

## News Release

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### **But It's Only Beer! (Part I)**

**Tampa, Florida (April, 2011). Talk to any physician, therapist, or addiction specialist and they will tell you they have heard it over and over: "I don't have a problem because I only drink beer!" Or, "I don't have a problem because it never interferes with work because I only drink on weekends!" A further look at the patterns, however, or discussion with friends and family members may point to a different conclusion. April is Alcohol Awareness Month and provides an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices. This pattern of behavior has such a significant impact on the personal and professional lives of so many, that Wood & Associates is going to do two newsletters on the topic. This is Part I.**

**In looking at the topic of alcohol, there are three stages: use, abuse and dependence. Obviously use is the light to moderate consumption of alcohol usually in a social setting that is well under the control of the consumer.**

**Let's take a look at what could be termed "warning signs of alcohol abuse." Ask yourself the following questions:**

- ◆ Do you drink alone when you feel angry or sad? This use of alcohol to modify or "self medicate" your mood can be a sign of abuse.**
- ◆ Does your drinking ever make you late for work and/or interfere in your professional performance?**
- ◆ Has your family or significant others complained about your drinking?**

- ◆ Do you find that your best intentions to not drink beyond a certain point tend to fail?
- ◆ Do you ever forget what you did while drinking?
- ◆ Do you get headaches or have a hangover after drinking?

If you answer "yes" to any of the above questions, you may have a problem with alcohol.

Alcohol dependency, also known as alcohol addiction and alcoholism, is a chronic disease. The signs and symptoms of alcohol dependence include:

- A strong craving for alcohol.
- Continued use despite repeated physical, psychological, or interpersonal problems.
- The inability to limit drinking.

So how do you know if you have a problem? Drinking is a problem if it causes trouble in your relationships, in school, in social activities, or in how you think and feel. If you are concerned that either you or someone in your family might have a drinking problem, and need help in determining if there is a problem and if so finding effective solutions, help is available 24-hours a day, 7 days a week. Just call your EAP and you will be directed to our experienced team of counselors. It is that simple. We will help you cope, find assistance, and guide you down the path to effectively dealing with whatever might be impacting your life.