

Abuse vs. Alcoholism

Alcohol abuse differs from alcoholism in that it does not include an extremely strong craving for alcohol, loss of control over drinking, or physical dependence. Alcohol abuse is defined as a pattern of drinking that results in one or more of the following situations within a 12-month period:

- Failure to fulfill major work, school, or home responsibilities;
- Drinking in situations that are physically dangerous, such as driving a car or operating machinery;
- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk;
- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking;

Although alcohol abuse is basically different from alcoholism, many effects of alcohol abuse are also experienced by alcoholics.

Alcoholism, also known as "alcohol dependence," is a disease that includes four symptoms:

- Craving: A strong need, or compulsion, to drink.
- Loss of control: The inability to limit one's drinking on any given occasion.
- Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- Tolerance: The need to drink greater amounts of alcohol in order to 'get high.'

National Hotlines

National Clearinghouse of Alcohol & Drug Information (NCADI)

(800) 729-6686

(877) 767-8432 Hablamos español

<http://www.health.org>

National Council on Alcoholism and Drug Dependence (NCADD)

(800) NCA-CALL, for information about alcoholism and 24-hour Affiliate referral

<http://www.ncadd.org>

Alcoholics Anonymous (AA)

Local affiliates can be found in your area telephone directory or online at:

<http://www.aa.org>

Place your community resource information here.





What is Moderation?

Moderate drinking is defined as:

- up to two drinks per day for men
- one drink per day for women and older adults
- low risk—less likely for illness and injury

How Much is Too Much?

	Drinks Per Week	Drinks Per Occasion
Men	More Than 14	More Than 4
Women	More Than 7	More Than 3
Anyone Age 65+	More Than 7	More Than 3

Who Should Not Drink?

- Women who are pregnant or trying to become pregnant
- People who plan to drive or engage in other activities that require alertness and skill (such as using high speed machinery)
- People taking certain over the counter or prescription medications
- People with medical conditions that can be made worse by drinking
- Recovering Alcoholics
- People younger than 21

Alcohol and Injury

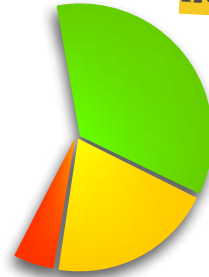
Alcohol is a factor in:

- 60-70% of homicides
- 40% of suicides
- 40-50% of fatal motor vehicle crashes
- 60% of fatal burn injuries
- 60% of drownings
- 40% of fatal falls

Nearly 50% of severely injured trauma patients are injured while under the influence of alcohol



How Much do People Drink?



- 5% Dependent Drinkers
- 20% At-risk drinkers or problem drinkers
- 35% Drink a moderate amount and are at low risk for alcohol problems
- 40% Do not drink



How Much do People Drink?

- 500,000 students between the ages of 18-24 are unintentionally injured under the influence of alcohol
- 1,400 die each year due to alcohol-related injuries
- 600,000 students are assaulted by another student that has been drinking
- 22.8% of young adults reported driving under the influence
- Over 44% of full-time college students reported consuming five or more drinks on the same occasion at least once in the past 30 days

Alcohol is a risk factor for:

- hypertension
- stroke
- diabetes
- liver and other gastrointestinal diseases
- increased risk for cancer of the oral cavity, pharynx, esophagus and larynx
- increased risk for cancer of the stomach, colon, rectum, liver, female breast, and ovaries

Alcohol and Disease

Do I Have a Problem?

Visit: www.acep.org/riskydrinking

