

What is Alcoholism?

- **Alcoholism**- Tendency to Drink more than Intended with Unsuccessful Attempts to STOP Drinking; is Common



Facts:

- **Problems with Alcohol Use**- 8% in United States; Men are 4 times more likely than Women (to become Alcoholics)
- **Alcohol**- Psychologic and Physical Dependency the interferes with Family, the ability to Socialize, Work, Physical Injury from Fights, Falls or Accidents (harm to you or others) and often leads to Divorce and Unemployment
- **Increased Risks**- Genetic or Biochemical Defect; come from Broken Homes
- **Feelings**- Isolation, Shy, Lonely, Hostile, Depressed, may be Sexually Immature, Self-Destructive Behaviors
- **Alcohol Withdrawal**- begins 12 to 48 Hours after Stop Drinking
- **Side Effects**- Memory Loss, Malnutrition, Uncoordinated, Confusion, Depression, Sleeplessness, Nightmares, Excessive Sweating; if Pregnant Severe Birth Defects



What do I need to do?

- **See your Health Care Provider**- Antabuse, Disulfiram, Naltrexone
- **See a Registered Dietitian or a Food Fitness First RD**- for Diet Information; Healthy Eating
- **Alcoholics Anonymous**- Religious Context for a recovering Alcoholic to socialize with Support for Self-Esteem and Confidence

