Title: Should I cut down on my drinking?

Author: Michael Thao

Date: 9/13/08

Key words: Alcohol Cessation

Abstract:
It is important to talk to your physician about your alcohol use.

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Many people consume alcohol in a safe amount and manner. However for some, drinking can be a problem and lead to injury, health concerns and legal issues.

If you are concerned about your drinking habits it is important to talk with your physician.

If you are unsure, these 4 questions may help.

1) Have you ever felt you should cut down on your drinking?
2) Have people annoyed you by criticizing your drinking?
3) Have you felt bad or guilty about your drinking?
4) Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Answers:

If you answered yes to 2 or more, consider talking to your physician about your drinking habits.

How can I stop drinking?

There are many resources available to help you stop drinking. These include self-management programs, individual counseling, group counseling, detoxification & medications to help prevent a return to drinking once you have stopped.

Consult with your physician the best option for you.

What kind of medications are there?

Currently, there are 3 FDA approved drugs for the treatment of alcohol dependence. These include Acamprosate, Disulfiram and Naltrexone. Each works differently to prevent alcohol consumption. Discuss with your doctor the best option for you.

For further information:

www.alcoholscreening.org
www.aa.org
http://www.al-anon.alateen.org/
or Call:
(800) 475-HOPE for the National Council on Alcoholism and Drug Dependence Helpline

Reference:

www.NIAAA.org