



Ask an Expert: Substance Use and Addiction Series



Dr. Mario Bartolomé

Addiction Medicine Specialist,
MD, MBA, MRO, FASAM

Addiction Expert

How to Use this Episode Guide:

This guide provides an overview of the "[Ask an Expert](#)" training series featuring Dr. Mario Bartolomé. The series covers a variety of topics related to addiction. Click below to view the different videos. Here are some ways to you can share this series to raise awareness, empathy and provide education around Substance Use Disorder and Addiction:

1.) Share as a weekly e-blast series 2.) Post on social media 3.) Share on your website

1) [Addiction is a Disease of the Brain](#)

Addiction crosses physical, psychiatric, spiritual, and other barriers, creating a complex situation. Viewing addiction compassionately is critical.

2) [What is Addiction?](#)

Addiction is a chronic disease. It's not just about the drug, but also the brain. Understanding addiction through the medical model is critical to extending empathy and effective treatment.

3) [How Harmful is the Stigma of Addiction?](#)

Stigma kills. Thinking of people who have an addiction as less-than prevents effective treatment before it can start. Empathy is key.

4) [What's the Difference Between Addiction and Dependence?](#)

Dependence and addiction are not the same. When your body becomes dependent, you suffer withdrawals. Addiction alters one's lifestyle.

5) [Is Addiction Treatable?](#)

The number one thing to know is that, yes, addiction is treatable. Treatment is broad, some include medications and some do not. Be aware there are multiple components to recovery.

6) [What is Medication Assisted Treatment?](#)

This is one of our most powerful tools to treat addiction. Medication Assisted Treatment (MAT) can be used in treating a number of substances.

7) [Where Do I Go For Help with Addiction?](#)

Where do you start? Try your primary care or community clinic. Different people require different levels and complexities of care.

8) [Are Some Drugs More Dangerous Than Others?](#)

Drugs all come with different risks. In terms of total deaths caused by the drug, some of the most dangerous are actually tobacco and alcohol.

9) [Are Some Drugs More Addictive Than Others?](#)

There is a neurological part of addiction that is the same, but the effects of different substances vary in levels of addiction and withdrawals.

10) [What is the Deal with Methamphetamines?](#)

Meth, crystal, ice; it has many names and has been increasing in prevalence. Immediately seek help for someone you think has been using meth.