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 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 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 alchoholics in the United States.





THANK YOU DR. JOHN PHILLIP LeMASTER, DMD

Ireceived 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".

800-230-3934 • 910-944-1150



North Carolina Caring Dental Professionals PO Box 1258 Southern Pines, NC 28388

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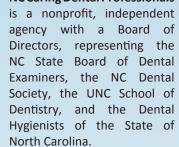
JUST REACH OUT

NORTH CAROLINA CARING DENTAL PROFESSIONALS

Looking At Addiction As A Disease

by Nancy Davis, Executive Director

NC Caring Dental Professionals



The Mission of our program is to identify, intervene, and assist members of the dental profession and their families who suffer the consequences of alcohol or other drug abuse or addiction, stress and professional burnout or other impairments.

The Purpose of NC Caring Dental Professionals is prevention of a career being destroyed or a professional reputation being damaged. The CDP provides confidential peer support and professional assistance with advocacy through complete assessment, treatment, recovery and monitoring activities which, if followed, may assist the dental professional in license retention.



North Carolina Caring Dental Professionals

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 liabetes, 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 upports 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
- 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

When You Need Someone to Care



North Carolina Caring Dental Professionals

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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HELPING DENTISTS, DENTAL HYGIENISTS, **AND THEIR FAMILIES**

For More Information Call...

(910) 944-1150 (800) 230-3934

North Carolina Caring Dental Professionals

??????po You Have An Addiction???????

Determining whether you have addiction isn't completely straightforward. Admitting it isn't easy, largely because of the stigma and shame associated with addiction. Acknowledging the problem is the first step toward recovery.

CAGE Questionnaire

- ☐ Have you ever felt you should **C**ut down on your drinking or drug use?
- ☐ Have people Annoyed you by criticizing your drinking or drug use?
- ☐ Have you ever felt bad or **G**uilty about your drinking or drug use?
- ☐ Have you ever had a drink or drug first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

Scoring:

Score one point for each yes answer.

- If you scored 1, there is an 80% chance you are addicted.
- If you scored 2, there is an 89% chance you are addicted.
- If you scored 3, there is a 99% chance you are addicted.
- If you scored 4, there is a 100% chance you are addicted.

If you scored a "yes" answer to any of the CAGE questions you may have a problem with addiction, and at the very least consult your health care provider for further evaluation and guidance. The NCCDP is always available to answer any questions about addiction for yourself or for someone you care about. 800-230-3934

Message From The Volunteer Coordinator



The North Carolina Caring Dental Professionals is pleased to announce the opportunity for local, district, and state dental study clubs and societies to have a representative from the NCCDP to speak about the current and relevant topic of addiction in dentistry and how it affects dental practices, families, and society. In the United States today, addiction is a major health epidemic with a plethora of misunderstanding and myth. We in North Carolina are fortunate to have a great resource in the NCCDP to provide guidance and direction to dentists and dental hygienists suffering from this chronic disease. If you would like to know more and have the opportunity to ask questions about how addiction may affect you and your practice, please give us a call to ask further questions or schedule a meeting at 800-230-3934. We look forward to hearing from you!

Bill Claytor NCCDP Volunteer Coordinator

Designer Drugs Are Flooding The Market

By Nancy Davis, Executive Director

I recently attended a conference and was attracted to the title of the presentation, "What We're Up Against!" The objectives of this presentation were to educate addiction professionals and providers



on the synthetic Drug Culture. Participants were told they would have an in-depth understanding of the history of designer drug industry and the sub-culture that has penetrated the United States. All I can say is I now understand what we are up against. I feel it is my duty to pass on some of this information, especially since the last issue featured *Teens Drug Use, Abuse and Addiction*.

It is important we stay abreast of what is going on in the drug and alcohol world — especially for those in recovery who are now far removed from that world. For those of us who have children and grandchildren it's important to know what the current drug trends are, so we can properly talk with them about the dangers of these substances.

The term designer drug refers to drugs that are manmade in laboratories, typically "underground" or secret labs, as these



types of chemical concoctions are illegal. These drugs are designed to skirt the current drug laws, so they can be sold on the internet. The drugs are made by changing the

properties of a drug that is derived from a plant – cocaine, morphine, or marijuana by using chemistry. The drugs that are created have a new, different affect on the brain and body than they did in their original state. Ever-changing formulas are what make designer drugs so dangerous; these formulas are untested by

any overseeing authority such as the FDA, and the science behind these drugs is far from exact.

Designer drugs have recently increased in popularity because of how easy it can be to get them, especially

for teens or young adults. Many of these drugs can be bought on the internet and delivered by mail. "Chemists" package and label the drugs as "not for human



consumption" and can, therefore market them as they please. Some "cover" labeling examples are plant food, potpourri and herbal smoking blends.

DID YOU KNOW. . .

- DID TOO KNOW...
- Preliminary studies indicate that synthetic marijuana substances like K2 are three to 100 times more potent than THC, the active ingredient found in marijuana
- Producers spray cannabinoid a chemical compound, onto flowers, herbs, and tobacco, and then sell it in stores as potpourri or incense and label it as "not for human consumption."
- The majority of emergency department visits due to synthetic cannabis were young people ages 12-24 with complaints including abdominal cramps, chest pain, seizures, difficulty breathing and rapid heart rate.
- Users feel there is sometimes a need to use other drugs such as heroin or cocaine to help cope with the mental and physical pain that result after one "comes down" from designer drugs.
- Ecstasy is by far the most famous designer drug as well as the prototype of all club drugs. Ecstasy is especially popular among youth who use it at parties and concerts.

PLEASE CONSIDER

Make a tax deductible donation to the NC Caring Dental Professionals Endowment Fund or Jake Thorpe Fund. This money goes to provide interest free loans to assist impaired dental professionals. The NCCDP was created by dentists for dentists and dental hygienists with the intention of promoting a healthy recovery and lifestyle. Most of the funding is provided by the grass roots of dentistry being the dental profession itself. Please consider being a part of this health and wellness effort by making a tax deductible donation TODAY!!!

Thank you,

Dr. Mark W. Johnson, DDS - Chairman, Fundraising Committee

Ecstasy, by far the most famous designer drug, is made from a chemical called MDMA. By 1995, less than 10% of Ecstasy pills on the market were pure MDMA. Now Ecstasy is made from a combination of all kinds of chemicals, many toxic to the human body. Ecstasy can contain ephedrine, ketamine or methamphetamine, just to name a few.

When did designer drugs make their debut on the market?

Designer drugs began to be created by chemists who saw a loophole in the Controlled Substance Act; heroin and amphetamine,

for example, are illegal based on their chemical structure. Chemists tinkered with the chemical structure of the drugs

on the illegal lists until they came up with similar drugs made up of completely different chemical formulas, these new drugs are technically not yet illegal.

Where are they sold?

Online, in head shops, smoke shops and even in some convenience stores.

How are they sold?

Designer drugs are sold in innocent-looking packages: potpourri, incense, bath salts, plant food, or jewelry cleaner.

Are these substances addictive?

Just like other illicit drugs, many of these drugs are addictive, but the main caution is they contain unpredictable and unknown chemicals. Sometime hospitalization is needed, and overdose can occur.

Is there a legal age to purchase?

In some states you must be 18 to purchase the products from a convenience store of head shop, but buying these products online requires on a credit card and a shipping address.

SAVE THIS NEWSLETTER - ANYWHERE Hide it if you must!

Why would I say that?...is what you may be asking yourself.

As a very grateful recovering addict/alcoholic I tell you that because this newsletter saved me. Why did I say "Hide it if you must"? Because I found for me, as abuse slipped into addiction, secrecy and fear ran my life. Oh yeah, I could control use until it controlled me. Then I had to lie to myself and others to keep it going. I could quit whenever I wanted...I just didn't want to.

I found out later that addiction is really an ego defense mechanism that persists despite negative consequences. Negative consequences – UGH – the easiest to see are the arrests, DUI's, wrecks. But as addiction's strong hold continues its negative spiral, we blame, minimize and rationalize these legal consequences, too.

Believe me your family is watching and counting. Not to mention how it tears families apart-our emotional unavailability as we push away the ones we love most. It's sad, hurts and produces guilt and especially shame to a toxic level.

I received these newsletters for years at my office and usually tossed them. I read enough to know there was a program....When I finally got to the end of my rope I had my wife call CDP.

CDP facilitated that turning point in my life. What I didn't know was that they were for me not against me. Our program is one of the finest in the nation. Many states have little or no recovery programs available and are only punitive. Ours is NOT! They are there to champion your cause – RECOVERY! They will bird-doggedly advocate for you provided you are willing to be accountable – which can be hard to accept at first – but certainly easier than having a license revoked.

If you sign up before any of the legal issues they will keep your anonymity from the State Dental Board.... how cool is that!

They know what you need to overcome addiction.

Life is so much better – not being tethered to a bottle of any sort.

- GK