



Health Facts with Dr. Max

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Drying Out

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A recent study in the Journal of the AMA concluded that topiramate (Topamax) was shown to be a helpful adjunct to counseling in treating alcoholism. The subjects in the study either received Topamax (already on the market for migraine prevention) or placebo, but all received weekly counseling. Unfortunately, I've noticed the articles forgot to mention the counseling while playing up the role of the medication in reducing drinking. This is unfortunate as it leads alcoholics to think that medication alone is enough. I've never found this to be true with any addiction. Alcoholics need insight into why they drink, a support system (like AA) and family involvement. However, if counseling and support are in place, Topamax might be considered to reduce cravings. Other products include Campral, ReVia and Antabuse.

The average age of onset of alcohol dependence is 21 years, but some report that they started drinking at age 10! Treating addiction is complicated and we generally require our patients to attend AA or NA (Narcotics Anonymous).

Integrating care of the body and mind, we are THE COUNSELING & GYNECOLOGY GROUP. Please call us at 413-525-4546 for an appointment. We are located at 281 Maple St., East Longmeadow.

FYI-Alcohol dependence is the third leading modifiable cause of mortality in the United States.