RRH Library Newsletter, October 2015

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Alcoholism is a challenging disorder, with high relapse rates and expensive treatment options. A recent article in *The Atlantic* explores the controversy behind some of the more pervasive treatment modalities, as well as alternative therapies slowly gaining attention. Among them is Naltrexone, an opioid antagonist available in the U.S. as a tablet or injection.

This month’s topic was suggested by Dr. David Lee, pulmonologist at Rochester General Hospital. To suggest a topic, please email wellness@rochesterregional.org.

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Bibliography compiled by Rachel Becker, MLIS