

HISTORICAL FACTS OF A.A.

In 1981 Nancy Reagan became the first lady of the United States. Her major contribution during her husband's reign was to champion the movement to fight the use of recreational drugs and alcohol. This prevention program she founded was called "JUST SAY NO!" The effectiveness of this campaign is doubtful but at least she tried and it put a spotlight, for the first time, on the problem.

It was also in 1981 that 1st class postage in the U.S. was raised from 15 cents to 18 cents and a new stamp, "Alcoholism, You Can Beat It", was introduced.



The photo on the left is of an envelope stamped on the first day of issue, August 19, 1981. It shows a united family studiously

reading from a "big" book. How many non-alcoholics might be able to recognize that it is actually the "Big Book of Alcoholics Anonymous"?

A.A. STAMP

A special issue postage stamp with the theme "Alcoholism – You can beat it!" was issued August 19, 1981, in Washington, DC. The special issue stamp was designed by John Boyd of New York and modeled by V. Jack Ruther.

The 18-cent stamp conveyed the message that alcoholism is a treatable disease. This was supported by the fact that, at the time that the stamp was issued, there were over nine million recovering alcoholics in the United States.



THANK YOU

DR. JOHN PHILLIP LeMASTER, DMD

I received a telephone call a few months after Dr. LeMaster lost his lengthy struggle with cancer. Dr. LeMaster's sister, Ann Williams, phoned to inform me of a generous bequest left for the NC Caring Dental Professional Program. I had never met Dr. LeMaster, however, we would hear from him yearly as he continually remembered someone in an annual donation to the NCCDP. We had a nice conversation, and Ann brought the true compassion of her brother to light. We shed tears together as she shared intimate memories with me. Dr. LeMaster contributed to the Dental Profession in many ways. His list of achievements is numerous including being awarded the North Carolina Caring Dentist Programs Meritorious Award of Outstanding Dedication in 1999, 2000, and 2001. He was a published author in the Caring Connections, and the Volunteer Coordinator for the NCCDP.



The NC Caring Dental Professionals are touched by your sincere devotion to the program. Your generosity has afforded us to help others in their time of need to start on a new path. You have left a wonderful legacy. We are grateful for all you have done, and pledge our best efforts in continuing our mission and purpose of serving other dental professionals.

To your surviving family, Mary LeMaster, Sherry & John Riddle, Ann, Randy and Ryan Williams, please accept our warmest heartfelt thanks and condolences.

Nancy Davis, Executive Director NCCP

The N.C. Caring Dental Professionals is proud to be a resource for families of not only the addicted dental professional, but for the children and teenagers of the entire dental community in North Carolina. If you have questions concerning your children or teenager, please contact us for resources that are available to you during this difficult time. We must never forget that "addiction is a family disease".

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Published three times yearly in Southern Pines, North Carolina by the North Carolina Caring Dental Professionals, a nonprofit organization. Our goals are to disseminate information about the Caring Dental Professionals, and to provide helpful and informative materials about chemical dependence and mental health issues.

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CARING Connections

JUST REACH OUT

Volume 14, Issue 2

NORTH CAROLINA CARING DENTAL PROFESSIONALS

Looking At Addiction As A Disease

by Nancy Davis, Executive Director



What is Addiction

Has your friend or loved one's addictive behavior felt like a personal insult to your relationship? This feeling is common, especially when recognition of and understanding about addiction are in their infancy.

The American Society of Addiction Medicine (ASAM), a non-profit professional organization of physicians dedicated to understanding and treating addictive disorders developed an updated definition of addiction that better describes what happens to those suffering from the disease:

Addiction is a primary, chronic brain disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors. (ASAM, April 2011)

How Common is Drug or Alcohol Addiction?

Approximately 10% of any population is addicted to drugs or alcohol. Addiction is more common than diabetes, which occurs in approximately 7% of the population.

The terms alcohol addiction, alcoholism, and alcohol dependence are all equivalent. The same is true for the terms drug addiction and drug dependence.

Nobody starts out intending to develop an addiction, but many people get caught in its snare. Consider the latest government statistics:

- Nearly 23 million Americans—almost one in 10—are addicted to alcohol or other drugs.
- More than two-thirds of people with addiction abuse alcohol.
- The top three drugs causing addiction are marijuana, opioid (narcotic) pain relievers, and cocaine

What Can Families, Friends and Colleagues Do?

Family, Friends and Colleagues need to stay safe and sane. They deserve health and cannot be effective supports for the chemically dependent person unless they are healthy themselves. You should.....

- Offer emotional support and encourage your loved one to seek treatment.
- Not avoid seeking information and support for yourself.
- Set boundaries to protect health and reinforce appropriate behaviors.
- Not set justifications or rationalizations for the use of addictive substances or the avoidance of treatment.
- Seek help for yourself when you are ready. The NCCDP can provide names and numbers of qualified therapists in your area.

What Comes Next and Where Can We Get Help?

Addiction is a treatable disease, which should be treated. Like other diseases, addiction often requires professional treatment. Watching and/or being involved with someone who is struggling with addiction is confusing, frustrating, stressful and tiring. The good news is that help is available and people do get better.

The Caring Dental Professionals Program was established to provide a confidential, non-disciplinary way for dentists and dental hygienists to seek appropriate help for personal problems. Dental professionals have a higher than average rate of developing problems that can deleteriously affect their ability to practice dentistry. The program can assist them in receiving appropriate help for their problems before disciplinary action may be taken by the dental board, or they are sued for malpractice. The program is dedicated to helping dental professionals keep their licenses, not lose them.

If you know someone who can use our help, please do not hesitate to call. Our toll-free number which is staffed 24 hours per day, is 800-230-3934



North Carolina Caring
Dental Professionals

