

Do you think you drink too much?

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If you believe that you are drinking too much you can recover your life and health by reducing your alcohol consumption. What exactly entails drinking too much?

Read the following questions and answer "yes" or "no":

Do you drink alone when you are angry or sad?

Does your drinking ever make you late for work or appointments?

Does your family believe your drinking excessive?

Do you drink after telling yourself you won't?

Do you ever not remember what you did while you were drinking?

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

You may have a problem with alcohol if you answered "yes" to any of these questions. If you have any questions you can always consult with your medical doctor to be sure. Your doctor should be able to tell you whether it is in your best interest to simply cut down or completely abstain.

If you are having medical problems directly related to your alcohol consumption, you should not just reduce the amount you drink --you should stop drinking completely. Your doctor will advise you about what is right for you.

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