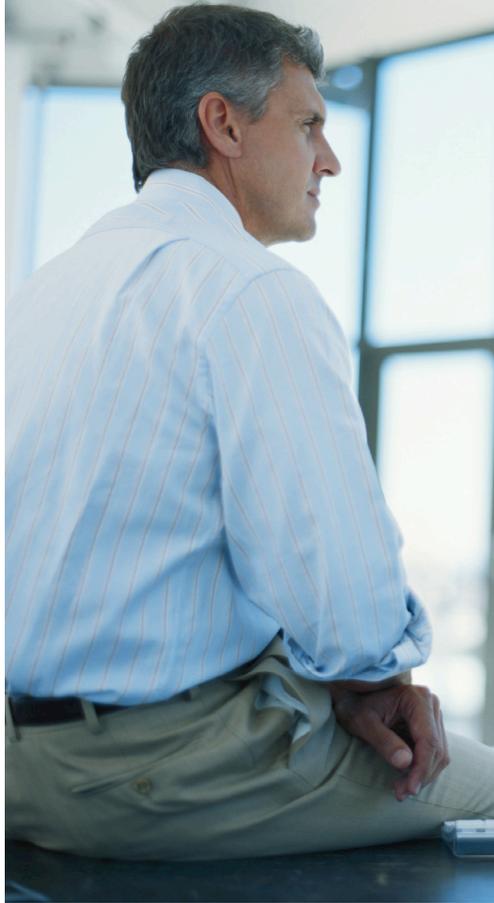




Taking control

Alcohol and drug abuse



Did you know?

Many health problems are either the result of or made worse by abuse of alcohol and/or drugs, including abuse of prescription medications.

According to the World Health Organization approximately 2.5 million people worldwide die each year due to alcohol use, and 15.3 million people have some kind of drug dependence. Approximately 11 million Americans are alcohol-dependent.

Alcohol and/or drug abuse and dependency are medical conditions that can respond to medical treatment. There are physicians, called addictionologists, who specialize in the treatment of problematic use of alcohol and/or drugs, and your physician can make a referral to one for you.

Your physician needs to know if alcohol and/or drug use is causing problems with:

- Your health
- Fulfilling major role obligations
- Legal issues
- Recurrent social and interpersonal problems

Many Americans who are suffering with substance abuse or dependency go undetected and untreated because they do not know the cause of their difficulty or where to turn for help.

Addictive substances produce changes in brain reward pathways, and these changes cause craving and the inability to exert control over the impulse to use drugs and/or alcohol despite adverse consequences. Without medical help, persons who have become addicted to substances are at grave risk for major health problems as well as family problems, financial problems and possibly legal problems.

Please discuss your concerns about alcohol and/or drug abuse with your physician. Texas Health Presbyterian Hospital Dallas is pleased to offer a free treatment recommendation based on the written assessment provided in this brochure. Call **214-345-7355** for an appointment to discuss your results.



RECORD ANSWERS CAREFULLY.

- How often do you have a drink containing alcohol?
 - (0) Never
 - (1) Monthly or less
 - (2) 2 to 4 times a month
 - (3) 2 to 3 times a week
 - (4) 4 or more times a week
- How many drinks containing alcohol do you have on a typical day when you are drinking?
 - (0) 1 or 2
 - (1) 3 or 4
 - (2) 5 or 6
 - (3) 7, 8 or 9
 - (4) 10 or more
- How often do you have six or more drinks on one occasion?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- How often during the last year have you found that you were not able to stop drinking once you had started?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- How often during the last year have you failed to do what was normally expected of you because of drinking?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- How often during the last year have you had a feeling of guilt or remorse after drinking?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- How often during the last year have you been unable to remember what happened the night before because you had been drinking?
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- Have you or someone else been injured as a result of your drinking?
 - (0) No
 - (2) Yes, but not in the last year
 - (4) Yes, during the last year
- Has a relative, friend, doctor or another health worker been concerned about your drinking or suggested you cut down?
 - (0) No
 - (2) Yes, but not in the last year
 - (4) Yes, during the last year

Add up the points associated with your answers above.
A score of 8 or more indicates the need to assess your drinking
behavior. See your doctor or call an intake counselor at
214-345-7355 for an appointment to discuss your results.

World Health Organization

http://whqlibdoc.who.int/hq/2001/WHO_MSD_MSB_01.6a.pdf