

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Special points of interest:

- PCC has dozens of newsletters online covering major initiatives and service offerings over the years
- Did you know you can send anonymous feedback about the clinic via our website
- What's your story? Submit word of encouragement and we will publish them in the newsletter.

## Smokeless Tobacco

Also called: Chewing tobacco, Dip, Oral tobacco, Snuff, Spit tobacco

Many people who chew tobacco or dip snuff think it's safer than smoking. But you don't have to smoke tobacco for it to be dangerous. Chewing or dipping carries risks like

- Cancer of the mouth
- Decay of exposed tooth roots
- Pulling away of the gums from the teeth

White patches or red sores in the mouth that can turn to cancer

Recent research shows the dangers of smokeless tobacco may go beyond the mouth. It might also play a role in other cancers, heart disease and stroke.

Smokeless tobacco contains more nicotine than cigarettes. Nicotine is a highly addictive drug that makes it hard to stop using tobacco once you start. Having a quit date and a quitting plan can help you stop successfully.

## Antidepressants

Also called: Selective serotonin reuptake inhibitors, Tricyclic antidepressants

Antidepressants are medicines that treat depression. Your doctor can prescribe them for you. They can improve your mood, sleep, appetite and concentration. It may take several weeks for them to help. There are several types of antidepressants. You and your doctor may have to try several before finding what works best for you.

Medicines sometimes cause unwanted side effects. For example, when you first start your antidepressant you may feel tired, have trouble sleeping or feel sick to your stomach. The side effects usually go away after a short time. Tell your doctor if you have any side effects. You should also let your doctor know if you take any other medicines, vitamins or herbal supplements.

It is important to keep taking your medicines, even if you feel better. Do not stop taking your medicines without talking to your doctor. You often need to stop antidepressants gradually.

NIH: National Institute of Mental Health

## Inside this issue:

Smokeless Tobacco	<b>1</b>
Antidepressants	<b>1</b>
Phobias	<b>2</b>
Our Service	<b>2</b>

## What is a Phobia?

A phobia is a type of anxiety disorder. It is a strong, irrational fear of something that poses little or no actual danger. There are many specific phobias. Acrophobia is a fear of heights. You may be able to ski the world's tallest mountains but be unable to go above the 5th floor of an office building. Agoraphobia is a fear of public places, and claustrophobia is a fear of closed-in places. If you become anxious and extremely self-conscious in everyday social situations, you could have a social phobia. Other common phobias involve tunnels, highway driving, water, flying, animals and blood.

People with phobias try to avoid what they are afraid of. If they cannot, they may experience

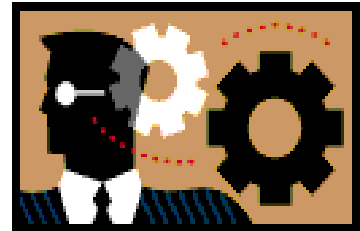
- Panic and fear
- Rapid heartbeat
- Shortness of breath
- Trembling
- A strong desire to get away

Treatment helps most people with phobias. Options include medicines, therapy or both.

## Why Counseling Matters

Ever question why counseling is an important part of the treatment process. After all why not just get medicated and get back to your life instead of wasting time talking to counselors. Well the reality is that the medication absent an opportunity to dig deeper and learn more about the behavioral traits that contribute to dependency is analogous to trying to drive without a car. The lessons, insights and perspectives shared in a counseling engagement provides the tools and roadmap that help to augment the medical treatment that you receive at the clinic.

In combination, the results can provide a powerful and effective means of staving off old learned behaviors that contributed to issues and challenges that you experienced in the past. Seeking the help of experienced counselors who have the benefit of years of knowing what works and what doesn't can help you advance tremendously on the road to recovery.



Sometimes it takes time to get comfortable talking and opening up with someone that you are meeting for the 1st time. Especially if it requires you to share experiences that may not be part of your proudest moments. Our counselors understand those challenges and are adept at ensuring that you are comfortable and feel secure in opening up about what you are feeling.

If it was simple as taking a magic pill and all life's ills go away we probably would be living in utopia. Our research and experience shows that counseling is an essential element in fostering the very best outcomes for our clients. All it takes is an open mind and a willingness to start on the right track..

Please make an appointment to see one of our credentialed counselors today so that you can get on the right road to success.