Jamison: Patient Education and Wellness

HANDOUT 17.4 ALCOHOL: REALITY AND BELIEF

REALITY CHECK: Did you know?

> Only time and an active liver can reduce the blood alcohol level
> Recovered alcoholics cannot become responsible social drinkers
> Alcohol is a depressant, not a stimulant
> Switching from one alcohol-containing drink to another, i.e. mixing alcoholic drinks, neither accelerates nor slows inebriation
> Strong black coffee cannot sober you up
> Eating while you drink does not keep you sober
> Vomiting only removes the alcohol still in the stomach
> Exercise and hot and cold showers do not change the blood alcohol level
> Only time and a functional liver decrease the blood alcohol level
> Never drink and drive
> Alcohol and water sports are a risky combination

Check your knowledge:
http://www.bupa.co.uk/health_information/html/quizzes/alcohol_quiz.html

Beef up your knowledge
See http://www.mayoclinic.com/health/alcohol/QZ00049
http://www.webmd.com/video/pros-cons-alcohol
http://www.webmd.com/video/truth-about-alcohol
http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/alcohol_exercise.html
http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/pregnancy_alcohol.html
http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/alcohol_medicine.html
http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/alcohol/alcohol_effects.html
http://www.webmd.com/hypertension-high-blood-pressure/features/alcohol-debate

Reasons for using alcohol

> Drinking helps me to forget
> Drinking helps me to be friendly
> Drinking helps me to feel good about myself
> Drinking helps me to relax
> Drinking helps me to be friends with others who drink

If you scored three positive responses you may be at risk of an alcohol problem.

Help for a problem
See
http://www.aafp.org/afp/990115ap/990115c.html
http://www.aafp.org/afp/990915ap/990915e.html

Refer to Handout 17.3 – if suggestive see Handout 17.2