

Use Alcohol Wisely



Most people with an alcohol use disorder deny or don't see that they have a disease. Alcoholism is a serious condition that is treatable. If you suspect a drinking problem in you, a family member, or a friend, seek advice.

QUESTIONS TO DETECT AN ALCOHOL PROBLEM

Answer the questions that follow. A key word in each of these 4 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 drinking?
- Have you ever had a drink to steady your nerves or to get rid of a hangover (**E**ye opener)?

One "Yes" answer means there might be an alcohol problem. Two or more "Yes" answers means it is highly likely that you may have an alcohol problem. In either case, contact your doctor or other health care provider to discuss your responses to these questions. You may have answered "No" to all four CAGE questions, but there could still be a problem. Some people say, "But I only drink beer." This doesn't mean they don't have an alcohol problem.



USE ALCOHOL WISELY

- If you drink, do so in moderation. This means no more than 2 drinks a day for men; 1 drink if you are a woman or are age 65 years and older. One drink=12 oz. of regular beer; 5 oz. of wine; or 1-1/2 oz. of 80-proof liquor.
- Drink slowly and set your drink down between sips.
- After you have 1 or 2 drinks with alcohol, have drinks that do not contain alcohol.
- Eat when you drink. Food helps to slow alcohol absorption.
- Don't drink and drive. Designate a driver who will not be drinking or use a drive service.
- Coffee or fresh air cannot make you sober. To get sober, stop drinking.
- Know your limit and stick to it.
- Don't drink if you are pregnant or are under 21 years old.
- Ask your doctor how much, if any, alcohol you can have with your medical conditions and/or medications you take. This includes over-the-counter medicines, too.