

# All About Your Health

addict might be "doctor shopping" for pills, drinking to "relieve" anxiety or taking pain medications long after the physical pain is gone. The drug seeking patient quickly learns what to say and what not to say in the doctor's office.

Just yesterday, I was helping an alcoholic's family find an appropriate treatment placement. "George" is a 55-year-old respected special education teacher with a terrible secret. In the past 6 months, he has been to the Emergency Rooms of three different hospitals and to two urgent care outpatient clinics for his panic attacks. The interesting thing is that his primary care doctor, his psychiatrist and psychotherapist are treating him for diabetes, anxiety and divorce issues, but all are totally unaware of his alcoholism, not to mention the ER and clinic visits to get Xanax. This is the way George wanted it. This would have continued if his 23-year-old daughter hadn't confronted him and essentially forced him to get as honest as he was capable of in my office. Despite all of this, he may not even get help for his alcoholism as he sees his anxiety and panic attacks as the primary problems.

George is aware that his drinking is causing the

anxiety but is simply doing what addicts do best - seeking immediate and instant relief. I call it "better living through chemistry" and it is deadly. My hope is that George will admit himself to a detox centre and then enter a residential treatment program that will address all of his issues simultaneously. And his issues are the following: alcoholism, substance abuse, anxiety, diabetes, divorce and the difficult realization that his addiction has been at the heart of his medical, psychological, social and spiritual problems.

*Reinhard Straub is a Licensed Clinical Social Worker and Licensed Chemical Dependency Clinical Supervisor and full-time Treatment Consultant with Treatment Solutions Network. He is always available and can be reached at 401-741-1574 or reinhards@tsniemail.com.*

## WHY TAKE FOOD SUPPLEMENTS?

*By: Muriel M. Grant D.C., N.D.*

There is one simple answer, because we need them. We need these nutrients in our bodies for health because we are receiving less and less in our food and much of our food is grown on depleted soil, either locally or foreign.

Studies have shown our bodies begin to

Connections
Recovery





**Treatment Solutions**  
NETWORK

### Why Wait?

You know you have an addiction problem.  
You need treatment now.


## 1-877-844-7405

**Immediate Placement**  
**Private Insurance Accepted**  
**Reasonable Self Pay**  
**Free Assessment**

[www.TreatmentSolutionsNetwork.com](http://www.TreatmentSolutionsNetwork.com)

### DR. MARK BLACK - DENTIST

*serving the Kawarthas since 1998*



**New Patients Welcome**  
**Emergency Care**  
**Extractions - Root Canals**  
evening hours available

129 Main St. Bobcaygeon 738-1464

### Your Smile.....

**is our Best Advertisement!**

**Partial/Full Dentures**  
**Implant Dentures**  
**Repairs**  
**Relines**



## DEEGAN DENTURE CLINIC

231 Kent St., W., Lindsay 324-5402