

Is My Alcohol Use A Problem?

How Much is Too Much ?

It makes a difference *how much* you drink and *how often* you have “heavy drinking” days. A “heavy drinking” day is defined as 4 drinks in a day for males and 3 drinks in a day for females.

Risk of alcoholism for a given amount of drinking

- 1 heavy drinking day a **month** the number who develop alcoholism or alcohol abuse is



- 1 heavy drinking day a **week** the number who develop alcoholism or alcohol abuse is



- 2 or more heavy drinking days a **week** the number who develop alcoholism or alcohol abuse is

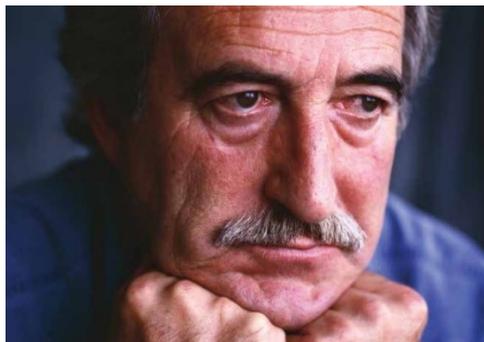


Photo from National Institute on Aging pamphlet on “Older Adults and Alcohol”

There may be many reasons to stop drinking

Check off any reasons that sound true to you.

I would like to quit drinking because:

- I don't want to hurt anyone by driving after I've been drinking.
- I want to stop feeling embarrassed about how I act when drinking.
- I want to enjoy the things that I used to do.
- I'm tired of feeling sleepy or sick the morning after I drink.
- I want to keep my liver working right.
- I want to lower my blood pressure.
- I want to keep my blood sugar (diabetes) under control.
- I don't want to fall and hurt myself
- List other reasons here _____

Some people can cut back on their drinking. Some people need to stop drinking altogether. Making a change in your drinking habits can be hard. Don't give up! If you do not reach your goal the first time, try again. Ask your family and friends for help. Talk to your doctor if you are having trouble quitting. Get the help you need.

Adapted from National Institute on Aging pamphlet on “Older Adults and Alcohol”.

Risks of Heavy Drinking

Injuries. Drinking too much increases your chances of being injured or killed. Alcohol is a factor, in about 60% of fatal burn injuries, drownings, and homicides; 50% of severe trauma injuries and sexual assaults; and 40% of fatal motor vehicle crashes, suicides, and fatal falls.

Health problems. Heavy drinkers have a greater risk of liver disease, heart disease, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections from unsafe sex, and several types of cancer. They may have problems managing diabetes, high blood pressure, and other conditions.

Birth defects. Drinking during pregnancy can cause brain damage and other serious problems in the baby. Women who are pregnant or may become pregnant should not drink any amount of alcohol.

If you think you have a drinking problem here are some things you can do.

- Talk to a healthcare professional like your doctor.
- Ask about medicines that might help.
- Visit a trained counselor who knows about alcohol problems.
- Choose individual, group, or family therapy, depending on what works for you.

Support is accessible, local and confidential

“Addiction is now recognized as a chronic and treatable disease”

William Keithcart, MA, LADC, DayOne - Clinical Supervisor



Photo from National Institute on Aging pamphlet on “Older Adults and Alcohol

Local Resources in Vermont

DayOne Program: Fletcher Allen Healthcare
1 South Prospect St., Burlington, VT
(802) 847-3333

Turning Point Center
61 Main St., Burlington, VT
(802) 861-3150
www.turningpointcentervt.org

Howard Center Adult Substance Abuse Services
855 Pine St., Burlington, VT
(800) 639-1585
www.howardcenter.org/Substance-Abuse

Alcoholics Anonymous in Vermont
www.aavt.org