAN I ASK THE HOTLINE OPERATOR?

Here are some of the most common questions people ask:

- How do I know if my friend or family member needs addiction treatment?
- What steps can I take to prevent my teenager from drinking or doing drugs?
- What are the health effects of drug and alcohol use?
- What precautions should I take to prevent a drug overdose?
- Are there any affordable addiction treatment programs near me?
- Will my health insurance cover substance use treatment?
- Are there any state-funded addiction treatment resources in my community?
- Is addiction treatment effective? What are the success rates?

Sources:

- American Psychiatric Association
- National Institute on Drug Abuse
- National Drug Helpline

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甚麼是成癮?

成癮是一種影響大腦如何處理獎勵、動機和記憶的疾病 -- 它的症狀會影響身體、思想和精神。成癮會導致人們通過不健康的行為或物質這種方式尋求獎勵或解脫。成癮會導致強烈的渴望和失控 -- 即使物質或行為引起問題，也感覺無法停止。它會影響一個人的情緒反應。它還可以使人無法識別行為或關係方面的問題。

一個上癮的人可能會有緩解（當情況似乎受到控制時）和複發（再次開始上癮）的時候。然而，如果成癮得不到治療，它會隨著時間過去，變得越來越嚴重。未經治療的成癮會導致殘疾和死亡。

成癮的症狀

- 情緒波動
- 容忍
- 戒斷症狀
- 外觀改變
- 不負責任
- 財務問題
- 物質尋求
- 不健康的友誼

- 自我隔離
- 嘗試戒斷但失敗

如何診斷成癮?

任何人於任何年齡或在生命的任何階段都可能被診斷出成癮。驗血或體檢都不能診斷出成癮。然而，成癮是可以預防、治療和管理的。您的醫療提供者會向您提問，並將答案與特定標準進行比較。請記住：

- 誠實回答。這些問題可能看起來很私人，但誠實地回答卻很重要。
- 如果可以，帶朋友或家人一同前去應診。了解您的個人觀點從而有助於解答當前的困惑。
- 預先寫下您將會向醫生提出的問題。這有助於您記住提出所有問題。

成癮可以演變成甚麼?

最常見的成癮行為是酒精、煙草、大麻和其他藥物等物質。這可能導致其他慢性疾病，例如糖尿病或心臟病，及其他併發症。其他常見的成癮行為還包括問題賭博和在線遊戲。

儘管有些人認為耽於電話、運動、咖啡因、朱古力/糖果、網上購物、曬黑、社交媒體等這些“較小”的成癮可能不會產生危險的影響，但這些成癮仍然會使我們難以履行責任或導致我們忽視生活的其他方面。

有哪些上癮/成癮治療方法?

主要治療藥物和酒精濫用的方法包括：

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- **醫療排毒：**成癮治療階段，讓您在醫療監督下擺脫身體上的成癮物質。對於某些物質，不受管制的解毒可能是危險的。醫療監督能確保醫療團隊可以管理及治癒可能出現的併發症及戒斷症狀和渴望，以確保安全和舒適地排毒。
- **行為輔導：**CBT（認知行為療法）、DBT（辯證行為療法）MI（動機式訪談法）和應急管理等一系列療法已被證明有效治療物質濫用這毛病。這些治療方式適用於個人和小組輔導，以及門診或住院期間的藥物和酒精康復治療。這行為輔導幫助患者從物質濫用中恢復過來，並發展技能和學習策略，以避免觸發誘因再次濫用物質。
- **藥物輔助治療：**幾種食品及藥物監督管理局 (FDA) 批准的藥物可以幫患者減輕對藥物的渴望和戒斷症狀，令康復中的人保持清醒。這些藥物可以由醫療保健提供者處方。
- **雙重治療：**成癮和精神障礙疾病（例如抑鬱症、焦慮症）經常同時發生，這就是許多治療中心同時對兩種疾病進行雙重診斷治療的原因。這也提供持續康復的最佳機會。
- **療後及長期跟進：**成癮是一種複發性疾病，患者往往可以在多年康復後重新藥物濫用和酗酒。長期跟進和善後計劃包括支持小組、持續教育和導師指導可以防止複發。

關於治療我可以聯繫誰？

- 藥物濫用和成癮熱線
1-844-289-0879
- 藥物濫用和心理健康服務管理局 (SAMHSA)
1-800-622-4357
- 三藩市公共衛生局藥物濫用服務處
1-415-503-4703 或 1-888-246-3333
- 聖馬刁 BHRSA Access
1-800-686-0101
- 聖塔克拉拉縣 BHSD 接聽中心
1-800-488-9919

我可以向熱線接線員提出哪些問題？

以下是最常問的問題：

- 如何知道我的朋友或家人是否需要成癮治療？
- 可以採取哪些措施來防止青少年飲酒或吸毒？
- 吸毒和酗酒對健康有甚麼影響？
- 應該採取哪些預防措施來防止藥物過量？
- 在我附近是否有可負擔的成癮治療計劃？
- 我的健康保險是否涵蓋藥物濫用的治療？
- 我的社區是否有任何州政府資助的成癮治療資源？
- 成癮治療有效嗎？成功率是多少？

資料來源：

- 美國精神病學協會
- 國家藥物濫用研究所
- 全國藥物熱線

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