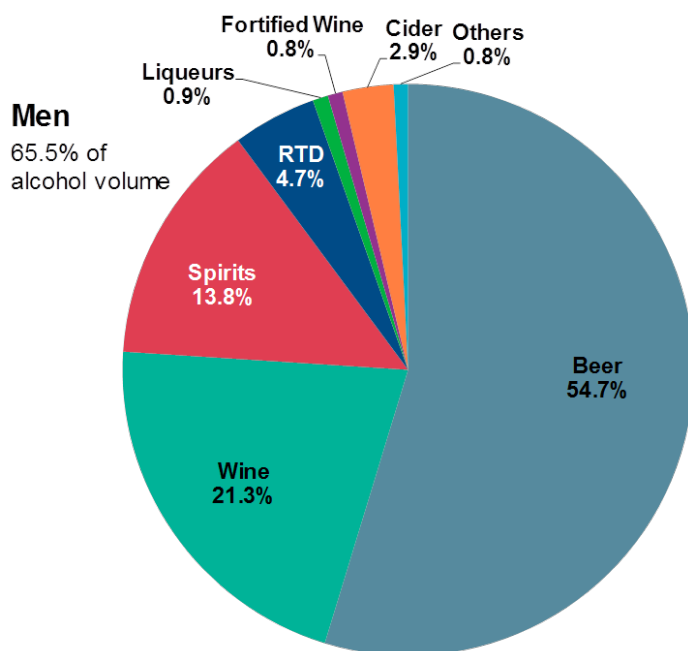




## Alcohol Addiction in Australia

### How many people in Australia have alcoholism?

Currently, an estimated **13.2 million** Australians – 66.4% of the adult population – drink alcohol in one form or another in an average four weeks (33.6% don't). The percentage of people consuming alcohol continues to fall, dropping from 73.5% in 2006 and 68.2% in 2015.



### What causes a person to be an alcoholic?

**Your culture, religion, family and work** influence many of your behaviors, including drinking. Family plays the biggest role in a person's likelihood of developing alcoholism. Children who are exposed to alcohol abuse from an early age are more at risk of falling into a dangerous drinking pattern.

### What are 5 factors that could lead to alcohol dependence?

- Family History. Family history plays a large part in what causes alcoholism. ...
- Drinking from an Early Age. ...
- Mental Health Disorders. ...
- Stressful Environments. ...
- Taking Alcohol with Medication. ...
- Peer Pressure. ...
- Frequent Alcohol Consumption Over Time. ...
- Trauma.



## What are the 4 types of drinkers?

There are four types of drinker – *which one are you?*

- Social drinking. To date, nearly all the research on drinking motives has been done on teens and young adults. ...
- Drinking to conform. ...
- Drinking for enhancement. ...
- Drinking to cope.

## Why does alcohol change your personality?

Excessive drinking can impact one's personality by altering their moods and emotions. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), alcoholism can alter one's personality **because of its effects on an individual's brain function especially when there is too much alcohol intake**

## Who drinks a lot of alcohol?

Adult Men Drink More than Women

Almost 59% of adult men report drinking alcohol in the past 30 days compared with 47% of adult women. Men are almost two times more likely to binge drink than women. Approximately 22% of men report binge drinking and on average do so 5 times a month, consuming 8 drinks per binge.

## How can a person stop drink?

1. Make your intentions known. Tell your family and friends that you're aiming to stop drinking alcohol and explain why. ...
2. Avoid temptation. In the early stages, it's a good idea to avoid situations where you may be tempted to drink. ...
3. Try something new. ...
4. Reward progress. ...
5. Enjoy the benefits.



### What happens when your body stops drinking?

Withdrawal. If you're a heavy drinker, your body may rebel at first if you cut off all alcohol. **You could break out in cold sweats or have a racing pulse, nausea, vomiting, shaky hands, and intense anxiety.** Some people even have seizures or see things that aren't there (hallucinations).

### How does alcoholism affect the body?

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including: **High blood pressure, heart disease, stroke, liver disease, and digestive problems. Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum**

### Tips to reduce your drinking

Want to have a good night out without the hangover? Here are some tips that'll improve your health and your hip pocket.

- Know your triggers. If you drink more alcohol when you are stressed or tired, try going for a walk or doing something else to distract you.
- Try having an alcohol-free house.
- Challenge yourself to alcohol-free days, say Sunday to Thursday.
- Join in community events such as FebFast or Dry July to keep you motivated.
- Count your 'standard drinks' - to stay within the Australian guidelines to reduce health risks from drinking alcohol
- Try a low-alcohol (or no-alcohol) beer, wine or spirit.
- Alternate between alcoholic drinks and non-alcoholic drinks like sparkling water or soda and lime.
- Ensure that you schedule in a meal when drinking or eat before you go out. Dilute alcoholic drinks using ice or soda water.
- Gain friends by nominating yourself the designated driver. Just make sure you stay under .05.
- Use water to quench your thirst and sip alcoholic drinks slowly.

### Safe level of alcohol

Recent research published in The Lancet exploring the burden of disease caused by alcohol across 195 countries and territories concluded that the safest level of drinking is no alcohol. The same is true for cancer. When it comes to cancer risk, there is no safe level of drinking. This is because any alcoholic beverage a person drinks contains pure alcohol (also known as ethanol). When our bodies break down the pure alcohol we drink, a toxic chemical called



acetaldehyde is produced. This chemical is linked to damaging DNA and increasing cancer risk. Find out [how alcohol causes cancer](#).

You can work out how much ethanol is in your alcoholic drink by looking at how strong it is (the % Alcohol By Volume [ABV] on the bottle). For example:


- A 375ml stubby of 4.5% ABV beer has around 17ml – or half a shot – of ethanol
- A 150ml glass of 12.5% ABV wine has around 19ml – or more than half a shot – of ethanol

The Australian Bureau of Statistics found that in 2016/17, the average Australian aged 15 or older who drank alcoholic beverages consumed around 12.0 litres of pure alcohol over those 12 months.


Reduce your drinking to reduce your risk. The good news is the less a person drinks, the lower their risk of developing a cancer caused by alcohol. Almost a quarter of us also don't drink. And there's a heap of [simple alternatives to alcohol](#).

If you do drink, health experts recommend drinking no more than 10 standard drinks in a week to reduce your risk of cancer and other serious diseases, and no more than four standard drinks on any one day to reduce your risk of injury.


## Symptoms Of Alcohol Addiction




High Tolerance For Alcohol




Friends That Regularly Drink




Constantly Hung Over



Drinks Early Everyday



Frequent Mood Changes



Frequent Mood Changes