

**Welcome to News and Views**, a newsletter from the Gracer Medical Group (GMG) to update our patients and friends on what is new in our practice. Our aim is to help you feel better so you can live better.

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**Just Published - Dr. Gracer's Exciting New Book**

**A NEW PRESCRIPTION FOR ADDICTION**

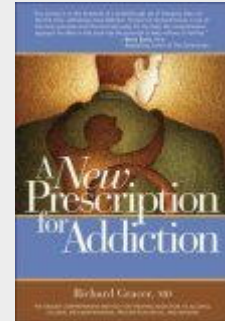
*Subutex, Prometa, Vivitrol, and Campral - The Revolutionary New Treatments for Alcohol, Cocaine, Methamphetamine, and Prescription Drug Addiction*

By Richard I. Gracer, MD

For the first time, a doctor has developed a treatment program especially for "hidden" addicts-people whose lives look fine on the surface, but who are secretly driven by stress into addictive, destructive behaviors.

Until now, many of these people have been alone in their struggle, their addictions undetected by friends, colleagues, even sometimes family. This breakthrough program treats both hidden substance abuse problems and their underlying causes, without unnecessarily stigmatizing these otherwise highly-functioning people.

Holistically treating patients with complex health issues since 1979, Dr. Gracer has pioneered a revolutionary 5-step treatment protocol that addresses substance abuse cravings and their underlying causes through intensive and highly individualized short-term treatment across several disciplines. [Learn more about the GMG Behavioral Services program.](#)



**A NEW PRESCRIPTION FOR ADDICTION**  
*Subutex, Prometa, Vivitrol, and Campral - The Revolutionary New Treatments for Alcohol, Cocaine, Methamphetamine, and Prescription Drug Addiction,*  
 By **Richard I. Gracer, MD**

Order at [Amazon.com](http://Amazon.com)  
 Amazon.com

**See or hear Dr. Gracer talk about his book and Gracer Behavioral Health Services program for addiction:**

**Tuesday, June 19**  
 3:00 - 4:00 PM,

Pick up a copy of A New Prescription for Addiction at the front desk of the Gracer Medical Group office or order it at [Amazon.com](https://www.amazon.com). The book will be available in local bookstores by June 15th. Dr. Gracer and the entire clinical staff are very excited about how this book will help thousands of people with addictions as well as family members affected by addiction. Dr. Gracer worked tirelessly for two years in development of his book. His dream is becoming a reality as many patients are being helped by the addiction program outlined in the book

[Learn more about the book...](#)

### Welcome to Our New Staff

**Gwen Grimke, Nurse Practitioner**, has recently joined the GMG Behavioral Health Services program. She offers extensive experience with women's health and the treatment of addictive disorders. Gwen has personally delivered over 600 babies and has over 25 years of experience working with women and their children. In Alaska, she worked with native populations in extremely challenging environments. More recently, she has been working with patients with addictive as well as mental health disorders.

**Kristal McBride, B.A. is our new front office manager.** She schedules appointments, coordinates insurance and answers patient questions. Kristal has worked in several medical offices coordinating billing and managing office operations and brings a wealth of experience to GMG.

**Claudia Vanegas, our new medical assistant**, brings a warm and caring attitude to her job. Claudia worked for seven years at Alta Bates Summit Medical Center in Oakland. Her duties at GMG include preparing patients for medical exams and giving injections.

### New Ultrasound Helps Quickly Diagnose Pain Problems

GMG now has the latest, most advanced diagnostic ultrasound unit, which allows direct visualization of the internal structures of joints in the upper and lower parts of the body. This facilitates exact diagnosis of ligament, tendon, and cartilage problems so treatment can be directed to the precise spot it is needed. Dr. Gracer and Dr. Marcus believe that the application of this technology the ultra sound machine will lead to improved outcomes for our pain patients.

### Platelet Rich Plasma (PRP) Speeds Ligament and Tendon Healing

Interview on the Pete Wilson Show, KGO-AM 810

### Tuesday, June 26

7:00 PM, Book Signing: Barnes & Noble, 1149 South Main Street, Walnut Creek

### Monday, July 28

AM, Interview on 'Mornings on 2', KTVU morning show.

### Wednesday, July 11

6:45 - 9:30 PM, Workshop at the Learning Annex [learningannex.com](http://learningannex.com)

[Find out more about the book....](#)

### GMG Specializes in:

[Pain Management](#)

[Addiction Treatment for Drugs and Alcohol](#)

[Smoking Cessation](#)

[More About Us](#)

GMG how is using PRP, a purified part of the patient's own blood, in the treatment of musculoskeletal problems. The blood is injected into the exact place where there is an injury, weakened tendon or ligament that needs healing. GMG has the specialized equipment that is needed for this process.

### **Together in the Same Office, GMG's Medical and Behavioral Therapy Team Offer Addicts and their Families a Better Chance for Change**

It is the age of collaboration and the staff at Gracer Medical works with a unique sense of teamwork. Dr. Gracer and Dr. Marcus team up to treat pain and addiction patients by integrating both Western and Eastern medical principles, while our resident certified clinical nutritionist, Leni Felton, addresses the nutritional needs that are so crucial for a healthy outcome.

Our therapists, Steve Peterson and Ann Tepperman, make an effective team working with patients in the addiction recovery program. If Ann sees that a person is struggling with addiction, Steve meets with the family to facilitate change within the entire family system.

The team objective is to try and help each family member change and work together in recovery. It is unusual to have medical and therapy teams in the same office and our experience is showing that such teamwork improves the chance for change and recovery.

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