

HEALTH

Women Addicted to Gambling

Help hotline can benefit

BY REBEKAH BELLE*

My sister and I were playing video poker last night. I left with a friend, but she didn't come home again. Not that I really need to watch her because she's an adult, but lately she doesn't seem to be herself. She said she couldn't pay her portion of the rent for a couple of weeks due to some sort of billing issue and I really didn't pay too much attention to it. But then her cell phone was cut off and her job was calling to see why she didn't come to work. What was going on?

Sound familiar? Authorities say the number of women compared with men seeking treatment for gambling addiction has increased from 37 percent of the total in 1996 to 52 percent last year. But the total number of women in Gamblers Anonymous does not represent the number of women with this illness.

Gambling addictions affect spouses, children, and other family members, as well as friends, co-workers and employers. People with a family history of alcohol, drug, or gambling problems are at greatest

risk. Someone who is in recovery from another addiction is especially vulnerable.

Experts in gambling addictions list the following characteristics of women gamblers:

- Most female gamblers are "closet gamblers" and seldom brag about their wins,

- Most women stay with legal gambling.

- 75% of female gamblers describe their gambling as escape gambling". Some of the reasons:

- Stress, such as marital problems, financial problems, and memories of traumatic situations in childhood.

- Most female compulsive gamblers have a family history of addiction or other compulsive disorders.

- Most female compulsive gamblers are dependent on something other than gambling (alcohol, drugs, overeating, overspending, and sex) at some point.

- Most women begin gambling at a later age.

An estimated 60,000 people in Oregon are problem gamblers. About one percent of the state's



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

More women are seeking treatment for gambling addictions.

adult population is believed to suffer from pathological gambling, an impulse control disorder listed by

the American Psychiatric Association since 1980.

About half of the people treated

in state-funded programs worked full time, with an average income of \$35,317. About 40 percent of those receiving treatment were married and owned their own home. More than 6 percent of the clients treated in 2003-04 say they had attempted suicide.

If you are (or someone you know is) gambling too much, you can call the Oregon Problem Gambling Helpline or chat live online with a certified gambling counselor. All information shared is confidential and this service is free to Oregon residents.

The Oregon Problem Gambling Helpline has been in operation since 2001. Trained professional staff members are available 24 hours a day, 7 days a week to listen, educate, answer questions, and refer people to free confidential treatment services.

Their staff is available through Live Chat, by Instant Messaging, Email or you can reach them by phone at 1-877-MY-LIMIT. (note: live chat is available Monday - Friday from 9 a.m. to 9 p.m.)

FAB LIVING
W/ REBEKAH STAR

What are you willing to do?

The last time I was discussing this topic with a client she was considering trying Botox. She had gone for her consultation and didn't know whether or not she was completely comfortable with the idea. I let her know that I didn't think that she

needed it, but that I understood the draw. Another client, a public figure just barely into her 30s swears by it—and I have to admit; her face is tight! Beautiful and firm. And People Magazine's recent cover stories features an article about the 22 year old

reality star, Heidi Montag, reporting that she is addicted to different forms of plastic surgery and has had 10 procedures in just one day! This is clearly a topic on our minds and while I know it's very important to show your best self, just how far are you willing to go for plump lips, less fine lines, and to depuff those eyes? As we get older the signs of age creep in so let's take a look at three of the most popular injectables and some great alternatives.

Note: All of the following should be performed by a doctor that specializes in cosmetic procedures.

Botox

What it does: Prevents muscle contractions that lead to fine lines and furrows.

Average Cost: \$459

Lasts: 3-4 months

Pros: Stops wrinkles. Can give the appearance of a brow lift.

Cons: No long term studies have been conducted.

Restylane

What it does: Uses Hyaluronic Acid to plump up fine lines and wrinkles.

Average Cost: \$741

Lasts: 6-12 months

Pros: Instant Results

Cons: Can leave bruising and/or swelling

Collagen

What it does: Defines the lip borders, plumps lips, and fill in lines.

Average Cost: \$382

Lasts: 2-3 months

Pros: Instant Results

Cons: Short-term effects, pain, redness, lumps, infection.

59 percent

People who have used Botox or Restylane who are satisfied.

125 percent

The increase of women ages 19-34 getting Botox in the last year.

17 Percent

people who have tried Collagen injections who are satisfied.

Whether we agree with these procedures or not, the truth is; some of us at least wonder about them, while a lot have already had the experience. Whatever your personal truth is, it's always great to be informed.

There also are a multitude of non-invasive options to consider:

1. A regular skincare regimen- Regular facials or use of specific products
2. Exercise
3. Eating foods containing high amount of fiber and antioxidants
4. Microdermabrasion and Peels- Powerful exfoliations process that reduces the appearance of fine lines.
5. Lymphatic Drainage- A massage like manipulation that helps relieve body of excess waste and toxins.
6. Drink lots of water!

All of these alternatives are great options and will be discussed in detail in the future. Until then, stay informed and know that beauty is in the eye of the beholder!

Just For Fun-Beauty rituals around the world.....

Turkey: Fish eat dead skin off the feet leaving feet smooth and soft.

Brazil: While laying on the beach, women rub sand on there legs to stimulate circulation and banish cellulite.

China: Women use green tea and rosemary to rinse their hair and create ultimate shine.

Please contact me with your questions and comments on our Facebook page "FaB Living w/ Rebekah Star". Live FaBulously!



Dr. Billy R. Flowers

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Part 22. Chiropractic and Health

A way of Life...not just a passing diagnosis.

Q: Following a thorough check-up my doctor says that I'm "fit as fiddle." If this is true, why do I often suffer pain?

A: It is indeed interesting that a doctor can give a "thorough checkup" and yet fail to evaluate the spine and nervous system. I'm sure that while in school your doctor learned that the nervous system controls every other organ and function in the body. Doesn't it make sense then that a truly thor-

ough checkup should include not only blood pressure, weight, chest and eye exam, etc but should also and primarily include a detailed evaluation of the nervous system? In Chiropractic

We study the nervous system and the spine completely to assure you that we find the cause of your

problem. If you have persistent aches, pains or fatigue, there is a reason for it. If you haven't had a Chiropractic evaluation, you have NOT been examined completely. For the sake of your health now and in the future, call today. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504