

# Problem & Compulsive Gambling Symposium

## The Impact of Gambling on Physical Health

By Dr. Timothy Fong

Centerstone's 3rd annual Problem & Compulsive Gambling Symposium, held on March 24 from 9 a.m. - 3 p.m. CT, will feature "The Impact of Gambling on Physical Health" by Dr. Timothy Fong.

The presentation will cover the latest research and clinical evidence on how gambling behaviors can impact physical health.

Dr. Fong will review:

- How gambling disorder impacts quality of sleep, nutritional statuses, stress-related illnesses and general health status
- Underlying relationships between gambling and how it alters biopsychosocial functioning and, ultimately, how it impact the physical condition
- Data from the California Gambling Education and Treatment Services Program highlighting real-world experiences about the importance of addressing gambling's impact on physical health
- Office-based techniques for addressing and improving physical health of gambling presenting for treatment

Timothy W. Fong MD is a Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA and he is board certified in adult and addiction psychiatry.



He is the director of the UCLA Addiction Psychiatry Fellowship, a one-year program that provides clinical training in the management of addictive disorders.

He is also the co-director of the UCLA Gambling Studies Program, which examines the underlying causes and clinical characteristics of gambling disorder in order to develop effective, evidence-based treatment strategies.

Dr. Fong is part of the Steering Committee of the UCLA Cannabis Research Initiative whose mission is to address the most pressing questions related to the impact of cannabis legalization through rigorous scientific study and discourse across disciplines.

