



## How Common Is Relapse?

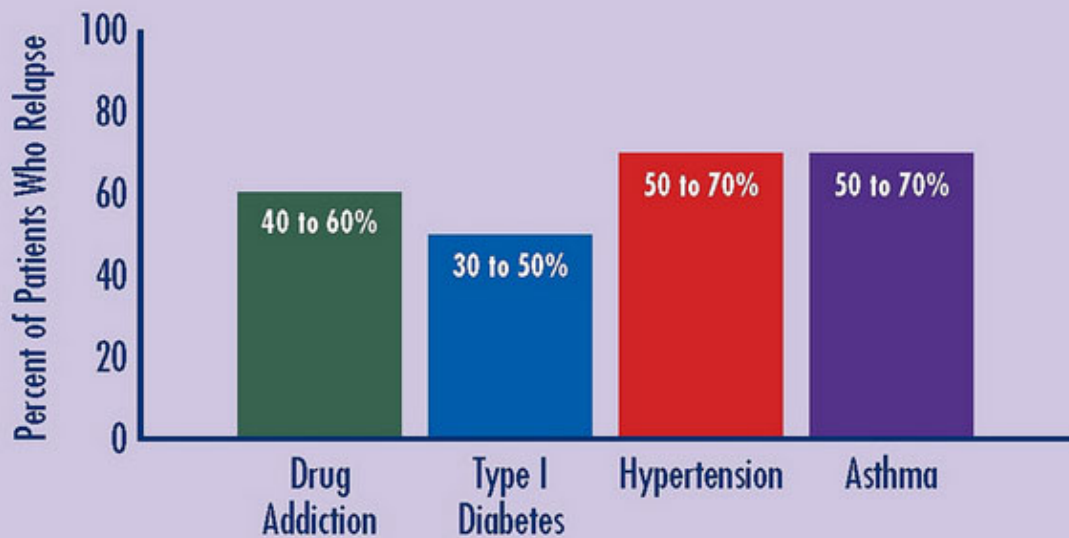
by NEWLIFEOUTLOOK TEAM

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### Drug Addiction and Other Chronic Illnesses

When someone with drug addiction or another chronic illness relapses, an intervention should be renewed. The process needs to be started again, so it requires becoming free of the substance again and with a focus on staying away from the drug. As soon as you find yourself craving or thinking about trying the addicted substance again, you should be contacting someone for help. If you use the drug again before getting help, write down the environment and your thought process as you remember them. This is to help understand what might have caused the relapse in order to prevent it in the future.

## COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES



Relapse rates for drug-addicted patients are compared with those suffering from diabetes, hypertension, and asthma. Relapse is common and similar across these illnesses (as is adherence to medication). Thus, drug addiction should be treated like any other chronic illness, with relapse serving as a trigger for renewed intervention.

Source: McLellan et al., JAMA, 2000.