

alcohol

BACK DOOR READING FROM YOUR HEALTH MINISTRIES

Alcoholism is a disease that is characterized by the following elements:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The frequent inability to stop drinking once a person has begun.
- **Physical dependence:** The occurrence of withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, when alcohol use is stopped after a period of heavy drinking.

Do you know that a 12-oz can of beer has the same amount of alcohol as a shot of whiskey or a 5-oz glass of wine?



Teenagers whose parents talk to them about the dangers of alcohol & drugs are 42% less likely to use them than those whose parents don't; yet only 1 in 4 teens reports having these conversations

If you use it,
Don't abuse it!



How can you tell whether you, or someone close to you, may have a drinking problem? Answering the following four questions can help you find out. (To help remember these questions, note that the first letter of a key word in each of the four questions spells "CAGE.")



- Have you ever felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your morning to steady your nerves or to get rid of a hangover (**E**ye opener)?



Approximately 8% of the nation's eighth graders; 24% of tenth graders; and 32% of twelfth graders have been drunk during the last month.



For more information, call the parish nurse or Alcohol Anonymous