

Title: Alcoholism

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Abstract: Naltrexone, acamprosate and combined behavior intervention (CBI) substantially reduce drinking. However, naltrexone is most effective in increasing abstinence and significantly reducing risk of a heavy drinking day.

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Do you have a drinking
problem?

CAGE Screening Test

1. Have you ever tried to gut down your use of alcohol?
2. Have you ever been annoyed by others criticizing your drinking?
3. Have you ever felt guilty because of your use of alcohol?
4. Have you ever used alcohol as an “eye-opener” in the morning to settle your nerves?

A “yes” answer to two or more questions is a positive screen and you should contact primary physician for further evaluation

For more information, visit

<http://www.niaaa.nih.gov/>

<http://www.alcoholics-anonymous.org/>

<http://www.alcoholscreening.org/>

<http://www.gdcada.org/statistics/alcohol.htm>

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What you
should know
about

Alcoholism



Did you know...

- Alcohol is the number 1 drug problem in America
- Alcohol kills 6½ times more youth than all other illegal drugs combined
- Every year, over 100,000 U.S. deaths are caused by drinking too much alcohol consumption each year.
- Causes of death include drunk driving, scarring of liver, falls, cancer, and stroke.
- In the United States, every 30 minutes someone is killed in an alcohol related traffic accident.
- **Alcoholism is a disease – a chronic, progressive, fatal disease if not treated**

What's the difference?

Alcohol abuse means having dangerous drinking habits such as drinking every day or drinking too much at a time. When you abuse alcohol, you continue to drink even though you know your drinking is causing relationship, work or legal problems.

Alcohol dependence (alcoholism) happens when you continue to abuse alcohol and you have a strong need to drink just to get by. You are physically or mentally addicted to alcohol.



Red flags



for alcohol Dependence

- **Craving:** A strong need, or pressure, to drink.
- **Impaired control:** failure to control one's drinking on any given occasion.
- **Physical dependence:** symptoms like nausea, sweating, shakiness, and anxiety, when alcohol use is stopped after a period of heavy drinking.
- **Tolerance:** The need for increasing amounts of alcohol in order to feel its effects

Treatment

Medication:

Naltrexone is used to help people who have a narcotic or alcohol addiction stay drug free. It is used after the patient has stopped using alcohol and works by decreasing the craving for alcohol.

Acamprosate is used to help people who have stopped drinking large amounts of alcohol to avoid drinking alcohol again. Drinking alcohol for a long time changes the way the brain works. Acamprosate works by helping the brains of people who have drunk large amounts of alcohol to work normally again.

Medication should be combined with counseling when possible

Counseling and Support groups

Counseling is an important part of treatment in for alcoholism because it helps to modify behaviors that are necessary to stay away from alcohol. Counseling helps

- create and focus on short term goals
- reward positive behavior and accomplishments
- change how we think to affect our actions.

Counseling can be done on a one-on-one basis or in a group.
