

Educational Links (English):

- ❖ <https://niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-use-disorders>
- ❖ <http://www.mayoclinic.org/diseases-conditions/alcohol-use-disorder/basics/definition/con-20020866>
- ❖ <http://www.apa.org/helpcenter/alcohol-disorders.aspx>
- ❖ <http://mentalhealth.com/home/dx/alcoholdependence.html>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/alcoholdepression.aspx>
- ❖ <http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/alcoholanddrugs/alcoholourfavourite drug.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/alcoholandolderpeople.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentsandcarers/alcoholanddrugs-parents.aspx>

Help Lines:

- ❖ Alcoholics Anonymous: <http://www.aa.org/>
- ❖ https://addictiontosobriety.com/alcohol-rehab/?utm_source=g&utm_campaign=g3&utm_medium=c&utm_content=0073A00001&gclid=CL_XlIKvyc8CFYk9gQodTfUBuQ

For questions or concerns, discuss it with your doctor.



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Educational Booklet: Alcohol Use Disorders

Alcohol use disorder (which involves a level sometimes called alcoholism) is a pattern of consumption that leads to problems controlling the way you drink, being concerned about alcohol, not stopping using alcohol even when it causes problems, having to drink more to get the same effect, or having withdrawal symptoms when you decrease or stop drinking quickly.

People with alcohol use disorders take too much, endangering their lives and those of others. Moderate consumption, however, resides at one end of the range ranging from alcohol abuse to alcohol dependence. Alcohol abuse is a pattern of drinking that results in significant and recurrent adverse consequences. People with alcoholism "technically known as alcohol dependence" lose reliable control of their alcohol consumption. People dependent on alcohol often can't stop drinking once they start.

A drink is defined as a 12-ounce (340 ml) beer bottle, a 5-ounce (140 ml) glass of wine, or a 1 1/2 ounce (40 ml) of a sip of liquor.

1 in 13 adults in the United States abuse alcohol or are an alcoholic.

88,000 people (approximately 62,000 men and 26,000 women) die annually as a result of alcohol consumption. Alcohol is the fourth leading cause of preventable death in the United States.

Causes:

No one knows what causes alcohol problems. Health experts believe that in a person it can be a combination of:

- ❖ Genes or family inheritance
- ❖ The environment and its stressors
- ❖ Psychology, such as being impulsive or having low self-esteem
- ❖ Drinking a lot of alcohol can put you at risk of alcohol problems if you:
 - ❖ Is a man who drinks 15 or more drinks a week, or often has 5 or more drinks in an hour
 - ❖ It's a woman who drinks 12 or more drinks a week, often have 4 or more drinks in an hour

Symptoms:

Doctors have developed a list of symptoms a person has to have in the last year of being diagnosed with alcohol use disorder. Symptoms include:

- ❖ The time when you drink is longer than planned
- ❖ He has tried, reduced or stopped drinking, but has not been able to
- ❖ Spends a lot of time and fuss to get alcohol, use it and/or recover from its effects
- ❖ Having a strong boost to use it
- ❖ Alcohol consumption is causing you to lose work or school, and it is not done that drinking is the cause
- ❖ Continue to drink even when relationships with family and friends are being harmed
- ❖ Stop taking part in activities I enjoyed before for spending time drinking alcohol
- ❖ If after drinking you get into situations that may cause you to get hurt, such as driving, using machinery, or having unprotected sex
- ❖ Continue alcohol consumption despite knowing you are hurting a health problem caused by alcohol
- ❖ If you need more and more alcohol to feel its effects or to get drunk
- ❖ If you have withdrawal symptoms when the effects of alcohol wear away

How do alcohol use disorders affect people?

Short-term effects include memory loss, hangover and alcoholic amnesia. Long-term problems associated with excessive alcohol consumption include stomach disorders, heart problems, cancer, brain damage, severe memory loss and cirrhosis of the liver.

Problems with alcohol also have a very negative impact on mental health. Alcohol abuse and alcoholism can worsen existing conditions such as depression or cause new problems such as severe memory loss, depression or anxiety.

Women who consume alcohol during pregnancy are at serious risk that they cause harm to the fetus.

When should I seek help?

If you feel that you sometimes drink too much alcohol, or that you are causing problems, or your family cares about how much you drink, talk to your doctor. Having a strong social network and family support can help make alcohol abandonment easier. Like many people with alcohol problems, you may not recognize that your alcohol use has gotten out of hand. An important first step is to be aware of which baby.

If **you answer YES** to more **than one** of the following **four** questions you are highly likely to have a problem with alcohol use and you should consult with your doctor as soon as possible.

- ❖ **C-** Have you ever felt that you should reduce your alcohol use?
- ❖ **A-** Have you ever been upset by people's criticism of your alcohol consumption?
- ❖ **G-** Have you ever felt guilty because of your alcohol use?
- ❖ **E-** Have you ever needed to drink alcohol early in the morning to stabilize your nerves or help you with a hangover?

Support programs can help you stop drinking completely. Depending on your needs and the programs that are available:

1. You may receive treatment at a special recovery center (hospitalized).
2. You can attend a program while living at home (ambulatory).