

Hoag Chemical Dependency Recovery Center
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Hoag Chemical Dependency
Recovery Center



Naming Contest

By Dotty Dozal,
Alumni Coordinator

As you may notice, the Chemical Dependency Recovery Center newsletter is debuting a new look and we're asking our readers to help us come up with a fresh new name. In addition to alumni news and events, the updated newsletter will feature current news and wellness topics. We'd like the name of the newsletter to reflect the idea of wellness so please keep this in mind when submitting ideas.

The person whose submission is selected will receive a prize and their winning title and name will be announced in the Summer newsletter.

Please email your submissions to CDRC@HoagHospital.org by June 1.



Making Exercise a Part of Recovery

According to recent health studies, exercise is proven to trigger positive feelings about one's self and their life, which may lead to a healthier, longer life. The endorphins released during and after exercise can also lead to a reduced perception of pain, released muscle tension, improved sleep, and reduced levels of the stress hormone, cortisol.

Exercise also increases one's body temperature, which is proven to have a calming effect. All of these mind and body changes can improve symptoms such as sadness, anxiety, irritability, stress, fatigue, anger, self-doubt, helplessness and hopelessness that are associated with depression.

For those that do not have an established workout routine, it's not too late to get started. Research shows that starting off with small bouts of exercise still improves one's mood in the short term, though longer-standing research suggests that it may take at least 30 minutes of exercise a day, three to five times a week, to significantly improve depression symptoms.

Exercise also:

- Strengthens the heart
- Lowers blood pressure
- Improves muscle tone and strength
- Strengthens and builds bones
- Reduces body fat
- Increases energy levels
- Helps with over all fitness

Research also shows that people are more likely to maintain good exercise habits if they fit exercise into their lives, say by walking or biking to work, jogging or playing a sport with friends. Some forms of exercise that are lifestyle friendly are:

- Biking
- Dancing
- Gardening
- Housework
- Jogging at a moderate pace
- Low-impact aerobics
- Golf (walking the course)
- Playing tennis
- Swimming
- Walking
- Yard work
- Yoga

Ask your physician if you or a loved one are experiencing anxiety, depression, restless sleep or muscle tension as exercise is proven to be a proactive solution. Along with the obvious physiological benefits, it is psychologically helpful to feel that we can do something each day to help ourselves even by increasing daily physical activity.

You can now receive the CDRC Newsletter via email. If you would like to receive our newsletter electronically, please email us at cdc@hoaghospital.org.

Doc Talk

By Steven R. Ey, M.D., Medical Director, CDRC

Prescription pill addiction has become a leading problem in the field of Addiction Medicine. Over the past five to ten years there has been a dramatic increase in the number of persons taking pills in an addictive manner. Why is this? Many have looked at the internet as one main reason pills have become so available. To be sure, there is much more availability of prescription pills today, and the internet, is one source but, interestingly, the latest SAMHSA (Substance Abuse and Mental Health Services Administration) data suggests that the majority of pills come from prescriptions written by a physician.

Why have pills become so popular? There are many reasons, starting with the ease with which pills can be taken. Most people take a pill at home in the bathroom or kitchen. They are simple and easy to take and leave no smell or trace. A person can hide a few pills in their pocket and take them throughout the day with just a glass of water. There is also a sense of security that the pill actually is what it says it is. With street drugs it is very difficult to know exactly what it is and be sure there are no adulterants.

How does one know they have a problem with pills? We first identify the non-medical use of prescription pills which is defined as taking a pill not prescribed to you or in a manner not intended by the prescribing healthcare worker. For example, if someone is taking a pain pill that is prescribed to another family member or received from a friend that is non-medical use. But is this addiction? Not necessarily, but it is the beginning of path toward addiction.

So what do you do if you suspect someone has a problem with pills? At the Hoag Chemical Dependency Recovery Center, we have staff available 24 hours a day to answer questions and provide a free confidential assessment. We will review the person's history of pill use and or abuse, review medical and/or psychiatric conditions, and make further recommendations if treatment is warranted. If you or someone you know is having a problem with prescription pills there is help. Please call us at 949/764-5656 for a confidential assessment.

Professional Continuing Education Lecture Series 2009

June 5

Relapse Prevention & Analysis

Speaker: Harry Haroutunian, M.D.,
Medical Director,
The Betty Ford Center

Cost: \$25

August 21

Identification & Assessment of the Hospitalized Chemically Dependent Patient

Speakers: Dr. Steven Ey, M.D., Medical
Director, *Hoag CDRC* &
Stephen Odom, M.S., M.F.T.,
A.B.D., Director, *Hoag CDRC*

Cost: \$35

October 2

The Effects of Chemical Dependency on Children

Speaker: Pam Newton, Director,
Betty Ford Children's Program,
Dallas Texas

Cost: \$25

To register, call 800/514-4624. Lectures will be held at Hoag Hospital Conference Center.

Weekly Activities

Monday night AA stag meeting - 8:00 p.m.
(men's and women's)
Hoag CDRC

Wednesday night AA meeting - 8:00 p.m.
20 - minute speaker with open discussion
Hoag CDRC

Wednesday Pills Anonymous meeting - 8:00 p.m.
Hoag laboratory waiting room

Saturday night AA speaker meeting - 8:30 p.m.
Hoag Conference Center

Sunday Pills Anonymous meeting - 6:30 p.m.
Hoag CDRC



Hoag's Heroes Alumni Events

March

March 21, 2009

Bowling Tournament
Tustin Lanes
2:00 - 3:00 p.m.

May

Date TBD*

Alumni Picnic
Teawinkle Park
11:00 - 3:00 p.m.

July

Date TBD*

Golf Tournament
Costa Mesa Golf Club - Mesa Linda

October

October 24, 2009

No Booze Cruise - Halloween
7:00 - 10:00 p.m.

December

December 12, 2009

Christmas Party
Share Ourselves Family Adoption

*Please check our website for updated dates and events, www.hoagchemicaldependencycenter.org.