

Alcohol

Medical literature suggests that drinking up to two glasses of red wine a day increases HDL (good cholesterol) and may decrease the risk of heart disease. While alcohol in moderation is a good thing, alcohol in excess or when imbibed under the wrong circumstances is dangerous and probably kills a lot more people than it saves.



Drinking and Driving

Drunk driving kills about 16 thousand people and injures another quarter million people each year in the U.S. If you drink and drive you are putting your life at risk. Even more unfortunate is the fact that if you drink and drive you are very likely to kill or injure innocent bystanders.

It is noteworthy from a physician's perspective that nearly 75% of those convicted of drunk driving are either alcohol abusers (frequent heavy drinkers) or alcoholics (alcohol dependent). If you are one of the millions of people who drive while impaired by alcohol, you have a good indication right there that you probably have an alcohol problem that you should be discussing with your doctor!

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The **Choice Care Life Potential** Program Preventative Care

It is within your power to make a difference in your health. Unfortunately it is too easy to ignore risks to your health and it can be very hard to make effective changes that improve your health. Dr Zwelling's Life Potential program makes preventative care information accessible, and our Life Potential Profile can help you take control of your life 3 Easy Steps at a time.

Alcoholism

Technically, the only effect of alcoholism is to encourage the sufferer to drink at times and in amounts that are damaging. However, there is a long list of serious secondary health effects caused by an inability to control one's drinking. The list includes death from alcohol poisoning, diseases of the heart and pancreas, cirrhosis of the liver, depression, insomnia, anxiety and suicide.

Alcohol Abuse

"Frequent heavy drinking" is a subjective diagnosis. If a patient's use of alcohol is frequent enough and heavy enough to cause a pattern of damaging secondary health and social problems then it's probably appropriate to call the problem alcohol abuse and start looking for help.

What help is available?

If you, a family member or a friend has or is developing a problem with alcohol you should seek help immediately. There is plenty of help available for this problem that effects more than 15 million Americans, and the sooner you get help the lower your risk of secondary damage to your health—and to the health and safety of those around you.

To find the AA office nearest you, go to:

<http://www.alcoholics-anonymous.org/>

"The best evidence against drinking and driving is what happens when I give Sollie (the cat) the keys after he's had too much catnip! Perhaps that's why cats have 9 lives."

