

of the Week...

Baby Boomer Alert: To Those born between 1946-1964

Many boomers are more food conscious, read food labels and know more about where their food comes from (Buy Local) than they have been in the past according to a report from Whole Foods Market. Boomers are also buying more organic food items, and a larger percentage of their grocery purchases are organic products than they were in years past.

Is Your Doctor Healthy or Addicted?

According to a study published in October, 2013 issue of the *Journal of Addiction Medicine*, MD's usually abuse painkillers or other prescription drugs in order to help them deal with overwhelming stress or physical or emotional pain.

The study found that MD's tend to abuse alcohol and drugs at about the same rate as the general (and medicated) public. Studies estimate that 10-15% of MD's develop a substance-abuse problem in their lifetime.

They also found that "MD's tend to abuse prescription drugs more often than the average person", said Lisa Merlo, the lead researcher on the new study and an assistant professor of psychiatry at the University of Florida.

Of the doctors in this study, 69% had abused

prescription drugs -- most often narcotic painkillers such as oxycodone (which is sold under the brand names Percocet and Oxycontin) or hydrocodone (Vicodin), but also sedatives and stimulant drugs.

When asked why they used drugs, the MD's sometimes admitted to, what they referred to as "recreational use" but most often they said they were self-medicating to help them deal with the pain, depression, anxiety or stress in their personal and professional lives.

This is a serious problem, one that according to Lucien Leape, MD (author of numerous studies documenting Error in Medicine) is the cause of what he terms, Physician Performance Deficiency...one that the public should be made aware of.

The Bottom Line...The Bottom Line...The Bottom Line...

"Are doctors different? No," said Dr. J. Wesley Boyd, assistant clinical professor of psychiatry at Harvard Medical School. "Most of my patients who aren't doctors use these drugs for the same reasons." "The huge difference is that doctors have unique access to prescription drugs," said Boyd. It is truly hard to take editorial advantage of this situation. Bottom line is healthy doctors are better doctors. Doctors that takes care of themselves are better able to care for you!

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