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Prescription Drug Addiction: The Hidden Epidemic

Rod Colvin MS

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Are you suffering with an addiction to prescription drugs? Or, are you suffering because you have a loved one who is addicted? If so, author Rod Colvin understands your anguish. His brother, Randy, died as a result of his years of addiction to prescription drugs. Once recovered from the loss, Colvin was determined to help others who are still suffering. He wrote *Prescription Drug Addiction—The Hidden Epidemic*.

The Book Answers These Questions:
- How does addiction "rewire" the brain?
- What happens if the drugs are stopped abruptly?
- What are the symptoms of addiction?
- Who's at risk for addiction?
- When does proper medical use become addiction?
- How do most people become addicted?
- What are the symptoms of withdrawal?
- What is the difference between addiction and physical dependence?
- What are the top 20 most-abused prescription drugs?
- What is the proper use of benzodiazepines (xanax, valium, klonopin, ativan)?

How Can You Leave Prescription Drugs Behind?
Read stories of recovery from eleven individuals, including a homemaker, an attorney, a physician, a business woman, and a salesman.
- Learn how they become addicted.
- Find out how they made it into recovery.
- What were the turning points in their lives that made them seek recovery?
- What is their advice to others who are struggling?

Treatment for Addiction—What's Involved?
- What are the treatment options?
- What is a medical detox?
- What is in-patient treatment?
- What is out-patient treatment?
- What is a partial-day treatment plan?
- What is rapid detox for opiate addiction?
- Does insurance pay for treatment?
- What is relapse prevention education?

How Can Family Members Ease *Their* Pain?
Addiction affects everyone in the family. No one escapes the pain and the chaos.
- What can family members do to help the addict and themselves?
- What does it mean to enable an addict?
- Find out if you're enabling the addict.
- What are the levels of enabling?
- What is a family intervention?
- How can you set up an intervention to get your loved one into treatment?

· Understand that addiction is a progressive disease.

Advice from Addiction Medicine Specialists

Read the advice of addiction medicine specialists. Their topics:

· Addiction is an illness.
· How to build on hope.
· Be cautious with benzodiazepines.
· Stages of chemical dependency.
· Addiction to pills means greater denial.
· Addicts are not having fun.
· Warning signs of addiction.
· How to avoid isolating, a trigger for relapse.

A Helpful Guide for Overcoming Prescription Drug Addiction

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