


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	12/16/2011 10:23:26 PM
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**ASPEN
Answers**

by Kay Spicer, BA, CSAC,
ICS, SAP, IDP-AT

**FACING UP
TO ALCOHOLISM**

If you suspect that you or someone you know has a problem with alcohol, face up to the painful truth. Shame should not be a factor that stands in the way of treatment because alcoholism is largely genetic. Forty percent of alcoholism is caused by genetics, while factors that are not completely understood comprise the other sixty percent. What is well understood is the fact that it is very difficult for alcoholics to quit on their own. Only four percent of alcoholics stay sober for the next year if they try to quit on their own. On the other hand, fifty percent of alcoholics stay sober for the next year if they go through treatment.

Alcoholism is very difficult to overcome alone. If you are ready to be sober, or if you are a loved one of an alcoholic, our compassionate staff can help you think and act healthier. With the support and tools we offer, you could navigate your way to feel better, strengthen relationships, and be more productive. Call us at 608-742-5020 and schedule today. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Alcoholism may be considered to be a family disease because it affects everyone intimately involved with the alcoholic.

ASPEN
Family Counseling
www.aspenfamilycounseling.com