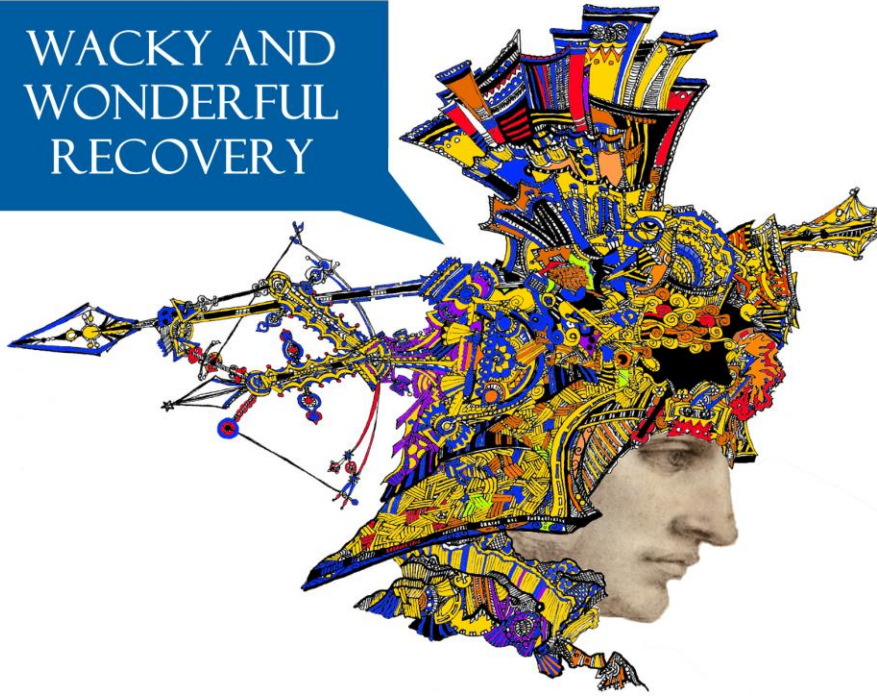


WACKY AND
WONDERFUL
RECOVERY



Wacky & Wonderful Recovery Quiz Booklet:

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

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Introduction

Welcome to the *Wacky and Wonderful Recovery Quiz Booklet*. At times strange, at other times deeply serious, these 4 quizzes test your knowledge about alcohol, opioids, cocaine, and marijuana.

T/F Statements includes information about potential side effects, mortality and injury rate, and legal/cultural aspects of substances of abuse – and much more. As promised, there’s also a statement about a moose. Good luck!

Instructions

1. Fold each quiz along the dashed line, making sure to fold backwards and *hide* the answers.
2. Next, read each statement and decide whether it’s true or false.
3. Cross out the statements that are false.
4. When finished, unfold the paper and check your answers.
5. Scoring: give yourself 100% for trying, pat yourself on the back, then move onto the next quiz.

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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

Opioids

(continued)

Welcome back to the opioid quiz! Fold the paper along the dashed line (midline) to hide the answers then review all statements. Cross out the false ones.

True or false?

Answers

Many famous musicians have died because of opioids, including Janis Joplin and River Phoenix.

True. Other artists with opioid-related deaths include Phillip Seymour Hoffman and Chris Farley.

In 2015, the Cartel spiked their heroin with morphine to make it stronger, causing dozens of addicts to accidentally overdose and die.

False. Heroin was laced with *Fentanyl*, and almost 1000 people died. More than 4000 people had Fentanyl-related seizures. Now the problem is Fentanyl-laced cocaine.

Three of the most common long-term effects of heroin are heart disease, HIV, and hepatitis.

True. Skin and heart infections, clots, liver failure, and liver cancer are other problems.

People die from opiate overdose because they can't breathe properly.

True

In 2016, there were over 60,000 opioid overdose deaths in the USA.

True. 115 Americans died every day from opioid overdose. There are more deaths in America from drug overdoses than deaths from guns and car accidents combined.

The overdoses rate has decreased since doctors started *restricting* prescription opiates.

False. Many prescription abusers are turning to heroin and either purposefully or accidentally overdosing.

In the 1960's-70's, the CIA worked closely with with opium producers in Southeast Asia in order to combat communism.

True. Stranger things have happened.

Opioids aren't addicting when taken legitimately for pain.

False. These drugs can become addicting regardless of the reason they're started.

Withdrawing from opiates is physically painful.

True. Withdrawal from opioids is a miserable experience. People often feel like they're dying.

Fold along dashed line to hide answers

Cocaine

How much do you know about cocaine? Fold the paper in half at the dashed line to hide the answers, then decide which statements are true or false. Cross out the false statements.

True or false?

Answers

At one time in history, pharmaceutical companies marketed cocaine as a medicinal drug.

True. Cocaine-laced elixirs, tonics, and wines were broadly used in the late 1800's.

There are about 15 known active drug smuggling organizations in Colombia today.

False. There are over 300.

The phrase "dope fiend" was coined years ago to describe the positive effects of cocaine use, the high being so pleasurable that the user became a "fiend."

False. The term applies to the *negative* effects of long-term use, which involve being willing to do anything to get ahold of the stuff. Chronic coke use can make a person irritable, hostile, paranoid, delusional, and hallucinate.

Long-term use of cocaine over time can cause people to become more sensitive to pleasure.

False. Long-term use can make it difficult to feel pleasure, even after stopping.

Sigmund Freud supported the use of cocaine for depression.

True. He eventually got hooked on it himself.

People who use cocaine sometimes experience tactile hallucinations where they think bugs are crawling on or burrowing under their skin.

True. This is very specific to cocaine use.

Overdose on cocaine can cause stroke or brain hemorrhage that doesn't kill you but leaves you dependent on others to feed and toilet you for the rest of your life.

True. Other symptoms of cocaine overdose include heart attack, full respiratory failure, seizures, kidney failure, and death.

An inmate's family smuggled cocaine into the prison by sending him a kid's book painted with cocaine-laden paste.

Nope, this is false. The inmate's family were smuggling Suboxone into the hospital, a kind of opiate.

Hitler wasn't addicted to cocaine, which never fueled his paranoia.

Obviously, this is false. Hitler *did* use cocaine, and WW2 might have been averted if he'd stopped!

Cocaine causes dehydration and dry mouth, which lead to bad breath and tooth decay.

True. Methamphetamine and cocaine both cause dental problems.

Fold along dotted line

Fold along dotted line

Cocaine

(continued)

Back again? Fold the paper in half at the dashed line to hide the answers, then decide whether the following statements are true or false. Cross out the false statements.

True or false?		Answers
Scotland has the highest cocaine use of any country in the world.	↓	True, sort of. There are reports that Albania, United States, and England are all the highest users.
More than 10,000 babies are born addicted to cocaine each year.	↓	False. According to some reports, it averages 400,000.
Federal investigations into the CIA have established that they were involved in the Contra drug trafficking.	↓	False. Although lots of writers have alleged that the CIA was involved in drug trafficking in the 80's, no <i>official</i> evidence has been found.
Most cocaine-related deaths aren't from the pharmacological effect of the drug; they're caused by homicide, suicide, and car accidents.	↓	True
After heroin, cocaine is the second most commonly used illicit drug in the US.	↓	False. Cocaine is used more often than heroin; in fact, second to marijuana, it's the most common drug on the street.
Three countries, Colombia, Peru, and Bolivia account for all the coca harvested in the world. (Cocaine comes from the coca plant)	↓	True. However, there are reports the coca plant grows in some parts of Brazil, but this hasn't been substantiated.
Every day, 2500 Americans try cocaine for the very first time.	↓	True. That's almost a million new users/year.
One woman tried to smuggle cocaine onto a plane in her breast implants. Airport officials grew suspicious when they noticed bandages and gauze under one of her breasts.	↓	True.
Combining cocaine and alcohol causes the body to convert them into toxic chemical.	↓	True. This chemical is called cocaethylene; it extends the euphoria but is highly toxic and increases the risk of death.
In Alaska, it's illegal to make fake cocaine.	↓	False. It's illegal to make fake cocaine in <i>Arizona</i> .

Cannabis:

Test your knowledge about marijuana. To hide the answers, fold the paper back at the dashed line. Review all statements and cross out the false ones.

Fold along dashed line

1. DMHP is a synthetic version of marijuana. Developed by the U.S. military in 1949, the effects of the drug can last for days.	1. True. At least according to a Google search.
2. According to one national survey on drug use, each day approximately 600 Americans try marijuana for the first time.	2. False. More like 6000 Americans try it for the first time daily.
3. The primary active ingredient in marijuana is nicotine. It is this chemical that produces marijuana's mind-altering effects.	3. False. Ingredient is THC, or delta 9 tetrahydrocannabinol.
4. Marijuana increases the heart rate, which means it could negatively affect those suffering from heart disease.	4. True.
5. Spiders high on marijuana built messy webs, were easily distracted, and gave up easily. Spiders high on LSD, on the other hand, spun highly geometric webs, even more so than when they were sober.	5. True. Not sure how they drugged the poor spiders, but it's an interesting find.
6. Research shows that marijuana can harm the developing teen brain.	6. True. Regular use of marijuana that begins during the teen years may lower a person's IQ and interfere with other aspects of functioning and well-being. This doesn't improve, even if they quit as adults.
7. By the time they graduate from high school, about 15 percent of U.S. teens will have tried marijuana at least once in their lifetime.	7. False. More like 45 percent of teens.
8. Long-term use MJ is associated with relaxed, laid back personality.	8. False. Long-term use can cause depression, impaired memory, and delusions/paranoia.
9. Heavy use of marijuana can irritate the lungs. It can also cause daily cough, higher risk of lung infections, and problems during pregnancy.	9. True. When exposed to marijuana, a baby can also have slowed development during and after pregnancy.
10. Studies have shown that marijuana has a high risk of causing lung cancer.	10. False. Apparently, marijuana is not associated with lung cancer.

(continued)
Cannabis:

Test your knowledge about marijuana. To hide the answers, fold the paper back on the dashed line. Review all statements and cross out all false ones.

Fold along dashed line

11. Pot plants are so common in Bhutan that they are seen as a pest, and virtually no one smokes them.	11. True. Marijuana plants are used as feed for the pigs.
12. In North Korea, marijuana is legal and considered a healthier alternative to tobacco.	12. True. Pot isn't regulated in North Korea. Distribution, possession, and consumption is accepted.
13. In Denver, there are fewer marijuana dispensaries than Starbucks locations.	13. False. There are more dispensaries than Starbucks.
14. Marijuana accounts for 48% of drug arrests (2012).	14. True.
15. There is a marijuana pill that includes THC as well as other chemicals found in marijuana. We know which compounds in the cannabis plant cause which effect.	15. False. There's no actual marijuana pill. Marinol is a THC drug, but it's unclear which other compounds in cannabis cause specific isolated effects.
16. For people who are heavy smokers, cannabis can be detected in the urine several months after its use.	16. True.
17. For most people, using marijuana makes it dangerous to drive.	17. True. Because marijuana impairs short-term memory and judgment and distorts perception, it can impair performance in school or at work and make it dangerous to drive. There are some chronic marijuana users who report that a person builds up resistance to this impairment and drives without difficulty, but this hasn't been fully substantiated.
18. Police arrest one US citizen every 20 minutes according to FBI data. Vast majority are intent to sell marijuana.	18. False. More like every 42 seconds. Most arrests are for possession, not intent to sell.

Fold along dashed line

Conclusion

That's it for now. This booklet touched on various topics, including

- Side effects of alcohol, opioids, cocaine, and marijuana
- Mortality and injury rate associated with these drugs
- Some legal issues linked to drugs
- Drug culture and history
- Random factoids about substances of abuse

That's it, but there's oh-so-much-more to go over. Admittedly, we didn't review amphetamines, hallucinogens, inhalants, and a world of other drugs. I guess there's room for more quizzes. Stay tuned.

If you want more to read, visit kimrosenthalmd.com and check out Dr. Kim's other booklets. Also keep an eye out for the *Wacky and Wonderful Recovery Workbook*, hopefully available by the end of 2021.



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*.