

It's Monday morning, and Kim hears the slamming of a door. She already knows her parents have started arguing because of her mom's time at the bar last night. Even though the bar closed at 12 am, her mom snuck in drunk a little after 2:00. Kim covers her head as her parents start screaming at one another, but she can't drown out the noise. She hears her dad throwing bottles around the kitchen and her mother crying. She knows she only has a few more moments before her little brother Adam will come running into her room. He's only 6 and is afraid of the noise. "Come see, little man," Kim says softly, "It's going to be ok. Let's get ready for school." She goes down to the kitchen to fix some breakfast, but sweeps the floor up first.

Her parents continue fighting in the living room for a few more minutes, and Kim hears her dad pick up his keys to leave. After fixing breakfast and feeding Adam, she helps him brush his teeth, comb his hair and get dressed. Then Kim rushes to dress herself, not even remembering to comb her own hair. As they run out the door, she catches a glimpse of her mother pulling a hidden bottle out from behind the sofa. "Come on, Adam. We have to walk fast to school so we won't be late."

As Kim sits in her algebra class, she realizes she forgot to pick up her homework from off the coffee table in the living room. "I've got to talk to my parents about my mom's alcoholism. I just can't keep living this way," Kim thinks to herself silently. Later that evening, after Kim puts Adam to bed, she walks into her parents' room and says, "Mom, can I talk to you? I really love you and care about you. I'm worried about your drinking, and I want you to get help. I'll even go to an A.A. meeting with you. I just want you to get the help you deserve."

TEST YOURSELF!

Test your knowledge on alcoholism and how to best deal with an alcoholic parent.

- 1. The best time to start a discussion about getting your parent to stop drinking is after they've had a few drinks.
 - a. True

- b. False
- 2. Alcoholism is...
 - a. Drinking too much or too often
 - b. Being physically addicted to alcohol
 - c. Continuing to drink even when a person knows their drinking causes a problem
 - d. All of the above
- 3. A constructive way to get your mind off your alcoholic parents includes...
 - a. Journaling
 - b. Getting drunk yourself
 - c. Bottling up all of your emotions
 - d. Getting into an argument
- 4. You should suggest your parent cut back on their drinking by telling them you'll buy their alcohol for them.
 - a. True

- b. Fals
- 5. Many people who suffer from alcoholism also have some other sort of issue, such as depression.
 - a. True

b. False

DEALING WITH AN ALCOHOLIC PARENT



Answers: 1. b; 2. d; 3. a; 4. b; 5. a;

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STay safe series

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SPEAKUP!

The Truth About

Alcohol is the oldest and most widely used drug in the world. Millions of people consume alcohol each day — but when do you classify a person as addicted and what can it do to you when abused?

IN THE US, 15 MILLION PEOPLE ARE **CURRENTLY AFFECTED BY ALCOHOL** ABUSE OR DEPENDENCY.



15,000,000 Dependents

DEFINITIONS OF ALCOHOL DEPENDENCE AND ABUSE:

DEPENDENCE ...is diagnosed when you have withdrawals and are unsuccessful in controlling consumption.

ABUSE ... is diagnosed by alcohol interfering in major obligations to family, work, or school and using alcohol in hazardous situations.

2.

THE AVERAGE PERSON **ALCOHOL CONSUMPTION CONSUMES 152 OUNCES** IN THE US VARIES BY STATE. OF ALCOHOL PER YEAR.

That's about 13 beers.

- #1 Luxembourg: 526 oz.

- #2 Ireland: 463 oz.

₩ - UK: 397 oz. - France: 386 oz.

- Russia: 349 oz. - USA: 291 oz.

- Canada: 263 oz. - Japan: 256 oz.

- Iran: 0.0 oz.*

🚃 - Saudia Arabia: 0.0 oz. * *alcohol is illegal

MOST HEAVY DRINKERS

WISCONSIN

7.4% of Population

FEWEST HEAVY DRINKERS WEST VIRGINIA UTAH

Both States: 2.8% of Population

The national average is 4.9%

HIGHEST RATE OF ALCOHOL ABUSE



11.32% of Population

LOWEST RATE OF ALCOHOL ABUSE

NORTH CAROLINA



5.97% of Population The national average is 8%

INCIDENCE OF ALCOHOL RELATED DEATHS BY LOCATION:

Eastern Europe &



Far East: 5 - 10%

Central & South America: 5 - 10% North America: 2 - 5%

South Africa: 2-5%

Middle East: 0-2%

Western Europe: 0 - 2%

North Africa: 0-2%



6% of college students are considered alcohol

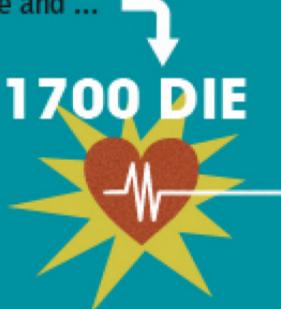


25% of college students who drink cannot remember where they were or what they did while drinking.



Every year 599,000 are unintentionally injured while under the influence and ...





ALCOHOL IS ESTIMATED TO CAUSE 20-30% OF CASES OF:

- Oesophageal cancer - Liver cancer
- Cirrhosis of the liver
- Homicide

- Epilepsy - Motor vehicle accidents

...and increase chances of:

Colon cancer 80% Lung cancer 50% High blood pressure 100%

RATES OF ALCOHOLISM AND

Throat cancer 700%

HEAVY DRINKING REDUCES BRAIN CELL PRODUCTION IN THE

HIPPOCAMPUS, THE AREA THAT PROVIDES THE SELF-CONTROL NECESSARY TO STOP DRINKING.

> abstinence, new cell production begins again

However, after a period of one week of

DAY 1

DAY 8



ALCOHOL-INDUCED DEATHS ARE MUCH HIGHER AMONG NATIVE AMERICANS. DRINK WHEN PREGNANT:

National Rate:

Native American Rate:

DIE FROM ALCOHOLISM:



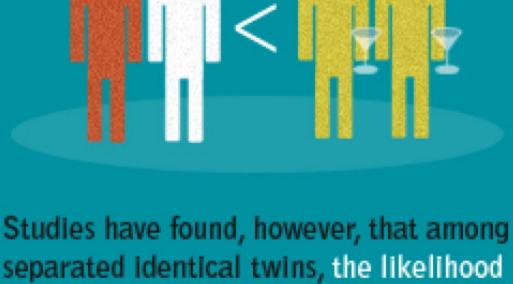
National Rate:

Native American Rate:



IN SOME PART GENETICS HAS NEVER BEEN PROVED OR DISPROVED.

THE BELIEF THAT ALCOHOLISM IS



that both would become alcoholic was greater than that of separated non-identical twins. WHILE NO POSITIVE EFFECTS HAVE

MAY INCLUDE A NUMBER OF PILLS. DISULFIRAM NALTREXONE

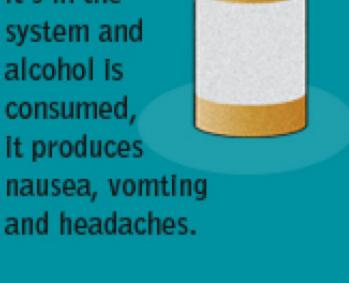
Blocks the Takes a more punishing euphoria route - when

from alcohol.

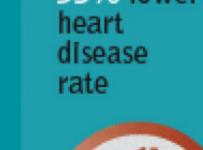


it's in the

system and alcohol is consumed, it produces nausea, vomting



BEEN FOUND FOR ALCOHOLISM, STUDIES HAVE SHOWN NUMEROUS **HEALTH BENEFITS FROM MODERATE DRINKING:** 85% better 35% lower 21-28 %







risk of



http://www.wonoplagnosis.com/s/stocholam/stats.htm
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http://www.unsia.at.com/b/2009/03/31/modistats-driving-krised-to-higher-blood-pressure.htm
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