



NEWSLETTER

Volume II, No. 5

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Editor:

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AMSAODD Committee Heads

Dr. Margaret Bean-Bayog, AMSAODD president, has appointed or reappointed the following committee heads. She urges all members who are interested in a committee's work to contact its chairperson.

AMSAODD New York:

Claire Osman
12 West 21st St
7th floor
New York, NY 10010
Phone: (212)206-6770

AIDS & Chemical Dependency: Larry Siegel, MD

AMSAODD History (new; ad hoc): Percy E. Ryberg, MD,
Frank A. Seixas, MD

AMSAODD Chicago:

E. M. Steindler
6525 W. North Ave
Oak Park, IL 60302
Phone: (312)848-6050

Budget & Finance: P. Joseph Frawley, MD

Certification: Anthony B. Radcliffe, MD

Core Curriculum Subcommittee (new): David C. Lewis, MD

Credentialing Subcommittee: Marc Galanter, MD

Exam Subcommittee: Sidney H. Schnoll, MD

Fellowship Subcommittee: James A. Halikas, MD

Confidentiality (reactivated): Sheila B. Blume, MD

Constitution & By-Laws: Max A. Schneider, MD

Gay & Lesbian Alcohol/Drug Problems: Jean L. Forest, MD

Impaired Physician: Charles L. Whitfield, MD

Medical Education: James A. Halikas, MD

Medical-Scientific Conference Program: Marc Galanter, MD

Membership: LeClair Bissell, MD

Methadone (new): J. T. Payte, MD

Nominating & Awards: LeClair Bissell, MD

Publications: Stanley E. Gitlow, MD

Public Policy: Charles G. Smith, MD, and Martin J. Valaske, MD

Review Course: Anne Geller, MD

Standards & Economics of Care: David Mee-Lee, MD

Tobacco Dependence: John Slade, MD

Trauma: Joseph J. Zuska, MD

A resolution identifying drug dependencies as diseases was unanimously adopted as a policy position of the American Medical Association by its house of delegates last month.

The AMA resolution paralleled the statement approved by AMSAODD's board of directors in February. It endorses the treatment of alcoholism and other drug dependencies as "a legitimate part of medical practice" and encourages physicians, other health professionals, and policy-making organizations to base their "activities on the recognition that drug dependencies are, in fact, diseases."

Jess W. Bromley, MD, AMSAODD secretary, led other AMSAODD members in asking individual delegates to support the resolution. In formal remarks before an AMA committee, Dr. Bromley recalled that the AMA had identified alcoholism as a disease over 20 years ago, and had reaffirmed and clarified that action several times since then. Now, he said, physicians working in the field of addictions "need the parameters of our concern broadened and legitimized."

"To separate alcoholism from other drug dependencies as worthy of the interest of the addictionist," said Dr. Bromley, "would make as much sense" as "to determine that rheumatic heart disease is the only legitimate disease for the cardiologist [by] excluding arteriosclerotic heart disease with its multiple behavioral causes."

Dr. Bromley reminded AMA delegates that in addition to AMSAODD, organizations already on record as supporting the concept that drug dependencies are "illnesses and/or diseases," include the American College of Physicians, the American Psychiatric Association, and the National Council on Alcoholism.



Jess W. Bromley, MD

AMA Seeks Abstracts on Professional Impairment

The American Medical Association will accept abstracts until August 15 for its 1987 national conference on the impaired health professional, to be held in Chicago October 8-11.

Abstracts for 10 to 15-minute oral presentations can be based on completed research or on work-in-progress.

Co-sponsors are the American Dental Association, American Nurses' Association, American Pharmaceutical Association, American Podiatric Medical Association, American Veterinary Medical Association, and AMA Auxiliary.

Information from Janice Robertson, AMA, 535 North Dearborn St, Chicago, IL 60610. Phone: (312) 645-5079.

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"Sixth Special Report to the US Congress on Alcohol and Health" (Department of Health Human Services):

First since the "Fifth Special Report" published in December 1983. According to NIAAA director Enoch Gordis, MD, the Sixth Report covers epidemiology, genetics, psychobiological effects, medical pathology, effects on pregnancy, adverse social consequences, primary prevention, intervention, and treatment.

"A.I.D.S. and Chemical Dependency":

Report of a symposium sponsored by AMSAODD and NCA in San Francisco, April 1986. DHHP Publication No. (ADM) 87-1513.

Single copies available on request from NCADI.

NCADI (National Clearinghouse for Alcohol and Drug Information), PO Box 2345, Rockville, MD 20852. Phone: (301) 468-2600

Alcohol and Cocaine Treatment Evaluation Grants

A special research grant program, "Evaluating Alcohol and Cocaine Treatments and Settings," was recently announced by NIAAA and NIDA. With \$2.3 million in new grant money available, "the size and number of possible awards will depend on the complexity of the projects proposed and selected for funding," according to Lois R. Chatham, PhD, extramural research director at the NIAAA.

Research grant applications are sought which will "compare the treatment efficacy of residential or inpatient vs. outpatient settings" for "chemically dependent persons" who are dependent on alcohol, cocaine (may include crack), and/or both. Proposals "must address a comparison between inpatient or residential vs. outpatient settings in which equivalent treatment regimens are offered."

Letter of Intent is due by Sept. 15, 1987, at: NIAAA, Office of Scientific Affairs, 5600 Fishers Lane, Room 16C26, Rockville, MD 20857.

Grant application deadline is Oct. 15, 1987. Initial merit review will be Jan. 1988, advisory council review Feb. 1988. Early award date is Feb. 1988.

The grant reference number is "AA-87-03, May 1987."

For further information, contact Lois R. Chatham, PhD, NIAAA, Room 14C-10, Parklawn Bldg, 5600 Fishers Lane, Rockville, MD 20852. Phone: (301) 443-2530.

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Respond by August 21, 1987, to:

Dr. Don P. Bowermaster, Shepherd Hill Hospital,
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MEDICAL DIRECTOR for multi-site substance abuse treatment organization. Mix of patient contact, treatment supervision, varied administrative and educational duties. Programs include adolescent inpatient treatment, medical triage, methadone program. Program sites in urban, suburban, and rural locations surrounding Chicago. Send CV to:
Cathy Moynihan, Interventions, Suite 200
1234 S. Michigan Avenue, Chicago, IL 60605

Family Physician with specialty in Alcoholism/Addiction seeks associate. Busy practice in growing desert community for hard worker willing to care for people with AIDS and chemical dependencies.
Contact: Mel Pohl, MD
2810 W. Charleston Blvd, F-54
Las Vegas, NV 89102
Phone: (702) 870-1375 (home) or (702) 870-0808 (office)

Full time staff physician needed at Fenwick Hall Hospital, a 42-bed addiction treatment hospital located outside of Charleston, S.C. Must be B/C or B/E in psychiatry. Must be knowledgeable about addictive disease; AMSAODD certification desirable. Will have ability to do some private practice. Send CV to: Douglas F. Crane, MD, Medical Dir.
Fenwick Hall Hospital, PO Box 688
Johns Island, SC 29455

Two physicians, psych/int. medicine. AMSAODD certification preferable. Minimum 2 yrs in recovery if applicable. Inpat. and outpatient drug & alcohol rehab programs, comprehensive dynamic. Research opportunities. Academic appointment avail. Dean's committee VAMC in large, progressive metropltn area. Send CV to John D. Lenton, MD, Chief, Alcohol & Drug Dep. Treatment Unit, VA Med. Ctr, (116A3), 1670 Clairmont Rd, Decatur, GA 30033. Phone (404)321-6111, Ext 6986. EOE.

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No phone calls. EOE (Equal Opportunity Employer)

Positions Available

The American Psychiatric Association's Psychiatric Placement Service has been contacted by several employers seeking CD specialists to join their group or facility. If you would like to confidentially learn more about these attractive opportunities, please contact Maureen Corrigan at 202-682-6108, or write her at APA, 1400 K St, NW, Washington, DC 20005. No obligation; need not be psychiatrist to inquire.

SECAD-1987

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800-845-1567 912-742-1161
CME Credits applied for

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Vivian Johnson
469 Westpark Way, Ste 200
Euless, Texas 76040

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"THE DANGERS OF DRUGS"

12-page, full color booklet on addiction/drug dependency is available to health care professionals. Call/write:
The Playboy Foundation
919 N. Michigan Ave, Chicago, IL 60611. Phone: 312-751-8000

Conference in Warsaw, Poland
Nov. 22-25, 1987

World Psychiatric Association
"Alcoholism & Other Dependencies."
Info: International
Convention Representatives,
35 W 65 St, New York, NY 10023
Phone: (212)496-8900

Changes in AMSAODD's constitution and by-laws which will be discussed at the next AMSAODD board of directors meeting include a proposed change in the name of the society. The committee submitting the recommended changes, chaired by Max A. Schneider, MD, is offering three names for consideration. All proposed changes in AMSAODD constitution and by-laws that are approved by the board in September, will be sent to society members within 30 days for formal vote of ratification.

To ascertain the membership's preferences, the committee invites all AMSAODD members to participate in a straw vote. Clip this item, mark one of the three choices, and return to AMSAODD, Ste 204, 6525 West North Ave, Oak Park, IL 60302.

- American Medical Society on Alcoholism and Other Drug Dependencies (AMSAODD)
(present name)
- American Medical Society on Addiction (AMSA)
- American Society of Addiction Medicine (ASAM)

The AMSAODD-Chicago office has no more copies of the 13-page booklet, "Guidelines for Facilities Treating Chemical Dependent Patients At Risk for AIDS or Infected by HIV Virus." AMSAODD distributed 10,000 free copies of the booklet, which was prepared by the AIDS & Chemical Dependency Committee with editorial contribution by Milan Korcok.

AMSAODD Members and NCA

James E. Kelsey, MD, of Omaha, was recently elected NCA board chairman.
 Robert D. Sparks, MD, of Michigan is NCA treasurer.
 Jasper Chen See, MD, of Pennsylvania is NCA secretary.
 George D. Lundberg, MD, of Illinois and Max A. Schneider, MD, of California, are co-chairs of NCA medical-scientific committee.
 Daniel K. Flavin, MD, of New York is NCA medical director.

National Council on Alcoholism affiliates present Bronze Key Awards for outstanding contributions to the work of affiliates. Physicians among those recently honored:

- Timmen L. Cermak, MD - NCA-Bay Area, San Francisco (1986)
- James F. Alexander, MD - Charlotte Council on Alcoholism, Charlotte, NC (1986)
- Max A. Schneider, MD - NCA-Orange County, CA (1987)

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Dear Editor:

I was recently asked by the Baltimore City Medical Society to testify on a city council bill proposing to post alcohol warning signs where alcoholic beverages are sold or served. I was not surprised that the Miller Brewing Company and the Maryland Hotel and Motel Association opposed this prevention effort, but I was astounded that other opponents included the Alcohol Policy Council and the American Council on Alcoholism (ACA).

[The ACA is not NCA, which is the National Council on Alcoholism--Editor].

Lauren A. Lydic, Sr., national chairman of the ACA, publicly stated in his testimony that: 1) education about dangers from alcohol abuse belonged in the school system and not in restaurants or bars, 2) such education should be aimed at children and not adults, 3) there is no clear definition of fetal alcohol syndrome, and 4) alcoholism is getting to be less and less of a problem without the help of a "restrictive measure" such as alcohol warning signs. His written statement included:

"...Who is our target audience? Certainly, an alcoholic or alcohol abuser will not heed those signs. Those under 21...should not be in the establishment at all, so therefore it will not be of use to them. This leaves the vast majority of individuals in the middle, who have been traditionally the responsible group in America. They are non-alcoholic...Therefore...the [signs] will serve no purpose."

Alcohol advertising is hardly limited to an audience of "responsible" drinkers who are over 21 and not of child bearing capacity. Mr. Lydic's testimony did not include objections to the pervasive advertising on TV, radio, newspapers, signs, magazines, billboards; advertising that promotes alcohol as being positively associated with friends, holidays, celebrations, sex, wealth, and power. Could this perhaps be because patrons of the American Council on Alcoholism have included The Alcoholic Beverage Medical Research Foundation, The Distilled Spirits Council of the United States, The Licensed Beverage Distributors of Maryland Inc., the National Distillers and Chemical Corporation, and the Wine and Spirits Wholesalers of America? These groups are hardly interested in having alcohol perceived as a sedative drug, or a mood- and mind-altering chemical with potentially adverse behavioral and health consequences.

The logic in the following samples of the written and verbal testimony of Augustus H. Hewlett, president of the Alcohol Policy Council, is faulty in my opinion. According to Mr. Hewlett:

"A 1980 survey (FDA/Lou Harris) found that...92% of women aged 18 to 44...were aware of the effects of over consumption of alcohol during pregnancy...So the argument 'to increase public awareness and that of women of child-bearing age,' in this instance, holds no water."

"The wording in the proposal reads '...- Drinking during pregnancy can cause birth defects'...It is easy to see, in some cases, that hysteria could result from the uncalled for guilt caused by such a simplistic scientifically unfounded message."

The U.S. Surgeon General, American Medical Association, and March of Dimes warn women to abstain completely from drinking alcohol during pregnancy. Why? Because they do not know of any safe amounts of alcohol that a pregnant or nursing woman can drink and not affect her fetus. Shielding women from this medical evidence, in the belief that they might react with "hysteria" and cannot safely be their own judges about such information, is distasteful in its absurdity and its underlying chauvinism.

In 1984, the Alcohol Research Information Service calculated that for every \$1 of alcohol revenue, society must pay out \$9.57 for alcohol-related problems. The money spent on prevention is comparatively miniscule. Unfortunately the American Council on Alcoholism and the American Policy Council are lobbying to continue this trend and, in my opinion, are distorting the "facts" to suit their own purposes.

In 1985 Lauren A. Lydic, ACA chairman, gave the American Council on Alcoholism's Silver Chalice Award to Augustus H. Hewlett, Alcohol Policy Council president. The ACA gives this highest honor annually to an individual "who has displayed outstanding dedication and service to the field of alcoholism and special efforts to create public awareness of alcoholism as a disease..."

Misinformation is a dangerous weapon in the hands of some "helping" professionals

Lori D. Karan, MD
Baltimore, MD



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A Comprehensive Journal

As a member of AMSAODD, you will be interested to learn that many of the articles in *Alcohol Health & Research World (AH&RW)* are relevant to your work. The Summer issue of *AH&RW* contained the following articles:

- the case for catastrophic liver damage from alcohol-cocaine interaction

- an effective clinical intervention for FAS
 - the psychophysiology of alcohol-related mood changes
 - four clinical specialties' review of alcoholism curriculum in medical education
 - joint treatment of cocaine and alcohol dependence.
- Subscribing to *AH&RW*, the quarterly publication of the

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"...instances of drunkenness have become frequent again..."
Mikhail S. Gorbachev, 1985 speech

Last May 6-22, Drs. Maxwell N. Weisman and Anne Geller led a group of 31 people--mostly physicians--on a tour of Russia that was co-sponsored by AMSAODD. Dr. Weisman had not visited Russia since 1963, and he told AMSAODD Newsletter that he was amazed at the changes in attitude toward drinking and alcoholism. Heavy drinking is no longer culturally acceptable, according to Dr. Weisman. Although the government owns the alcohol-producing factories and is now losing "billions of dollars in vodka sales," Communist party propaganda attacks the norms associated with drinking.

"Drinking is made more difficult than it used to be," said Dr. Weisman. For example, "liquor stores open at two p.m. and close by eight. Some republics and cities limit buying liquor to three times a week. You cannot buy liquor on a train, or on a domestic flight. Alcohol is tremendously more expensive than it used to be, so people resort to soft drinks. The law actually prohibits promotion of cultural consumption at official banquets, and even on TV. Propaganda is such that people who get drunk, and even those who drink, are looked down upon. Enforcement is very strict. If high officials are found drunk, they're fired. Penalties for drunken driving and for serving alcohol to minors are very severe. People standing in long lines at liquor stores were embarrassed when we took their photographs." Russians made a point of telling the American tour group that they only drank "occasionally."

The American group was told that a national temperance society, encouraged by Gorbachev and with a campaign led by the Communist party, has about 14 million members. Although reportedly not Prohibitionist, the society's slogan is "Temperance and Culture," and its "aim is to fight tradition and have drinking considered anti-social, or anti-socialist, behavior. Targeted are the young and middle-aged," said Dr. Weisman, 75, with a wry chuckle. "Grandfathers who drink are not relevant, because they are so old."

"A doctor who treats addiction is called a narcologist," Dr. Geller told AMSAODD Newsletter. "Treatment in Russia is free, but otherwise is not enormously different from that here. The main differences are more flexibility in terms of how long a patient can stay in treatment (up to six months), and longer outpatient care, which can last as long as five years." Aftercare visits are initially twice a week, then once weekly, then once a month. The need for such long aftercare is because there is no known AA program in Russia.

Dr. Weisman and Dr. Geller had different ideas about why there is no AA in Russia. "I'm sure that one objection is AA's focus on the God aspect," said Dr. Weisman. "The whole concept of God--even to a God of your understanding--is alien to the official doctrine in the Soviet Union." He does not think that AA's anonymity factor has bearing, because treatment for alcoholics is kept confidential "if the alcoholic so wishes." Dr. Geller, on the other hand, said she thinks the lack of AA is not due to attitudes about a Higher Power, which can be handled as it is with atheists in AA all over the world, but is due to "the government not wanting people to congregate in unsupervised groups."

The tour group attended a morning-long medical meeting at a Moscow "narcological" hospital. "They paraded their staff, and each told us about his or her function," said Dr. Weisman. "We also heard from a volunteer, an alcoholic with 26 years sobriety, and from four young people who were drug addicts. All spoke through a translator."

According to Dr. Weisman, alcoholics stay sober through: --joining a temperance group; --group and individual outpatient therapy connected with narcology clinics; --relapsers can be referred by the courts to labor camp programs for up to two years.

"We were told in Moscow that the rate of remission after treatment in a narcological hospital is 40% in the first year, which is better than many of the relapse statistics we have here in the States," said Dr. Weisman.

Four physicians were given scholarships by the Smithers Foundation to attend the Rutgers Summer School of Alcohol Studies this year. While here, they visited the Smithers Alcoholism Treatment and Training Center in New York City, where Dr. Geller is medical director. "We showed them an educational tape of all the things our patients do in group therapy," said Dr. Geller. "It includes everything so many treatment centers have here, from reading the family questionnaire to the 'farewell to booze' letter. The Russian doctors were familiar with everything we do, with the exception of AA. They spoke to some of our patients, and said the stories were similar to their patients at home. And I believe, from what I saw in Russia, that their treatment does include many AA concepts. For example, recovering alcoholics work in their treatment centers. Young addicts go into the high schools to tell their stories, with the idea that it will help their self-esteem as well as hopefully helping their audiences."

AMSAODD Newsletter Advertising Information

Rates Effective: Sept. 1987 issue of Newsletter.

Readers: Over 2,800 physicians, all AMSAODD members.

Publication frequency: Bi-Monthly (Sept., Nov., Jan., March, May, July)

Content: Conferences, help wanted, situations wanted, physician placement agencies; treatment facilities; medical books, journals, tapes; drug companies (all drug company ads will be reviewed by a committee of physicians prior to acceptance).

Deadlines: Help/Situations Wanted - 2 weeks prior to publication. All others - phone for information.

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Discount: 10% for more than one ad per calendar year. (Multiple-issue orders placed prior to this announcement will receive discount beginning with this July issue.)

All ad orders placed prior to publication of this announcement will be billed at May 1987 rates.

Contact: Lucy Barry Robe, editor, 15 Ridge Rd, Cold Spring Harbor, NY 11724
Phone: (516) 367-6692
Hermese Bryant, AMSAODD, 6525 West North Ave, Oak Park, IL 60302
Phone: (312) 848-6050

*Single ad size is 2-1/2" wide by 1-1/2" long
**Quarter page ad size is 3-3/4" wide by 5" long

Any member who is interested in taking the AMSAODD Review Course this fall, but who has not yet received registration information, please telephone the New York office.

Charles L. Whitfield, MD, of Baltimore, thanks AMSAODD members for their concern when he became suddenly ill in April at the time of the Cleveland meeting. "I had a subarachnoid hemorrhage that did not require surgery, and I appear to have a good prognosis," Dr. Whitfield told AMSAODD Newsletter.

American Medical Society on Alcoholism and Other Drug Dependencies

April 25-26, 1987

Cleveland, OH

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FUTURE MEETINGS

Sponsored or co-sponsored by AMSAODD (one-time listing for co-sponsored conferences).

To assure listing, please send announcement to Newsletter editor Lucy Robe.

NCA Regional Medical/Scientific Seminar "State of the Art 1987: Current Clinical and Public Policy Issues in Alcoholism and Other Drug Addictions": St. Louis, Sept. 12.

Conference Coordinator, National Council on Alcoholism, 12 W. 21 St, New York, NY 10010.

Phone: (212) 206-6770.

AMSAODD Review Course:

New Orleans: Sept. 17-19
Chicago: Oct. 8-10
San Francisco: Oct. 22-24
Washington, DC: Nov. 5-7

AMSAODD Certification Exam:

Saturday Dec. 5, 1987.

Same 4 sites as above.

AMSAODD, 12 W. 21 St, New York, NY 10010.

Phone: (212) 206-6770.

AMSAODD Board Meeting: Sun. Sept. 20, New Orleans.

AIDS & Chemical Dependency--Multi-Disciplinary Approaches: San Francisco, Nov. 7-8.

Mim Landry, Haight Ashbury Free Clinic, 409 Clayton St, San Francisco, CA 94117
Phone: (415) 626-6763

AMSAODD Forum on AIDS: Phoenix, AZ, Feb. 19-20, 1988

Conference Information (AIDS), PO Box 81691, Atlanta, GA 30366.
Phone: (404) 458-3382.

AMSAODD Board Meeting: Sun. Feb. 21, 1988, Phoenix.

AMSAODD Medical Scientific Conference: Washington, DC, Apr. 21-24, 1988.

AMSAODD Board Meeting: Apr. 20.

Ruth Fox Course for Physicians: April 21.

AMSAODD Annual Luncheon: Apr. 23.

AMSAODD, 12 W. 21 St, New York, NY 10010.

Phone: (212) 206-6770.

NEW BOOKS

To assure listing, please send announcements of new books by AMSAODD members to Newsletter editor Lucy Robe.

Joseph D. Beasley, MD: "Wrong Diagnosis, Wrong Treatment: The Plight of the Alcoholic in America" (Creative Infomatics, Inc., Medical and Health Care Publications)

Dennis C. Daley, Howard Moss, MD, Frances Campbell: "Dual Disorders--Counseling Clients with Chemical Dependency and Mental Illness" (Hazelden)

Richard B. Seymour and David E. Smith, MD: "DRUGFREE: A Unique, Positive Approach to Staying Off Alcohol and Other Drugs" (Facts on File)



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