Health Wise

Dear family and friends.

I hope that you and your loved ones experience God's gift of lasting peace, joy, and wholeness as we celebrate the birth of the Christ Child. This month, I would like to share some thoughts with you about the ROLE OF ALCOHOL IN OUR LIVES.

WHAT IS ALCOLOLISM?

Alcoholism is a primary. Progressive and fatal disease associated with an addiction to the drug alcohol. People with this illness use alcohol on a continuous or periodic basis and experience, (1) impaired control over their drinking , (2) preoccupation with alcohol, (3) continued use of alcohol in spite of adverse circumstances, and (4) distorted thinking.

WHAT ARE THE SIGNS OF ALCOHOLISM?

The following questions are based on the common signs of alcoholism. You can review the role of alcohol in your life by answering Yes or No.

1. Do you ever drink heavily when you are disappointed, under pressure or have had a quarrel with someone? Y N
2. Can you handle more alcohol now than when you first started drinking? Y N
3. Do you sometimes feel uncomfortable if alcohol is not served? Y N
4. Do you sometimes feel guilty about your drinking? Y N
5. Has a family member, friend, or a doctor ever expressed concern about your drinking? Y N
6. When you are sober , do you sometimes regret things you did or said while drinking? Y N
7. Have you sometimes failed to keep promises to yourself about controlling or cutting down on your drinking? Y N
8. Are having more financial, work, school and / or family problems related to your drinking? Y N
9. Have you ever gone to anyone for help about your drinking? Y N
10. Have any of your blood relatives ever had a problem with alcohol? Y N

HOW DID YOU DO?

Any YES answer means that you may be at a greater risk for alcoholism. More than one "yes" answer may indicate the presence of an alcohol - related problem, and the need to see an alcoholism counselor. Are there some changes you would like to make in your life? Please discuss any problems with your health care provider.

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