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Report: Meth Addiction Among Gay and Bisexual Men is Treatable
Findings Counter False Perceptions about Lack of Successful Treatments

San Francisco – The Gay and Lesbian Medical Association today released a report that contradicts the widely held perception that addiction to crystal methamphetamine is essentially untreatable, a misunderstanding shared by some health professionals. The release of the report coincides with National Methamphetamine Awareness Day.

The report, entitled Breaking the Grip: Treating Crystal Methamphetamine Addiction Among Gay and Bisexual Men, highlights specific treatment strategies identified as useful by clinicians and researchers. The report also identifies a need for more treatment programs tailored to gay and bisexual men, who use methamphetamine at a rate ten times higher than the general population.

“We need to get past the myth that crystal meth addiction can’t be treated successfully,” said GLMA Executive Director Joel Ginsberg. “Certainly there are barriers to successful treatment – overcoming addiction is difficult, treatment options aren’t perfect, and we need more programs tailored for our community. But it’s important for people to know that gay and bisexual men addicted to crystal meth can get better and that they are not a lost cause.”

GLMA’s team collected data for the Breaking the Grip project by examining the peer-reviewed, scholarly literature on the subject and by conducting eight focus groups in five cities where crystal meth use is thought to be widespread. Focus group participants included physicians, psychiatrists, psychologists and therapists working in the field of addiction, researchers in the fields of epidemiology, pharmacology and clinical psychology, and health policy experts.

The full report is available at www.glma.org/breakingthegrip.

For 25 years, the Gay and Lesbian Medical Association has worked to ensure equality in healthcare for lesbian, gay, bisexual, and transgender patients and health professionals. For more information, visit www.glma.org or call 415-255-4547.

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