

# Betty Ford Center at Eisenhower April is Alcohol Awareness Month

The warning signs are explicit: drinking alone or in secret; not remembering conversations; losing interest in favorite activities; becoming intentionally intoxicated to feel "normal;" having problems with friends, family, finances.

According to the National Council on Alcoholism and Drug Dependence, more than 20 million Americans abuse alcohol. Each year more than 100,000 Americans die of alcohol-related causes, making alcoholism, after heart disease and cancer, the nation's third largest killer.

Often called "the disease that does not discriminate," alcoholism knows no boundary, affecting all ages, races, social and ethnic backgrounds...from movie stars and first ladies, authors and accountants, housewives and husbands, priests and policemen, nannies and neighbors. It is a disease with genetic components; however, people whose families have never had any experience with alcoholism can also suffer from the disease.

If you or a loved one needs help, the Betty Ford Center at Eisenhower offers information, support, and, in the words of our founder, "hope and a special place of healing."

EVENTS Alcohol and Other Drugs Awareness Hour March 11, 2006 Journaling in Early Recovery March 25, 2006 Trauma & Addiction: Is There a Connection? April 1, 2006 Resilience: Equilibrium During the Storm April 8, 2006 Alcoholism: The Disease of Perception April 15, 2006 Changing the Family Legacy 9:30 - 11 a.m. Annenberg Center for Health Sciences at Eisenhower. 760-773-4342