

# The High Point Pook

*HPC strives to guide, educate, encourage, and support their clients*

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**Myth**—noun - - - any invented story, idea, or concept

**Superstition**—noun - - - a belief not based on reason or knowledge

**Legend**—noun - - - a non-historical or unverifiable story handed down by tradition from earlier times and generally accepted as fact



The world around us is full of myths, legends, and superstitions. They infiltrate our lives and control our actions without our even being aware of it. For example, did you know that we say, "Bless you!" after someone sneezes because ancients believed that when you sneezed your soul would come out of your body and if no one blessed you it could be stolen by the fairies? Some myths, like that, are harmless and fun but others can be more serious and cause prejudices and misconceptions to change the way society relates to various people groups. This newsletter is full of some fun facts and myths. It also has a serious side and the hope is that it will help give you information and knowledge so that when you run into preconceived prejudices against the use of Suboxone or the disease of opioid use disorder, you have facts that you can share. It is only as we become more educated that we can become less judgmental.

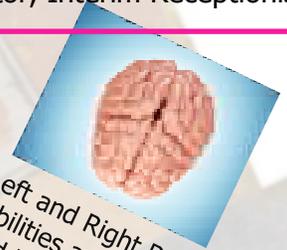
Larae Thompson, Office Manager, Personal Assistant to the Director, Interim Receptionist

## 13 Things we believe that just are not true...

- If you go outside in wintertime with wet hair, you'll get sick
- Cracking your knuckles will give you arthritis
- We only use 10% of our brains
- Bulls get angry when they see the color red
- Bats are blind
- Vikings wore horned helmets
- Alcohol will warm you up if you are cold
- You shouldn't touch baby birds or their mothers will abandon them
- Running an electric fan at night will make you sick
- There's a dark side to the moon
- Lightening doesn't strike twice
- It takes seven years to digest chewing gum if swallowed
- Dropping a penny from the Empire State Building will kill a person walking on the street below

## Did You Know...

- In the United States only 40% of adults believe that evolution is true BUT over 51% of adults admit to being superstitious
- In the United States 93% of adults believe that stepping on a crack means bad luck
- 40% of Americans believe that UFOs are real
- 75% of Americans believe that ghosts and spirits haunt our every-day world
- 90% of condo buildings in NY do not have a 13th floor. They number from 12 straight to 14 because the number 13 is considered unlucky



Left and Right Brain  
Mental abilities are not absolutely separated into the left and right side the brain. In fact, if one hemisphere is damaged at an early age, the other can take over.

Vegans Lack Protein  
A vegetarian or vegan diet can provide enough protein for adequate nutrition and in most cases does. However, vitamin B12 supplementation can be required.



Sweating Dogs  
Dogs do not sweat by salivating. They have sweat glands and sweat mainly through their footpads. However, dogs do regulate their body temperature through panting.



## 5 Myths about Using Suboxone to Treat Opioid Addiction

In 2016 there were 42,249 opioid-overdose deaths in the US alone

This is a 28% increase from 2015

Nearly 80-% of Americans with opioid use disorder don't receive any form of treatment

Unfortunately, within the addiction community and among the public at large, certain myths about Suboxone persist, and these myths add a further barrier to treatment for people suffering from opiate addiction.

**Myth #1:** You aren't really in recovery if you're on Suboxone.

**Reality:** While it depends on how you define "recovery," the abstinence-based models that have dominated the past century of addiction care are generally giving way to a more modern conception of recovery that encompasses the use of medications such as Suboxone that regulate your brain chemistry. As addiction is increasingly viewed as a medical condition, Suboxone is viewed as a medication for a chronic condition, such as a person with diabetes needing to take insulin. To say that you aren't really in recovery if you are on Suboxone is stigmatizing to people who take Suboxone, and it's not the medical reality of effective addiction treatment.

**Myth #2:** People frequently abuse Suboxone.

**Reality:** Suboxone, like any opiate, can be abused. However, because it is only a "partial" agonist of the main opiate receptor (the "mu" receptor), it causes less euphoria than the other opiates such as heroin and oxycodone. In many cases, people may use Suboxone (or "abuse" it, if that is defined as using it illegally) to help themselves manage their withdrawal, or even to get themselves off of heroin.

**Myth #3:** It's as easy to overdose on Suboxone as it is to overdose with other opiates.

**Reality:** It is extremely difficult to overdose on Suboxone alone. It is more difficult to overdose on Suboxone compared to other opiates, because Suboxone is only a partial opiate receptor agonist, so there is a built-in "ceiling" effect. This means there is a limit to how much the opioid receptors are able to be activated by Suboxone, so there isn't as great a risk of slowed breathing compared with potent opiates such as heroin, oxycodone, or morphine. When people do overdose on Suboxone, it is almost always because they are mixing it with sedatives such as benzodiazepines, medicines that also slow breathing.

**Myth #4:** Suboxone isn't treatment for addiction if you aren't getting therapy along with it.

**Reality:** In a perfect world, addiction treatment would include MAT and therapy, support groups, housing assistance, and employment support. But that doesn't mean that one component, in the absence of all of the others, doesn't constitute valid treatment for addiction. About 10% of people with addiction are getting treatment, so while combination treatment is an admirable goal, it is unrealistic to expect that everyone with an addiction will receive all the aspects of treatment that they need, especially without access to regular healthcare, insurance, or both.

**Myth #5:** Suboxone should only be taken for a short period of time.

**Reality:** Expert practitioners have different theories on how long Suboxone treatment should last for, but there is no evidence to support the claim that Suboxone should be taken for a short period of time as opposed to being maintained on it for the long term, just as a person would manage their diabetes with insulin for the long term.

One of the main obstacles to getting lifesaving treatment for addiction is the stigma people face. Fortunately, our society's perception is slowly starting to transform away from an outdated view of addiction as a moral failing, toward a more realistic, humane view of addiction as a complex disease that needs to be addressed with compassion, as well as modern medical care. Eliminating myths and misinformation about addiction, and supplanting them with up-to-date, evidence-based treatments, is a critical step in the evolution of addiction treatment.

*Article from Harvard Health Publishing, Harvard Medical School <https://blog.content.health.harvard.edu/blog/5-myths-about-suboxone-addiction/>*