



# Alcohol and other Drugs: Popular Criteria vs Scientific Truths

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**Opinion**

**Volume 9 Issue 1**

**Received Date:** January 20, 2024

**Published Date:** February 06, 2024

**DOI:** 10.23880/pprij-16000387

**Keywords:** Drugs; Alcohol; Death; Scientific Truth

## Opinion

*Alcohol and other drugs: popular criteria vs scientific truths*, by Doctor of Science Ricardo Ángel González Menéndez (1936-2021), professor and consultant at the University of Medical Sciences of Havana until his unfortunate death, and Doctor Isabel de los Ángeles Donaire Calabuch, psychiatrist retired from the Havana Psychiatric Hospital, is the title of the book published by the capital's Editorial Academia.

Through the formulation of one hundred questions and their corresponding answers, the authors of that book, relevant personalities in contemporary Cuban psychiatry, offer –in a clear and transparent manner– extensive information about alcohol and other drugs. Toxic substances that not only destroy the bio-psycho-socio-cultural and spiritual balance in which human health is structured, but also deteriorate the quality of life of people who drink alcohol or consume legal or illegal drugs.

In the prologue to the work, Professor Néstor del Prado Arza, director of Editorial Academia, highlights that

«the authors develop this complex and terrible drama, in a didactic and energetic way, with support in “key” concepts. In the characteristics and evolution of harmful substances; in the testimonies of the human beings who consume them and get sick; as well as in the criteria of family members, colleagues and friends who suffer the progressive neuro-psychoic deterioration of the person with addiction. That is, they treat this serious individual and social health problem, in a comprehensive way.

The serene and reflective reading of this gem of specialized literature is recommended, not only to mental health professionals, students of Medicine and Psychology, but also to anyone interested in knowing how alcohol and drugs become public enemy number one of the physical, mental and spiritual health of the members of any society in the world.

Dr. Ricardo Ángel González Menéndez was considered an expert, at national and international levels, on the subject of drug dependence, while Dr. Isabel de los Ángeles Donaire Calabuch worked and developed, together with her partner in life and in science, the theoretical-practical bases on which the volume *Alcohol and other drugs* is based.

