

Jamison: Patient Education and Wellness

HANDOUT 17.3: RED FLAGS FOR ALCOHOL ABUSE

Tick any of the options that describe your drinking behaviour:

- an inability to control your drinking
- using alcohol to escape problems
- a change in personality – turning from Dr Jekyll to Mr Hyde
- a high tolerance level – drinking just about everybody else under the table
- blackouts – sometimes not remembering what happened while drinking
- problems at work or in school as a result of drinking
- concern shown by family and friends about your drinking

Ticking any of the above boxes suggests problem drinking and indicates the need to get professional help for your alcohol problem

See

<http://www.aafp.org/afp/990115ap/990115c.html>

<http://www.revolutionhealth.com/calculators/blood-alcohol-estimator>

http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/alcohol_binge_drinking.html

http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/pregnancy_and_alcohol.html

http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/alcohol_medicine.html

Is your teenager at risk? See http://www.healthcalculators.org/calculators/teen_alcohol.asp