



The End of My Addiction

Olivier Ameisen M.D.

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"After years of battling uncontrollable addiction, I have achieved the supposedly impossible: complete freedom from craving."

Dr. Olivier Ameisen was a brilliant cardiologist on the staff at one of America's top teaching hospitals and running his own successful practice when he developed a profound addiction to alcohol. He broke bones with no memory of falling; he nearly lost his kidneys; he almost died from massive seizures during acute withdrawal. He gave up his flourishing practice and, fearing for his life, immersed himself in Alcoholics Anonymous, rehab, therapy, and a variety of medications. Nothing worked.

So he did the only thing he could: he took his treatment into his own hands. Searching for a cure for his deadly disease, he happened upon baclofen, a muscle relaxant that had been used safely for years as a treatment for various types of muscle spasticity, but had more recently shown promising results in studies with laboratory animals addicted to a wide variety of substances. Dr. Ameisen prescribed himself the drug and experimented with increasingly higher dosages until he finally reached a level high enough to leave him free of *any* craving for alcohol. That was more than five years ago.

Alcoholism claims three hundred lives per day in the United States alone; one in four U.S. deaths is attributable to alcohol, tobacco, or illegal drugs. Baclofen, as prescribed under a doctor's care, could possibly free many addicts from tragic and debilitating illness. But as long as the medical and research establishments continue to ignore a cure for one of the most deadly diseases in the world, we won't be able to understand baclofen's full addiction-treatment potential.

The End of My Addiction is both a memoir of Dr. Ameisen's own struggle and a groundbreaking call to action—an urgent plea for research that can rescue millions from the scourge of addiction and spare their loved ones the collateral damage of the disease.

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