

OPERATION HOPE

Seville 140895

Imagine yourself in the following situation.

You are deprived of sleep for about five days and five nights.

Not a wink, no rest, no respite. Then, you take a strong laxative giving diarrhoea, constantly during this same sleepless period. As if that were not enough, you are constantly feeling pins and needles between severe bouts of cramp. And all during this time, these five eternal days and nights, your body is being wracked, with pain!

Not a pretty picture, is it? What is going on?

You are undergoing the withdrawal symptoms of a heroin addict deprived of his drug.

You are going through "Cold Turkey", or in Spanish, "El Mono". Call it what you will, you are going through Hell!

With a vision as stark as that in a junkie's horizon, is it any wonder so many of them shy away from a cure? Is it any wonder so many of them stay on heroin, rather than endure such torture?

But now there is hope. Hope with a capital H.

This Hope is called Juan Jose Legarda.

Legarda.



**Dr Juan Jose Legarda,
C.I.T.A. Sevilla.**

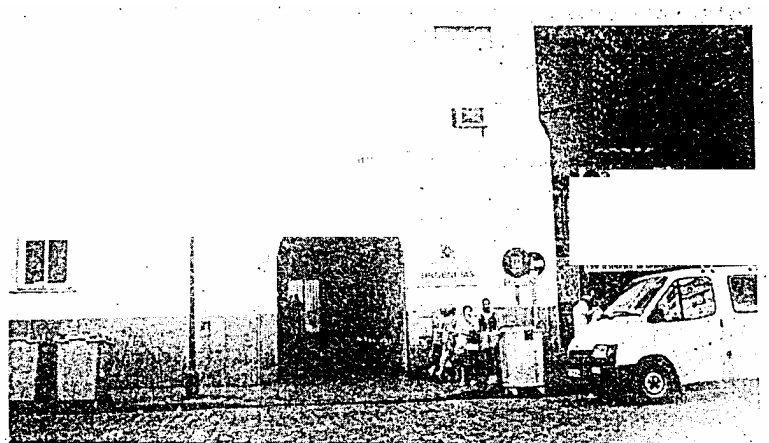
In the Spanish city of Bilbao, on the 8th May 1955, Juan Jose was born to Fernando and Carmen Legarda. A bright child, he was educated at the Jesuit School of that city where he achieved good grades. Psychology was his calling, and he took it up specialising and getting his degree in psychology in 1978 from the University of Salamanca. The next two years saw him working both in the Clinical and the Investigative fields at the Psychiatric Hospital of Barcelona, but his testing ground came after this, from 1979 to 1983.

During these years he came under the tutelage and guidance of a very remarkable man, Dr. J. Guimon Ugartechea. It was Dr. Guimon who inspired Dr. Legarda and gave him free rein to study the aspects of this discipline that were later to bear fruit in the young man.

1993 was a crucial year for Dr. Legarda. He went to London to

Institute of Psychiatry of the London University. This was no mean task, and was completed five years later when he obtained his Doctorate from that University. The next five years kept him very busy. He returned to his native Spain where he married. His wife, Lea Cecilia gave birth to their first child, Carolina, and two years later, a boy, called Jon. He pursued his career relentlessly, establishing himself in Seville as Associate Professor in Psychiatry and Psychology, while simultaneously founding his own private venture, CITA - Centre for Investigation and Treatment of Addictions.

Experts in Medicine and in Psychology work with him in CITA to produce the remarkable
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Hospital Infanta Luisa, Sevilla

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results that are the envy of rehabilitation and detoxification clinics the world over.

What is new in the CITA system? What is so revolutionary about its methods?

Several methods of detoxification have been used through the years, with varying degrees of success. Among them is the use of a heroin substitute, Methadone, but Methadone is addictive in itself, so a patient ends up substituting one opiate, for another!

In the early years of combating opiate drugs addiction, it was thought that cold turkey itself would be beneficial as the spectre to put anyone off, but this too failed. It was a negative motivation that left the patient with little to bolster his will.

"Proponents of this theory should go through the experience themselves," explains Dr. Legarda. »They will then understand that by the third day, given the choice, they will rush to get a "fix" rather than continue that purgatory for another second"!

Another, more being method was the so-called "Sleep Cure". In this, the patient is kept under anaesthetic for a prolonged period to allow time for detoxification, but this too met with very limited success and had unpleasant side effects. Patients would suffer loss of memory, impaired motor functions and be left in a zombie-like condition. It is then that the patient can develop a 'tunnel vision syndrome', making him obsessive about a particular thought or situation, real or imagined. This, because of the medication administered during the "sleep treatment" can remain undiscovered by the doctors till it is too late.

Now, Dr. Legarda has perfected the CITA method, which has a startling success rate. How is this archived?

The first requirement is that

addict WANTS to get cured CITA treats drug addiction with the same sympathy as any other disease. No stigma is attached to the patient; he is just another human being who needs to be cured of an illness. Even the fact that about 35% of these addicts are HIV positive does not deter this new generation of medical practitioners.

When an addict is admitted for treatment, he is first screened to ascertain his medical history and undergoes a battery of tests, both physical and psychological. This establishes the patient's state of health too, as drug addicts are not the healthiest of persons. The doctor can then tailor the treatment to the patient, and be ready for all eventualities. The treatment varies slightly from one patient to another, and from men to women, as the hormonal make-up of each is affected differently by the opiate drug.

This initial examination is very thorough and takes up to four hours of the first day. Once a medical profile of the patient is established, the treatment proper can begin.

This consists of sedating the patient quite heavily for a period of between six and eight hours. During all this time, qualified staff monitors his state and administers a relatively new medicinal drug called Naltrexona. It is while the patient is in this sedated state that the cold turkey syndrome is induced. In this manner, the patient completes that harrowing experience which can take from between five to twelve days under normal circumstances, in the space of a very few hours, and buffered from the devastating ill-effects by the sedation. Hence, no suffering!

The Naltrexona has the effect of insulating the neurones in the brain that are receptive to the opiate drug so that it remains unaffected even by further doses of heroin at a future date! In other words, in case of a relapse, The addict

Under normal circumstances the body produces its own opiate in minute and measures doses. However, once heroin is taken in, it is done in such huge amounts by comparison, that this has the effect of atrophying the natural opiate secreters in the body. The person is then hooked to this outside source of opiate, which, like all addictions, soon demand higher and higher doses to maintain the good feeling.

After a six of eight-hour treatment, the patient is left to rest and sleep till the next morning. From then on, he is not just detoxed, but also de-motivated from going back to the killer drug.

CITA provides for a full explanation to the patient of the process he has undergone, as well as post-treatment psychological support. It is usual for the patient to feel tired the day following this treatment, as if recovering from a bout of "flu, but other than that, he is ready to start life a new.

Dr. Legarda is careful to explain that there are patients who "lapse", but this does not automatically mean "re-lapse". A patient will lapse if he tries the heroin again after treatment. However, since the receptors in his brain are "insulated" by the Naltrexona, he no longer gets the same buzz from the drug. The patient does not fall into a state of re-lapse, which means going back to old habits.

If the patient remains in the vicinity, check-ups are done and progress monitored by CITA, but even when these leave to their own country, investigations done six months later reveal that a very high percentage have remained clean.

In fact, Dr. Legarda quotes the following statistics of results with his patients.

The success rate of the initial detoxification treatment is 100%! Yes, every patient who undergoes the CITA process ends up TOTALLY DETOXED. In 24 hours.

The other, more important



Detox Ward, Hospital Infanta Luisa, Sevilla.

patients remain drug free!

As far as can be ascertained, no other drug rehabilitation process enjoys these incredible rates of success.

CITA and Dr. Legarda have, with this revolutionary and very humane approach, paved the way of hope to sufferers of this terrible disease, Heroin Addiction.

While interviewing Dr. Legarda, a prospective patient phoned in from as far away as Hong Kong, Dr. Legarda reassured him that withdrawal symptoms (cold turkey) was not a part of the treatment and advised him how best to get to Seville. Treatment is not cheap, but then again, what price for kicking such a malevolent habit? The full treatment involves two days in the very clean and well-run Hospital Santa Luisa of Seville. This is followed by three days of close monitoring and rest, during which time the patient arranges his own hotel facilities. The follow-up medication for three to four months is provided by CITA, who remains in touch with the patient during this time. CITA also contacts and corresponds with patient's own doctor, keeping him abreast of all

The cost to an outsider coming into Spain for treatment is \$6000. Success is measured by two yardsticks. The first is results in patients, and, the above statistics speak for themselves. The second is acceptability if the treatment by other medical bodies. As in all new processes, there are those who will detract from the obvious and excellent results. CITA and Dr. Legarda are no exception to this rule. However, when CITA branches are being opened in so many other countries, it must be because the CITA treatment actually does work. Dr. Legarda has opened up CITA clinics in Italy, Greece, Israel, France, Holland, Puerto Rico, Mexico and USA, as well as Israel, where he has found so much enthusiasm for his pioneering work, that he is actually considering moving there permanently. The newest clinic to open will be in San Raffaele in Milan, Italy. It will be called "CITA - OPERATION HOPE". Such a name says it all.