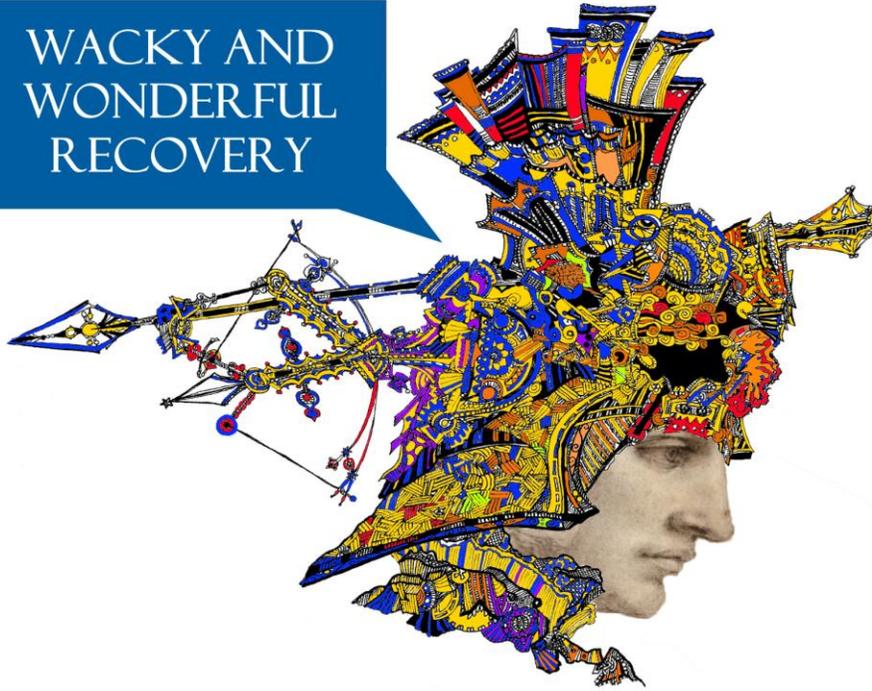


WACKY AND
WONDERFUL
RECOVERY



Wacky & Wonderful Recovery Quiz Booklet:

It's illegal to give beer to moose
and other T/F Statements

By Kim Rosenthal, MD
Psychiatrist

Alcohol

How much do you know about alcohol? Fold the paper at the dashed line to hide the answers and decide whether each statement is true or false.

True or false?

Answers

Fold along dashed line to hide answers

If you're under 21 in Missouri, it's illegal to take out the garbage if there's an empty bottle of alcohol inside.	True. You get arrested for possession.
Withdrawal symptoms can't kill you.	False. Alcohol withdrawal can absolutely kill. Withdrawal seizures and "DT's" are medical emergencies.
It's legal to feed alcohol to moose in Alaska.	False. It's actually illegal.
If you have an alcoholic parent, you're twice as likely to develop alcoholism.	False. You're four times as likely to develop alcoholism.
One third of divorce requests in England mention alcohol as a contributing factor.	True
Alcohol can cause cancer of the mouth, throat, & breast.	True. In addition to liver and heart damage, you can develop mouth, throat, esophagus, breast, and liver cancer.
Dozens of people have died from drinking too much and choking on their vomit.	False. <i>Thousands</i> have died from choking.
Excessive drinking can increase testosterone in a man's body and cause heightened sexual potency.	False. Drinking lowers testosterone level and causes impotence.
A popular drink in Cambodia is a Tarantula Brandy. You guessed it – the concoction includes rice liquor and freshly dead tarantulas.	True
In Russia many doctors "treat" alcoholism by surgically implanting a small capsule into their patients' bodies. If the patient drinks alcohol, the capsule bursts, and they fall ill and potentially die.	True. The capsule is filled with Disulfiram, or Antabuse. This is an extremely dangerous practice.
500 Americans lose their lives to alcohol each year.	False. 90,000 people die; that's like losing the whole population of Miami
Every year 5000 kids under 18 die of alcohol-related causes.	True. This includes car accidents, homicides, and suicides.
The Department of Health & Human Services recommend maximum alcohol intake of 4 drinks/day with no more than 20 drinks/week.	False. Maximum recommendation is 14 drinks/week. For women it's lower. A "drink" is equivalent to one 12-ounce beer (5% alcohol).

Fold along dashed line to hide answers

Opioids

How much do you know about opioids? Fold the paper along the dashed line to hide the answers and decide whether each statement is true or false. Cross out each false statement.

True or False?

Answers

Examples of opioids include Percocet and Adderall.

False. Adderall is an amphetamine, or type of stimulant, not an opioid. Opioids include Percocet, Suboxone, morphine, codeine, hydromorphone, and fentanyl.

In the 1900's, heroin was used in cough syrups and remedies for infant colic and insomnia.

True. Heroin was introduced for medical use in 1898 by the Bayer Company of Germany.

Opioid and opiate are the same thing.

True. For the most part, yes.

Naloxone (also called Narcan) helps with opioid withdrawal symptoms.

False. Narcan is used to "wake" a person up after an overdose. It can cause withdrawal.

No one should ever use opioids.

False. People with severe, acute pain (from traumatic injuries) or cancer might benefit from opioids.

There are dozens of non-opioid treatments for pain.

True. Treatment include NSAIDs, Aspirin, Tylenol, Cymbalta, Effexor, Neurontin, Lyrica, tricyclic antidepressants, muscle relaxants, heat, cold, creams & lotions, heat pack, physical therapy, acupuncture, acupressure, TENS unit, steroid shot, injection of local anesthetic, epidural or nerve block, intrathecal pump...

When it was discovered, heroin was noted to be extremely addictive and was removed from the market right away.

False. It was thought to be non-addictive and helpful for countering morphine addiction.

Fentanyl is 25 – 50 times more potent than heroin.

True. It also takes effect quickly. Overdose and death can happen within seconds.

Fold along dashed line to hide answers

Fold along dashed line to hide answers

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About the Author



When not writing, Kim Rosenthal practices life as a physician. Dr. Kim's career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. The author attended medical school in Texas. She is board-certified and has licenses in Hawaii, Maine, and North Carolina. These days the author works at a state hospital in North Carolina.

Dr. Kim is currently working on a clinical publication for recovering addicts. It's called the *Wacky and Wonderful Recovery Workbook* and features worksheets about alter egos, poetry, art therapy, puzzles, strange scenarios and... you guessed it, dozens of cartoons. It combines serious work with creativity and fun, with hopes to motivate people to join and stay in drug treatment. Dr. Kim believes that mental health and recovery is more than survival. It's remembering what makes life worth it.

If you want to read more by the author, check out kimrosenthalmd.com. The site includes a mini-store offering various e-booklets, plus more than 110 mental health articles and information on the *Wacky and Wonderful Recovery Workbook*.