



Western Pennsylvania
Guide to Good Health
Health News You and Your Family Can Use



The Stigma of Addiction

By **Julia D'Alo, MD**

Addiction is undeniably a brain disease that is ubiquitous and knows no boundaries. With many of us either personally suffering with a substance use disorder or loving someone with one, we know the pain and loss associated with addiction, especially as our nation is grappling with the realities of unprecedented overdose rates. For us to fight this fight we need to recognize stigma remains the greatest barrier to people in active addiction getting help. The recovery community continues to face this stigma long after they enter remission.

Let us do away with the pervasive misconception that people who suffer with the disease of addiction are somehow less deserving of our love and respect. Let us remember addiction is a disease much like any other disease. Attempts at public humiliation of people in recovery have no meaningful or productive place in our world.

Addiction is a highly treatable disease and the many millions of successful, productive, beautiful people in recovery are living proof that sustained wellness is possible. In fact, I cannot think of anything to be prouder of.



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Learn more at www.gatewayrehab.org.