

# What is Substance Use Disorder?

- **Substance use disorder (SUD)**, also called drug addiction, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a drug or medication.
- SUDs affect people from **all walks of life and all age groups**.
- A SUD is a **chronic medical condition**, like heart disease or diabetes.
- **Treatment is available and recovery is possible.**



**Work with a provider or doctor to treat any substance use disorder.**

Effective, evidence-based treatment is available to manage withdrawal symptoms and treat SUDs. Talk to your healthcare provider to discuss available treatment options or **call the Access and Crisis line at (888) 724-7240.**

# Words Matter

You can **reduce stigma**, and help **save lives**, just by **changing your language**. By using what's called **person-centered language**, you're not defining a person based on any medical disorder they may have. It's **nonjudgmental**, it's **neutral**, and the **diagnosis is purely clinical**.



## AVOID THESE WORDS

## USE THESE WORDS

|                         |   |                                      |
|-------------------------|---|--------------------------------------|
| Addict                  | → | Person with a substance use disorder |
| Drug Problem/Drug Habit | → | Substance use disorder               |
| Drug Abuse              | → | Drug misuse, harmful use             |
| Clean                   | → | Abstinent, not actively using        |
| Dirty                   | → | Actively using                       |
| Former addict           | → | Person in recovery                   |