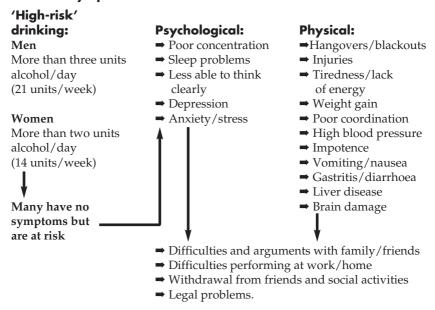
Alcohol problems

There is one unit of alcohol in:

½ pint of ordinary strength beer, lager or cider ½ pint of extra strength beer, lager or cider 1 small glass of white (8 or 9% ABV) wine ½ small glass of red (11 or 12% ABV) wine 1 single measure of spirits (30 ml)

Common symptoms



Alcohol problems are treatable

Alcohol problems *do not* mean weakness Alcohol problems *do not* mean you are a bad person Alcohol problems *do* mean that you have a medical problem or a lifestyle problem.

What treatments can help?

Both therapies are most often needed:

Supportive therapy:

- → to reduce drinking
- to stop drinking
- → for stress
- → for prevention of life problems
- for education of the family members for support.

Medication:

- → for moderate to severe withdrawal
- → for physical problems
- consider for relapse prevention.

Alcohol problems

Set goals: acceptable levels of drinking

Who? How many drinks? How often?

MenNo more than three unitsEach day (only for five days/week)WomenNo more than two unitsEach day (only for five days/week)

Have two non-alcohol drinking days/week.

Keep in mind: the less the person drinks, the better it is.

- **→** Pregnancy
- → Physical alcohol dependence
- Physical problems made worse by drinking
- → Driving, biking
- → Operating machinery
- **⇒** Exercising (swimming, jogging, etc.)

Recommendation is not to drink

Determine action: how to reach target levels

- → Keep track of your alcohol consumption
- → Turn to family and/ or friends for support
- → Have one or more non-alcoholic drinks before each drink
- → Delay the time of day that you drink
- **→** Take smaller sips
- → Engage in alternative activities at times that you would normally drink (eg when you are feeling bored or stressed)
- ➡ Switch to lowalcoholic drinks
- → Decide on nondrinking days (two days or more per week)

- → Eat before starting to drink
- → Join a support group
- Quench your thirst with non-alcoholic drinks
- Avoid or reduce time spent with heavydrinking friends
- → Avoid bars, cafés or former drinking places.

Review progress: are you keeping on track?

Questions to ask:

- → Am I keeping to my goals?
- → What are the difficult times?
- → Am I losing motivation?
- → Do I need more help?

Progress tips:

- ➡ Every week, record how much you drink over the week
- → Avoid these difficult situations or plan activities to help you cope with them
- ➡ Think back to your original reasons for cutting down or stopping
- Come back for help, talk to family and friends.