

ALCOHOL AND SUBSTANCE ABUSE EDUCATION PROGRAM

STUDY MATERIAL

SECTION 11

TYPES OF ALCOHOLICS & STAGES OF ALCOHOLISM

1

INSTRUCTIONS

This is number eleventh in a series of 14 lessons covering study material on alcohol abuse, alcoholics, alcoholism and substance (drug) abuse. **This Section covers the problems that alcohol causes your nervous system. You will find this Section's study material divided into many "subsections" for easier understanding.**

After you read and study the material in the first subsection, answer that subsection's study questions. Once you have mastered one subsection, you may then go on to the next. Before you try to answer any study questions, you should understand these guidelines. They will help you when answering the study questions:

1. Some questions need to have a complete statement for the answer.
2. Other questions require a True or False, or a Yes or No answer.
3. When answering any "fill-in" questions, remember that a blank may stand for just one (1) word, for a few words (2 or 3), or for even part of a sentence (4 or more words).
4. When study questions offer you from 2 to 6 possible answers (these are called "multiple choice"), only **one** of the answers given will be correct.
5. There are no "trick" questions. All answers will be found easily in the appropriate study material.

DO NOT FOLD, BEND, SHANK OR MUTILATE. DO NOT WRITE IN THIS **BOOKLET**. Read the material carefully. The study questions will help you review the information for the test. One blank may stand for more than one word. It may stand for several words or even parts of a sentence. Be sure you know the answers to all the study questions.

You will have a test which will be multiple-choice and will come from the questions. You **MUST** turn this booklet in before you are issued the test.

ALCOHOLISM. . . THE DISEASE

For many years doctors have held the idea that diabetes, high blood pressure, and cancer are treatable diseases. It was not until **1977**, however, that the American Medical Association openly accepted alcoholism as a long term, progressive, worsening and incurable (no cure) disease with its own signs symptoms and treatment (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 50, para 6). Prior to 1977, doctors would admit alcoholics to hospitals only under the label of other illnesses such as liver disease or kidney failure. Even today, most of the physical damage caused by alcohol is treated alone (by itself) without treating the root cause, the alcoholism. It has been estimated that up to 95% of the people suffering from alcoholism die from it. Often it is not listed as the cause of death. The death certificate may say cirrhosis of the liver, or heart attack, or stroke, but had it not been for alcohol, the heart attack or stroke would never have happened.

Accepting or approving alcoholism as a true disease was in part caused by the tremendous growth of and successful treatment developed by Alcoholics Anonymous (AA) (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 18, para 2). The honest concern of many medical scientists over the alarming outbreak or epidemic of alcoholism led to more scientific research. It is currently estimated or reckoned that one out of every ten people in the U.S. are alcoholic (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 22, para 3). Alcoholism causes a very large amount of human suffering and sickness. It tears apart families and ruins lives. It is estimated that **50%** of people sent to

prison were under the influence of alcohol at the time they committed their crimes (Young, L., Klein, M., & Beyer, D., 1977, *Recreational Drugs*, page 3, para 3).

The truth is that alcoholism causes family disturbance, confuses and does psychological damage to children, causes individual pain, hurts friends, and interrupts or stops normal living and financial stability. Often, only when the alcoholic realizes he has a problem can his problem be treated before it goes too far. It is possible to treat alcoholism before physical, psychological and emotional damage become irreversible, or have gone too far (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 198, para 1). In most cases however, the alcoholic responds to treatment only when he realizes or understands that he has a problem. However, denial or refusal to believe that alcohol is a problem is one of the main signs or symptoms of alcoholism (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 208-209, bottom-top). A person running into drinking problems will deny or refuse to admit to himself the problems alcohol has caused him, even though those problems are staring him right in the face.

It is sometimes amazing how clear his alcohol caused problems may be to everyone around him, but he is blind to them. He does not want to see them. He would rather blame his problems on everyone and everything except alcohol.

Alcoholism is no small problem in the U.S.. About 10% of the United States population are alcoholic at any one time (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 22, para 3.).

Fortunately, alcoholics today can get treatment for this disease and a normal, rich and productive life is possible (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 17, para 1).

The damage done to the body by drinking large amounts of alcohol will not necessarily or certainly be completely healed. If a heavy drinker stays away from alcohol more physical damage is stopped. Nature then has a chance to strengthen one's entire body. However, there are some parts of the body which cannot recover from the damage done by alcohol. Brain cells killed by alcohol never grow back (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 123, para 2).

One of the troubles that most people do not know that alcohol causes, is that it suppresses (shuts down) the immune system, (the system that fights infection and germs in the body). When this system is slowed down, a person will tend to get sick more often and more seriously than someone with a healthy immune system. This is one of the big reasons that alcoholics tend to get sick much easier and more seriously than non drinkers, or light drinkers (Kinney, J., & Leaton, G., 1987, *Loosening the Grip*, page 104, para 3).

STUDY QUESTIONS

1. In 1956 the American Medical Association openly accepted alcoholism as a long term, _____.
2. It is currently estimated that one out of every ____ people in the United States are alcoholic.

STUDY QUESTIONS

3. Often, only when the alcoholic realizes that he has a _____, can alcoholism be treated before it goes too far.
4. About ____ percent (%) of the U.S. population are alcoholics at any one time.
5. One of problems that alcohol causes that most people do not know about is that it suppresses or shuts down the _____ system. When this system is slowed down, a person will tend to get sick more often and more seriously.

There are several diseases such as diabetes and heart disease which have a high tendency or probability of running in families. Medical research has found strong evidence that alcoholism both runs in families and can be explained by problems with the body chemistry (genetics). What this means to you, is that if you come from a family where one of your biological relatives is alcoholic, your chances of becoming alcoholic are much greater than someone who does not have alcoholism in his or her family. If your biological mother or father were alcoholics, your chances of being an alcoholic if you drink are very high. For you, drinking alcohol is like playing Russian Roulette with alcoholism. You are taking great risks, especially if you start depending on alcohol to calm you down, or to cope with life (Milam, J., Ketcham, K., 1988, *Under the Influence*, page 40, para 1).

What do you think happens in the body of a person who drinks alcohol? When alcohol is taken by a non alcoholic, the person eliminates or breaks down alcohol at the rate of about one half ounce per hour (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 23, para 2). About 90% of alcohol is broken down in the liver. Ten percent of the alcohol taken into the body comes out through the pores and breath of the drinker. As mentioned above, the liver can only break down alcohol at the rate of about one ounce an hour. There is nothing you can do which will speed this up. Some people think that you can sober up by exercising, drinking coffee or taking a cold shower. Exercising will make you a tired drunk. Drinking coffee will make you a nervous drunk (Young, L., Klein, M., & Beyer, D., 1977, *Recreational Drugs*, page 5, para 7).

Taking a cold shower will make you a cold drunk. Time is the only thing which will sober you up (Young, L., Klein, M., & Beyer, D., 1977, *Recreational Drugs*, page 5, para 7).

The liver needs time to break down the alcohol. Nothing you can do will make the liver work faster. If you drink too much, and have to travel, have a friend take you home. Don't fool yourself into thinking that coffee, a cold shower or exercise will fix you up (Young, L., Klein, M., & Beyer, D., 1977, *Recreational Drugs*, page 5, para 7).

Not one drunk driver who ever killed someone on the road ever thought that would end up with manslaughter charges and behind bars.

STUDY QUESTIONS

1. Medical research has found strong evidence that alcoholism both runs in _____ and can be explained by problems with body _____.
2. When someone drinks alcohol, that person on the average will eliminate or break down alcohol at the rate of about _____ oz. per hour.
3. About _____% of alcohol is broken down in the liver.
4. Exercising, drinking coffee or taking a cold shower has what effect on a person who is drunk and wants to drive?
5. Once you have consumed or drank alcohol, what is the only thing that will sober you up?

Like it or not, alcohol is a drug. Because it is so common, most people do not think of alcohol as a drug. However, Alcohol is one of the most powerful drugs available without a prescription. Alcohol is a member of a class of drugs called sedatives. Alcohol is a sedative drug (Goode, E., 1984, *Drugs in American Society*, page 35, para 2, page 37, chart). It sedates or slows down the nervous system (Goode, E., 1984, *Drugs in American Society*, page 35, para 2). In high enough amounts alcohol will completely stop parts of your nervous system from working, and you will die. Most of the time if you drink too much at a fairly slow rate, you will just throw up when you hit an overdose level. Throwing up is your bodies natural defense or protection from dying from an overdose of alcohol. CAN NOT VERIFY

If you will remember back to the last time you drank so much that you threw up, that was the reaction that an overdose of the sedative drug alcohol had on your body. If you had not thrown up, there is a good chance that you would have been dead now from an overdose of alcohol. You were lucky that your body automatically or instinctively protected you. You can however short-circuit this protection that your body provided for you.

If you drink too much hard liquor, too fast, you can sedate the protective mechanism in your brain that caused you to throw up and get rid of the overdose of alcohol in your body (Young, L. Klein, M., & Beyer, D., 1977, Recreational Drugs, page 5, bottom).

If this mechanism is put out of business by drinking too much hard liquor all at once, there is a very good possibility that you will overdose on alcohol and kill yourself. Drinking large amounts of alcohol all at the same time, quickly puts the brain and central nervous system into a sedative shock. The brain starts to shut down and stop working.

Since it is your brain that controls the beating of the heart and your breathing, if you put it out of commission by drinking too much, you are in serious trouble. Keep in mind that you do not have to remember to breath, or to make your heart beat.

Your brain automatically does these things for you. Drinking a large amount of hard liquor very quickly can put the brain to sleep. You could pass out, looking just like any other drunk who passes out, but there will be one major difference, you will never wake up again on this planet. Many people kill themselves by accident every year with alcohol overdoses. This often happens at chug a lug parties where people are trying to out-drink each other.

They may get a whole bottle of whiskey and race each other, trying to drink it all at once without stopping. Both of them may pass out, and only one of them may wake up, or neither of them may wake up.

The next morning, friends may try to shake them, only to find that they are still, cold and stiff. They have died of an overdose of alcohol. Their friends are shocked. They think that he only passed out because he was drunk. It is no longer fun and games. Their friend is stone dead. This is what a major sedative overdose can do. Remember, the body can only break down about one ounce of alcohol an hour. If you put too much more than that in there, it backs up and waits for processing by the liver. If it backs up too much, you may be in for a trip you will never return from. People die of alcohol overdoses from drinking too much too quickly every year at parties around the country.

STUDY QUESTIONS

1. Like it or not, alcohol is a _____ .

STUDY QUESTIONS

2. In high enough amounts, alcohol will completely stop parts of your _____ from working, and you could die.

3. Throwing up is your bodies natural defense or protection from dying from an _____ of alcohol.

4. You can however short-circuit your bodies natural defense against an _____ of alcohol by doing what? This could result in your death.

5. If you drink too much hard liquor all at the same time there is a very good possibility that you will _____ on alcohol and _____.

6. Drinking large amounts of alcohol all at the same time, quickly puts the brain and the central nervous system into a _____. The brain starts to _____. It is your brain that controls your heart and breathing.

7. Remember, the body can only break down alcohol at the rate of about _____ an hour.

What is it exactly that the liver does with this drug alcohol once it is put into the body? The first step that the liver takes in breaking down alcohol is that it changes the alcohol into a poisonous chemical called acetaldehyde (Kinney, J., & Leaton, G., 1987, Loosening the Grip, page 35, para 2). This chemical is like Formaldehyde, the stuff they pickle frogs with in biology classes. Acetaldehyde is an extremely poisonous chemical. Unless this poisonous chemical byproduct of alcohol can be taken care of right away, it can cause violent sickness or death. It is the liver that also breaks down this nasty chemical. It is important that the liver break down this poison very quickly. The liver normally breaks down this poisonous chemical, acetaldehyde into Acetic acid, the active ingredient in vinegar, water and carbon dioxide. These chemicals are then passed out of the body through the lungs and kidneys. When this process happens quickly and normally, everything is ok. However, something has gone wrong with the process in the body of an alcoholic. Something very different happens. There is strong evidence to show that the poisonous chemical, acetaldehyde (the second stage in the breakdown of alcohol) is not broken down as fast as it needs to be in the body of an alcoholic (Milam, J., & Ketcham, K., 1983, Under the Influence, page 35, para 3).

It stays in the body of an alcoholic much longer than it does in the body of a non-alcoholic. Since acetaldehyde is poisonous, it does a great deal of damage if the liver cannot remove it very quickly from the body. This chemical is especially poisonous to the brain (Milam, J., & Ketcham, K., 1983, Under the Influence, page 35, bottom) (AA pamphlet).

Medical science has evidence that in the body of an alcoholic, acetaldehyde is not broken down completely or quickly and overflows from the liver into the bloodstream. The overflow of acetaldehyde then gets pumped along with the blood up into the brain (Milam, J., & Ketcham, 1983, Under the Influence, page 36, bottom.) (AA pamphlet).

Since this chemical is poisonous to the brain, the brain does the only thing it can to protect itself. It turns acetaldehyde into another drug, tetrahydroisoquinoline, (THIQ for short). This change is done right in the brain. THIQ is an opiate type drug, and is very addictive. The brain has little other choice but to be poisoned, or turn the acetaldehyde into tetrahydroisoquinoline (AA pamphlet Alcoholism...The Disease). Thus, THIQ starts building up right in the brain and it stays there till you die.

Tetrahydroisoquinoline has three important characteristics. First, THIQ is manufactured or made right in the brain of an alcoholic. It appears to occur only in the brains of alcoholics Second, THIQ is highly addictive. In the past, medical scientists looking for a pain killer less addictive than morphine found that while THIQ killed the pain, it was much more addictive and dangerous than morphine (AA pamphlet, Alcoholism....The Disease).

The third characteristic of THIQ is that it is very addictive, and very strong or potent. Certain rats were raised to hate alcohol. They would rather die from thirst than drink any water with alcohol in it. When these animals were injected with the smallest possible amount of THIQ in the brain, they immediately developed or formed a preference or liking for alcohol over just water alone. As time passed they wanted more and more potent alcohol-water mixtures, sooner or later drinking all the alcohol they could get. Other studies have found that THIQ never comes out of the brain once it is in there. It stays there till you die. Even after seven years of not drinking any alcohol, monkeys were examined and their brains still had abnormally high amounts of THIQ (AA pamphlet, Alcoholism...The Disease). With the smallest addition of THIQ their desire for alcohol was immediately stronger. They wanted a drink, just like an alcoholic (AA pamphlet, Alcoholism...The Disease).

STUDY QUESTIONS

- 1.The first step that the liver takes in breaking down alcohol is that it changes alcohol into a poisonous chemical called _____.
- 2._____, the breakdown product of alcohol is an extremely poisonous chemical and it can cause violent sickness or death.
- 3.There is strong evidence to show that the poisonous chemical, acetaldehyde is not broken down as _____ as it needs to be in the body of an _____.
- 4.Acetaldehyde stays in the body of an alcoholic _____ than it does in the body of a non-alcoholic.

6. When the liver cannot break down acetaldehyde completely or quickly enough, this chemical overflows into the blood stream. The overflow then gets pumped along with the blood up into the _____.
7. Since acetaldehyde is poisonous to the brain, the brain does the only thing it can to protect itself. It turns the acetaldehyde into another drug called _____ or THIQ. Where is this done?
8. THIQ is an _____ type drug, and is very addictive.
9. The manufacture of THIQ appears to occur only in the _____ of _____.
10. A third characteristic of THIQ is that it is highly _____. It is much more _____ than morphine.
11. When mice were injected with the smallest possible amount of THIQ in the brain, they immediately developed or formed a _____ for alcohol over water alone.
12. When does THIQ come out of the brain, what will take it out?
13. After examining the brains of monkeys who were given large doses of alcohol, they found that even after seven years, the monkey brains still contained _____ amounts of THIQ.

It appears that THIQ is at least a part of the reason that alcoholics feel an uncontrollable craving for alcohol. Even after going for years without drinking, even one drink seems to awaken the THIQ and the craving for alcohol starts all over again, very strongly. Because THIQ never comes out of the brain, and each drink adds more of it to the brain, the alcoholic can never drink normally again. He can never be cured (AA Pamphlet...Alcoholism...The Disease). Since THIQ never comes out of the brain, once a person has it in there, he will die with THIQ in his brain. This chemical just sits and waits very patiently for the alcoholic to give in and take another drink. Once he takes that first drink, the THIQ seems to start pulling, and pulling very strongly for him to drink even more. The desire for alcohol takes over his life, and he loses all control over his drinking. THIQ may be the reason they say once a person is an alcoholic, he will always be an alcoholic (AA Pamphlet Alcoholism...The Disease).

Such a person will die an alcoholic. Alcoholism does not cure itself. The THIQ never goes away and neither does the alcoholism. The only thing you can do is to stop drinking. The disease will always be there waiting for you to take the next drink. It will wait patiently for years. Once you give in and take even one drink, the THIQ will be reawakened and it will effect you as if you never stopped drinking. You will crave alcohol as badly as you ever did (AA Pamphlet, Alcoholism...The Disease).

The discovery of abnormally large amounts of THIQ only in the bodies of alcoholics is strong evidence that something biological is going very wrong in the body of alcoholics (AA pamphlet Alcoholism The Disease).

This means that alcoholism is not a moral problem or a personality weakness. It is not a matter of having weak willpower or a rotten personality. The alcoholic can accept treatment knowing that he is not personally responsible for the alcoholism. He is however, responsible for doing something about his problem. There is no need to feel guilty and lonely. Alcoholism is both a disease as well as an addiction. You can get treatment which will arrest the disease. The only way to regain control over alcohol is to completely stop drinking. This is very difficult to do without help, and almost impossible to do by yourself. You will need help. The help most readily available is A.A. A.A. groups are everywhere, and they are a very good place to start. A whole new way of life is available for the alcoholic, but they must accept responsibility for their problem and accept help (Gorski, T., & Miller, M., 1986, Staying Sober, page 51-52, bottom-Top).

Knowing what we know about the alcoholism and the chemical processes going on in the body, it is very important to tell children of alcoholic parents that their chances of becoming alcoholic are very high. In this way, they can do something about drinking before they become hooked. There has been an attempt to educate the public about the dangers of alcohol with particular awareness of family trends or tendencies toward alcoholism (Milam, J., & Ketcham, K., 1988, Under The Influence, page 42, top of page.).

Medical science has shown through genetic studies that if someone in your family was alcoholic, your chances of becoming alcoholic IF YOU DRINK are many times higher. Estimates report that you have from 10 to 60 times greater chance of becoming an alcoholic if you have an alcoholic parent (Kinney, J., & Leaton, G., 1987, Loosening the Grip, page 71, bottom.). If anyone in your biological family is alcoholic, your only reasonable choices are to either stay completely away from drinking alcohol, or drink as little as possible. Otherwise you are at great risk of getting this terrible disease. Young drinkers need to be made aware of how this disease works so that they can make responsible choices about drinking alcohol (Milam, J., & Ketcham, K., 1988, Under the Influence page 41, bottom.).

Without this education, the young alcoholic-to-be will start out drinking quite normally. They do not know that their liver does not have the capacity or ability to break down acetaldehyde completely or quickly. This means that more of the poisonous THIQ gets to the brain and starts building up forming more of an addiction (Milam, J., & Ketcham, K., 1988, Under the Influence page 36, para 2-3-4.). At some point, often years after the person starts drinking, when enough THIQ builds up in their brains, they will become hooked or addicted to alcohol. It takes an average of 7 years for the typical alcoholic to begin to lose control over his or her drinking.

Once the THIQ builds up strong enough, alcoholics will lose control over their drinking and their behavior can become wild (AA Pamphlet).

STUDY QUESTIONS

1. Because THIQ never comes out of the brain, and each drink adds more of it to the brain, the alcoholic can _____ again.
2. Can an alcoholic ever be cured?
3. Does alcoholism ever cure itself?

STUDY QUESTIONS

4. The discovery of abnormally large amounts of THIQ only in the brains of alcoholics is strong evidence that something _____ is going very wrong in the body of alcoholics.
5. There is no need for the alcoholic to feel guilty or lonely. Alcoholism is both a _____ as well as an _____.
6. The only way to safely control alcohol is to completely _____.
7. It is important to tell children of alcoholic parents that their chances of becoming alcoholic are _____.
8. Medical science has shown through genetic studies that if someone in your natural family was alcoholic, your chances of becoming alcoholic are _____.
9. How does the young alcoholic - to - be start out drinking?
10. The more THIQ that gets into the brain and starts building up, the more powerful the _____ will be.
11. It takes an average of _____ years for the typical alcoholic to begin losing control over his or her drinking.

The progress or advancement that the disease of alcoholism takes is very similar to other diseases like diabetes (AA Pamphlet.). The problem continues to get worse unless the drinking is stopped. Just like diabetes gets worse unless the intake of sugar is stopped.

Alcoholism is a very sneaky disease. It usually takes several years before it slowly grabs hold of you. Because the victim has been drinking for such a long time with no problem, it doesn't seem possible to him or her that alcohol could be causing problems now (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 50, para 2-3). This is why, when alcohol starts taking control over them, most people deny that they have a problem. They do not know that the THIQ has been building up all these years, and that it is just now taking control. Rather than facing reality, they fool themselves into thinking that they can drink normally, or cut down on their drinking and still be safe. They think that alcoholism is like a cut or some other damage to the body that will heal itself in time.

This is not true, alcoholism never is healed by the body. The only safe way for an alcoholic to handle their drinking is not to drink. Keep in mind that alcohol in the concentrations found on the market today is not a naturally occurring substance. It is artificially produced by man. Such strong alcohol was never intended by nature to be put into the body. Consequently, it has strange effects on the body and can do a lot of damage to the body of used in excess (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 40, 44,47) (Milam, J., & Ketcham, K., 1988, *Under the Influence*, 37, para 2).

Like other diseases, alcoholism can be arrested or stopped, but IT CAN NEVER BE CURED (AA pamphlet). Once it has you, it has got you for the rest of your life. It never goes away like many other physical or mental problems you have in life. It is never cured itself. If you are a heavily drinking alcoholic, and you get tired of being sick and tired all the time, your alcoholism can be arrested if you stop drinking and get help. If however, after several years of sobriety, you start drinking again, you will end up drinking as if you never stopped. The amount you drink and the trouble you used to be in will pick up right where they left off (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50-52.) (Milam, J., & Ketcham, K., 1988, page 189).

For example, imagine that you were drinking a half quart of hard liquor a day. You stop drinking and don't drink again for 20 years. If twenty years later you start drinking again, within a very short period of time you will be back up to drinking a half quart of hard liquor again. The tolerance (the amount of alcohol you need to get a high) to alcohol just picks up where it left off. It remembers how much you drank when you stopped all those years before and takes off right from there. After that, it just keeps climbing higher until your body hits a point of reverse tolerance. When this happens, you get to a point where all that happens when you drink is that you get sick. Once you hit reverse tolerance, you do not even get a high (Milam, J., & Ketcham, K., 1988, page 56-57). If you keep drinking once you hit this point, you get in worse and worse shape (Uppers Downers and All arounders, 1989, Cinemed.).

This is far different from most other drugs where the tolerance curve reverses itself. For example, suppose you smoke marijuana to an excess and you top out, no longer getting a high, but only getting tired and bloodshot eyes. If you go for awhile without using marijuana and then use it again, you will again a high again on a smaller amount than you did when you stopped. In effect you are starting over again with the drug (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 82, para 1).

This is not so with alcohol.

If you stop at a quart a day, and you stop for 20 years then drink again, you will be right back up to that quart a day again in a very short period of time. It then will not be long before even that quart a day does not get you high and you will have to drink even more. That is if your body can handle it.

Alcoholism can never be cured, only arrested. Just as people suffering from other diseases like diabetes, high blood pressure, or heart disease can be treated, an alcoholic, with treatment can enjoy a useful, productive, and longer life (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50.) (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 189).

STUDY QUESTIONS

- 1.The progress or advancement that the disease of alcoholism takes is very similar to other diseases like _____.
- 2.Because the victim of alcoholism has been drinking for such a long time with no problem, it does not seem possible to him or her that alcohol could be _____.
- 3.Many people think that alcoholism is like a cut or some other damage to the body that will heal itself in time. Is this true?

4. Like other diseases, alcoholism can be arrested or stopped, but it can never be _____. Once it has you, it has you for the rest of _____.

5. If you are alcoholic, and you do stop drinking for several years, and then start drinking again, what will happen?

Alcoholics who keep drinking must remember however, that like a diabetic eating sugar, each time he drinks, he is poisoning himself. The more the person drinks, the more of the poisonous THIQ chemical builds up in the brain, making the addiction stronger. The more that gets in there, the stronger the pull towards drinking will be. Another way to say this is, that the more you drink if you are an alcoholic, the more you will want to drink until you either stop or kill yourself. It is estimated that 90% of alcoholics drink themselves to death, although they may die from other causes listed on their death certificates. If someone in your family is an alcoholic be very suspicious that this may be happening to you (Milam, J., & Ketcham, K., 1988, Under the Influence, page 36).

Part of the solution to the alcoholic's problem can be met by properly educating the public, and lifting the stigma (prejudice) that often accompanies alcoholism through education. Dr. William C. Menniger of the Menninger Clinic declared that if any other disease affected so many of our citizens, a national emergency would be declared (Milam, J., & Ketcham, K., 1988, Under the Influence, page 150-151, bottom-top).

In order to do something that would have some effect on this terrible problem, former alcoholics, Churches, social service groups, business organizations, and government agencies should join hands in accepting the responsibility of educating the public to these new facts about alcoholism and THIQ. In this way, all people - youth to the aged - would understand the danger of alcohol. The families, friends, and business associates of the affected could be helped and encouraged by such a united effort to spread the word. You can help by telling your friends about what you have learned in this course and encourage them to take the course themselves. The material in here is material that you will need to teach to your children before they start drinking (Gorski, T., & Miller, M., 1986, Staying Sober, page 54) (Milam, J., & Ketcham, K., 1988, Under the Influence, pages 150-151).

The church, A.A. and N.A. in dealing with the spiritual nature of man, are also in a place to minister to the needs of alcoholics and establish preventative programming. Alcoholics need to be aware of the programs and treatment available to help them build healthy human relationships, values, and responsible lives (Gorski, T., & Miller, M., 1986, Staying Sober, page 54).

STUDY QUESTIONS

1. Alcoholics who keep drinking must remember however, that just like a diabetic eating sugar, each time he drinks, he is _____.

2. The more the alcoholic drinks, the more of the poisonous THIQ chemical builds up in his brain, making the addiction _____.

3. Another way to say the same thing as in question two is that if you are an alcoholic, and if you continue to drink, the more you drink, the more you will _____.

4. It is estimated that _____% of alcoholics drink themselves to death, although they may die from other causes listed on their death certificates.

STUDY QUESTIONS

5. Part of the solution to the alcoholic's problem can be met by properly _____ the public, and lifting the stigma or prejudice that often accompanies alcoholism.

6. In order to do something that would have some effect on the terrible problem of alcoholism, former alcoholics, churches, social service groups, business organizations, and government agencies should join hands in accepting the responsibility of _____ to these new facts about alcoholism. In this way, all people would understand the danger of using alcohol.

ABSTINENCE, THE ONLY SURE CURE FOR ALCOHOLISM

(Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50)

What can you do to make sure you don't end up an alcoholic? Over 40 years of research has shown one thing: The only sure way to prevent this disease is to not drink at all (abstinence). At this time nothing else works (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50). Alcoholics must realize that they can never again become just "social drinkers". Once you become an alcoholic, you are an alcoholic for the rest of your life. You are one drink away from your next drunk for the rest of your life. The addiction never goes away. It sits deadly quiet and waits for a time when the alcoholic will drink again. At that point, the entire process starts again (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50.) (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 33, bottom).

Even after 20 years of not drinking, if the alcoholic drinks even one drink again, he will once again begin to have an uncontrollable craving for alcohol (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 50). The disease will wait silently for years to grab him again and eventually kill him.

Alcoholism affects his mind and emotions. He becomes much more sensitive about things than when he was not drinking. He is often irritable, grumpy and sometimes violent. His emotions are all mixed up and bottled up (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 61.) (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 33 bottom).

His self esteem has dropped to an all-time low. By the time he becomes alcoholic, he does not like himself or anyone else. He often has destroyed or alienated his family (Gorski, T., & Miller, M., 1986, *Staying Sober*, pages 46-47-142).

His social life has also changed drastically. Instead of going to parties to meet people, he attends them just to drink. He no longer has control over his life, and lives a nightmare that might not have been necessary had he had a good Alcohol Education (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 46-47-142).

A NEW PREDICTOR OF ALCOHOLISM?

There is proof that vulnerability to alcoholism is inherited. People with alcoholism in their immediate biologic family stand a greater chance of becoming alcoholics themselves. This has generally been accepted by the scientific community, and much research evidence has shown this to be true. But how is the disease inherited? (Gorski, T., & Miller, M., 1986, *Staying Sober*, page 42) (Milam, J., & Ketcham, K., 1988, *Under the Influence*, page 36 top). Scientists have now found genetic markers - a missing enzyme in the liver. It has been discovered that alcoholics do not have enough of the enzymes that non-alcoholics have. They now believe that they can identify potential alcoholics while they are still babes and warn the person of the danger of alcohol to him.

STUDY QUESTIONS

1. What can you do to make sure you do not end up as an alcoholic?
2. Alcoholics must realize that they can never again become just social _____.
3. Alcoholism affects a person's mind and emotions. The alcoholic becomes much more sensitive about things than when he was not drinking. He is often _____, _____ and sometimes _____ up. His emotions are all _____ up.

4. The alcoholic's self-esteem has _____ to an all-time _____. By the time he becomes alcoholic, he does not like himself or anyone else.

5. There is proof that vulnerability to alcoholism is _____.

STUDY QUESTIONS

6. Scientists have found genetic markers - a missing _____ in the liver. It has been discovered that alcoholics do not have enough of the _____ that non-alcoholics have.

REFERENCES:

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PAMPHLETS:

Alcoholism...The Disease An AA pamphlet.