

## RALEIGH HILLS WORKS IN LAS VEGAS

BY JERRY FREIDLIN

Alcoholism and other forms of drug abuse (yes, alcohol is a drug!) are very difficult problems for most people to recognize and cope with, yet it is becoming increasingly more difficult to find a person whose life has not been touched by alcoholism or other drug dependency in some way, perhaps personally, or through a friend, family member, or co worker.

Raleigh Hills Hospitals know that about 75% of the U.S. adult population uses alcohol. Some of them become addicted. A commonly accepted statistic is that one out of ten people who use mood-altering substances will become addicted to them with no exception as to race, color or religion. In Las Vegas, we have an estimated 40,000 alcoholics in the working population. Such a high incidence of a serious health problem would easily be labeled an epidemic with any other disease or illness, yet many people don't recognize it, nor do they know what to do about it.

Most of us have certain beliefs or ideas about alcoholics and other drug abusers. These beliefs identify them in terms of what we believe

alcoholics are, or what they do, or perhaps in terms of what we are not. For example, these statements:

"An alcoholic is someone who has to have a drink every day." or "An alcoholic is someone who drinks in the morning (or before noon, or before 5 p.m., etc.)" or "An alcoholic is someone who can't stop after one or two drinks," or, simply, "An alcoholic is someone who drinks a lot."

These statements are myths, yet we hear them and perhaps believe them. Another favorite is that beer (or wine) drinkers can't become alcoholic - also false.

Raleigh Hills uses a better definition of alcoholism when we look at what happens when a person drinks. If a person experiences problems associated with alcohol use in one or more major life areas on a recurring basis, yet continues to use alcohol, then we are likely dealing with alcoholism. Major life areas are Social, Family, Legal, Job, Economic, and Health. So, we might say an alcoholic is a person whose use of alcohol creates continuing or repeated problems in one or more of these major life areas, and yet he or she continues to drink.

The alcoholic is not the only victim of alcoholism. Family, friends, and co workers become enmeshed in the disease process. As a co worker, you may become one of these victims of alcoholism or other drug dependencies. Most people, however, don't see what's happening until

they're deeply involved in the emotional pitfalls of the illness. They see the major life problems that the alcoholic experiences as excuses for drinking, not recognizing the casual relationship of the drinking to the problems. The alcoholic's rationalizing, blaming and denying support this belief.

You can't, and shouldn't try to treat alcoholics - but you may be able to help them to want treatment at a medical facility such as Raleigh Hills.

Don't go through a long apology for having brought up the subject. Alcoholism is a diagnosis not an accusation. The "right to drink" is immaterial. Forget cute openers like "Aren't you drinking a little too much," and don't urge moderation. Suggestions to limit drinking to weekends or sticking to beer or wine are pointless. As every expert and every recovering alcoholic knows: "One drink is too much!"

You can't scare an alcoholic off with horror stories about D.T.'s, cirrhosis, pancreatitis, wet brain or heart trouble. Either they don't care or they always know someone who drank a fifth a day and lived to be a hundred.

Instead, when you bring up the subject, we at Raleigh Hills believe, be matter-of-fact, firm and unemotional. Steer the conversation to a bad smashup, loss of job, effects on children or loved ones.

Your alcoholic co workers may still find it hard to believe that they can grow into liquor-free stability day by day. But when their self-respect and ability to function returns, the day may come when they find themselves giving support and understanding to others with the same problem. They'll certainly be thanking you for giving them that first shove in the right direction.

(Jerry Freidlin is\* Community Relations Director of Raleigh Hills Hospital, 4333 North Rancho Road, Las Vegas (702) 645-1800. He and the counseling staff are available for phone calls 24 hours a day to help you better understand alcoholism.)

### For Nursing Care in Your Home



**Medical  
Personnel  
Pool.**

## RELY ON US!

**MEDICAL PERSONNEL POOL\***  
MPP™ provides experienced  
home health care professionals  
— from live-in companions to  
Registered Nurses.

Call us 7 days a week, 24 hours  
a day, for home health care you  
can rely on.

830 East Sahara  
• Suite 2 369-5533

### MARC REISMAN BAR MITZVAH

Marc Reisman, son of Mr. & Mrs. Larry Nelson, will be called to the Torah and become a Bar Mitzvah during services at Temple Beth Shalom, 1600 E. Oakey Blvd., on Saturday morning, October 24, 1981.

*the best little whorehouse*  
in **TEXAS**

The  
"Tony" Award  
winning musical  
hit of Broadway

Showtimes:  
8 pm and Midnight/Dark Mondays

**DESERT INN**  
and Country Club

No Tickets Necessary - For Reservations Please Call 733-4566

### TYREE CARR, M.D.

is pleased to announce the opening of  
his practice in

**OPHTHALMOLOGY AND  
OPHTHALMIC SURGERY**

at the Red Rock Medical Center

5701 W. Charleston Blvd.  
Suite 208

Las Vegas, Nevada 89102

**877-6226** By Appointment

### KIMBLE McNAIR, II, M.D. J.F.A.C.O.G.

wishes to announce  
the opening of his office  
for the practice of

**OBSTETRICS  
& GYNECOLOGY**

3121 S. Maryland Parkway

Suite 512

Las Vegas, Nev. 89109

**369-7210**

Office Hours by Appointment

**OSTOMY SUPPLIES  
HOME  
NURSING  
EQUIPMENT  
For Rent & Sale**

**FREE DELIVERY  
RICK HERRMANN**

**Medical  
Specialties  
Inc.  
MSI**

In Commercial Center  
953 - 37 E. Sahara  
Las Vegas, Nevada  
(702) 733-2926

JERUSALEM (WNS) -- Three terrorists ambushed a bus in the northern suburb of Ramot, slightly wounding one passenger in a hand grenade and machine gun attack. The vehicle was stopped when a grenade exploded on the road in front of it. The driver ordered all passengers to lie on the floor as bullets peppered the bus. The passengers left one-by-one through a rear door after the shooting ended.