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# Addiction Research and Therapy

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## Medical Assisted Treatment (MAT) and experience with Suboxone


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I spent years having failed spinal surgeries and taking pain meds to continue a functioning life. I ended up at some of the best-known Rehabs in the U.S. and was always told AA was my only choice. I had multiple Doctors tell me that they would keep on Suboxone, but the Clinics rule didn't approve. I was repeatedly told that Suboxone was the equivalent to Heroin and it was only to be used for detox. I attempted every holistic therapy available and worked through AA for years. I returned to 6 different rehabs until 2011, and I found

a Suboxone MD in Florida. At the time, I had a year clean through AA but was in excruciating pain. This was not only life-saving, it allowed me to function with much less pain. There are drawbacks I can discuss, and people must understand the physical dependency. Rehabs teach the definition of insanity, doing the same thing and expecting different results. ironic that rehabs did the same with treatment! The idea is to save lives, and this gives people the extra time to heal.

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