

Appendix*

A report from a group of physicians in A.A.

Because this subject is one which goes deeply into the field of medicine, a group of physicians who are members of A.A. was asked to help prepare this material.

The experience of some A.A. members reveals that drug misuse can threaten the achievement and maintenance of sobriety.

Yet some A.A. members must take prescribed medication in order to treat certain serious medical problems. *IT'S NOT A PROBLEM*

Experience has shown that this problem can be minimized if the following suggestions are carefully heeded:

1 Remember that as a recovering alcoholic your automatic response will be to turn to chemical relief for uncomfortable feelings and to take more than the usual, prescribed amount. Look for nonchemical solutions for the aches and discomforts of everyday living.

2 Remember that the best safeguard against drug-related relapse is an active participation in the A.A. program of recovery.

3 No A.A. member plays doctor.

4 Be completely honest with yourself and your physician regarding use of medication.

5 If in doubt, consult a physician with demonstrated experience in the treatment of alcoholism. *WE ARE WHO WE ARE OF U.S.*

6 Be frank about your alcoholism with any physician or dentist you consult. Such confidence will be respected and is most helpful to the doctor.

7 Inform the physician at once if you experience side effects from prescribed drugs. *- DETAIL? THANKS!*

* From the Conference-approved pamphlet "The A.A. Member—Medications and Other Drugs."

YES, CHANGE YOUR DOCTOR IF HE ISN'T PRO-AA

8 Consider consulting another doctor if a personal physician refuses or fails to recognize the peculiar susceptibility of alcoholics to sedatives, tranquilizers, and stimulants.

9 Give your doctor copies of this pamphlet [The A.A. Member—Medications and Other Drugs].

YES, EDUCATE, SORRY MISINFORM YOUR DOCTOR, WHAT DO THEY KNOW ANYWAY.

However, some alcoholics require medication...

At the same time that we recognize this dangerous tendency to readdiction, we also recognize that alcoholics are *not immune* to other diseases. Some of us have had to cope with depressions that can be suicidal; schizophrenia that sometimes requires hospitalization; manic depression; and other mental and biological illnesses. Also among us are epileptics, members with heart trouble, cancer, allergies, hypertension, and many other serious physical conditions.

Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in A.A. should take any medication. While this position has undoubtedly prevented relapses for some, it has meant disaster for others.

A.A. members and many of their physicians have described situations in which depressed patients have been told by A.A.s to throw away the pills, only to have depression return with all its difficulties, sometimes resulting in suicide. We have heard, too, from schizophrenics, manic depressives, epileptics, and others requiring medication that well-meaning A.A. friends often discourage them from taking prescribed medication. Unfortunately, by following a layman's advice, the sufferers find that their conditions can return with all their previous intensity. On top of that, they feel guilty because they are convinced that "A.A. is against pills."

It becomes clear that just as it is wrong to enable or support any alcoholic to become readdicted to any drug, it's equally wrong to deprive any alcoholic of medication which can alleviate or control other disabling physical and/or emotional problems.

... THE ... - LAW SUIT!