

Is Alcohol a Problem for You?

admin · Monday, August 20th, 2007



Experts define "one drink" in this way:

- One 12-oz can of beer or bottle of wine cooler
- One 5-oz glass of wine, or
- One jigger (shot) of hard liquor (1.5 oz)

Each of these drinks has about the same amount of pure alcohol in it.

Is alcohol a problem for me?

You have a "drinking problem" when drinking causes problems in your life or health. Drinking alcohol affects your judgment, energy level, work performance and health. Even small amounts of alcohol may be a problem if you:

- Have any short- or long-term health problems
- Are taking medicines (even over-the-counter or herbal medicines)
- Have people in your family who have a problem with alcohol
- Have had problems in your life or health because of alcohol
- Feel down or depressed

What is a sensible drinking limit?

If you don't have any of the problems listed above, it's probably safe for you to drink a limited amount of alcohol without affecting your health. A sensible drinking limit for people who don't have a problem with alcohol is:

- For men, no more than two drinks per day
- For women, no more than one drink per day
- For people over 65 years old, no more than one drink per day

If you have any problems with alcohol, ask your doctor how much alcohol is safe for you.

Is alcohol causing a problem in my life?

- Have your family or friends ever complained about your drinking?
- Have you been late to or absent from work because of

hangovers?

- Have you ever driven after drinking?
- Have you had trouble with the law after drinking?
- Have you gotten into a fight after drinking?
- Do you drink even when you don't feel well?
- Has your doctor told you that you have health problems related to drinking?
- Have you ever tried to quit drinking?
- Have you ever had a blackout while drinking?
- Do you sometimes have a drink in the morning to stop your hands from trembling or to ease a hangover?
- Do you end up drinking more than you meant to drink?
- Have you stopped doing things you used to do because you would rather drink?
- Do you drink more than you used to drink?

If you said yes to any of these questions, drinking may be a problem for you.

What should I do?

Some people may be able to handle a problem with alcohol by drinking less. However, you'll probably have to quit drinking completely if it's causing problems with your health or life. If you try to quit drinking but are having trouble, help is available. Your doctor can help you choose a program that's right for you.

<http://www.stopdrinkingadvice.org/guide/>

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