

## Do you have a Drinking Problem?

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If you believe you are drinking too much alcohol, a few simple steps can help you improve your life and health by cutting down.

When can you tell if you drink too much?

Answer "yes" or "no" to the following questions:

Do you drink alone when you feel angry or sad?

Does your drinking ever make you late for work?

Does your drinking worry your family?

Do you ever drink after telling yourself you won't?

Do you ever forget what you did while you were drinking?

Do you get headaches or have a hang-over after you have been drinking?

A "yes" answer to any of these questions may indicate that you have a drinking problem. You may want to check with your physician to be sure. Your doctor will be able to tell you whether you should cut down or refrain from drinking alcohol all together.

If you are told that you are an alcoholic or have other medical problems, you should not just reduced the amount you are drinking-- you should quit drinking alcohol completely. Your doctor will advise you about what is right for you.

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