



Sex Addiction

PHYSICIAN / PATIENT BOOK SHELF



By Del Meyer, MD

LIGHT IN THE DARKNESS ~ A Guide to Recovery from Addiction

St George Lee, MD, Dragon Press, Newport News, VA, Produced by Five Star Publications, Inc, Chandler, AZ, © 2000, 181 pp, \$22, ISBN: 0-9679881-0-1.

ONCE WHILE I WAS SEEING a patient in the Emergency Department, several nurses were viewing pictures of a farewell party. I asked who the guest of honor was and got an incredulous look, "Why, that's Sammy. She's the nurse that really enjoyed sex." Not recognizing the nurse or being used to that sort of effrontery, I returned to completing my emergency dictation.

While I was working on a record on the medical floor, a nurse remarked to others standing at the desk that she had gone into the utility room and walked in on a clerk showing off her augmented mammoplasty. The clerk's goal was to show them privately to every doctor on the staff. I saw her with a married physician later ~ whose wife did not take kindly to it; he is now paying lifelong alimony.

In Dr. Michael Crichton's Disclosure, a female boss tries to seduce a male employee "for old time's sake."

When resisted, she sues for sexual harassment, arguing a woman can say no any time prior to consummation of intercourse, but for a man to say no, is a hostile act. Men, she argues, are unable to say no after arousal.

Now comes St. George T. Lee, MD, who tells it all. Dr Lee was a highly respected cardiologist who practiced in a hospital setting. He states he had at least 20 affairs during his career. They were all with his office or hospital staff. When he started calling employees at home, he was given a warning by hospital administration. When he called another one at her home and asked to "see" her, he was disciplined with a four-week leave of absence in 1991. This then brought his infidelity to his wife's attention, and he confessed all to her. As he was working on his relationship with his wife, he resumed a previous affair and, in 1996, made an impulsive pass at yet another hospital employee who reported him to hospital administration. He was then forced into a four-month treatment program for compulsive sexual behavior and addiction.

At this point he thought he had conquered his addiction and had found God, but the hospital would not allow him to resume practicing. He hired a lawyer and appealed to no avail. Other hospitals in the area also denied him privileges. After two years of fighting to practice, he finally gave up.

He continues to work on his relationship with his wife while in a Twelve Step recovery program. His relationship with his three grown daughters, however, has suffered more.

In this book, Lee candidly chronicles his personal path to recovery. He feels this will be

helpful to anyone in recovery from any addiction. The problem is quite prevalent. Dr. Lee shows what can happen.

Maybe Moses was right ~ just don't. And if you did or do, you might want to read this book to try to understand why you don't wanna. Before it's too late. Moses didn't give us any exceptions.

Maybe there aren't any.

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