

# ALCOHOL



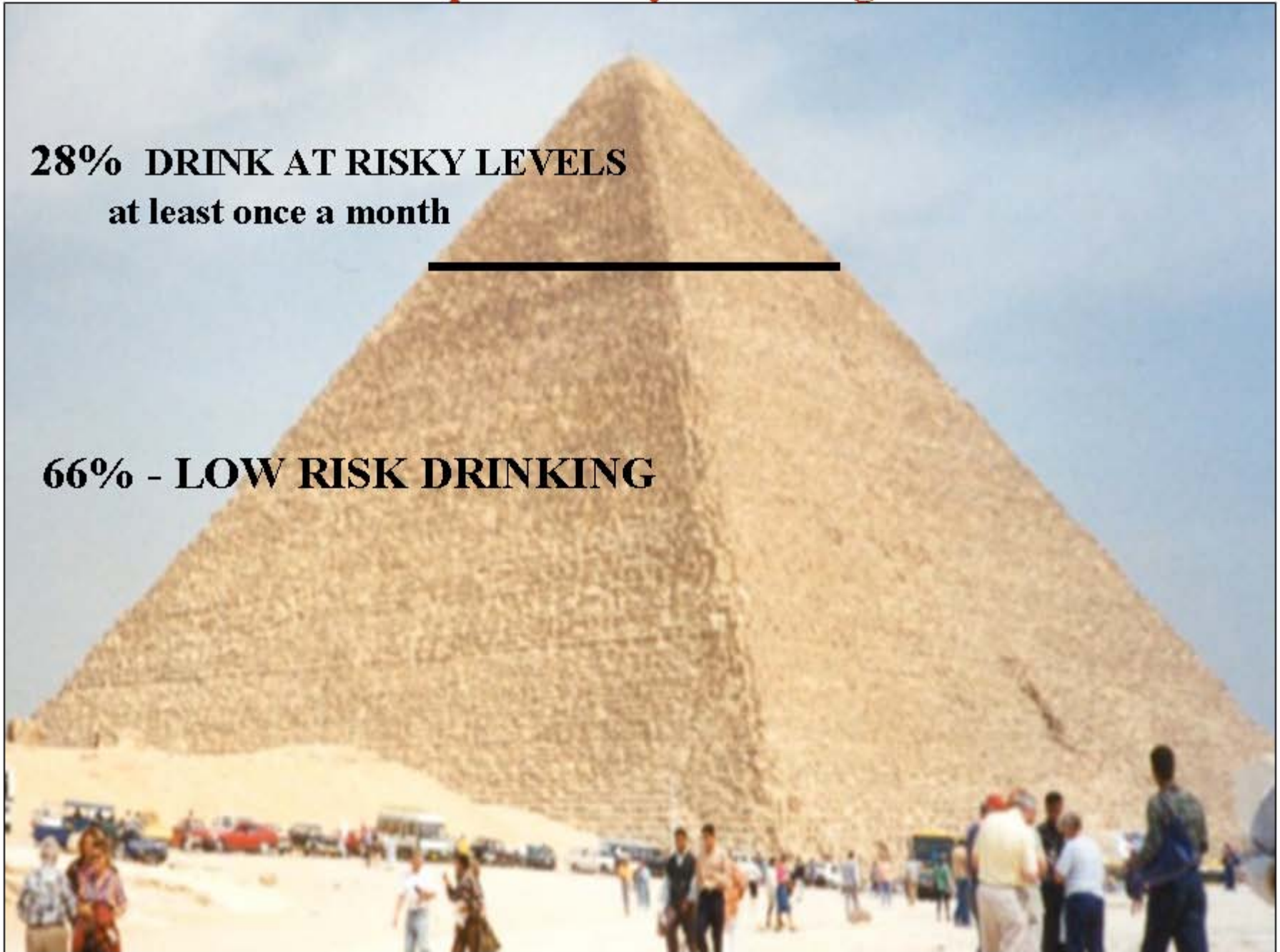
**Benny Monheit**  
Southcity Clinic

# Australia's Population Pyramid - aged 14 and over

**28% DRINK AT RISKY LEVELS**  
**at least once a month**

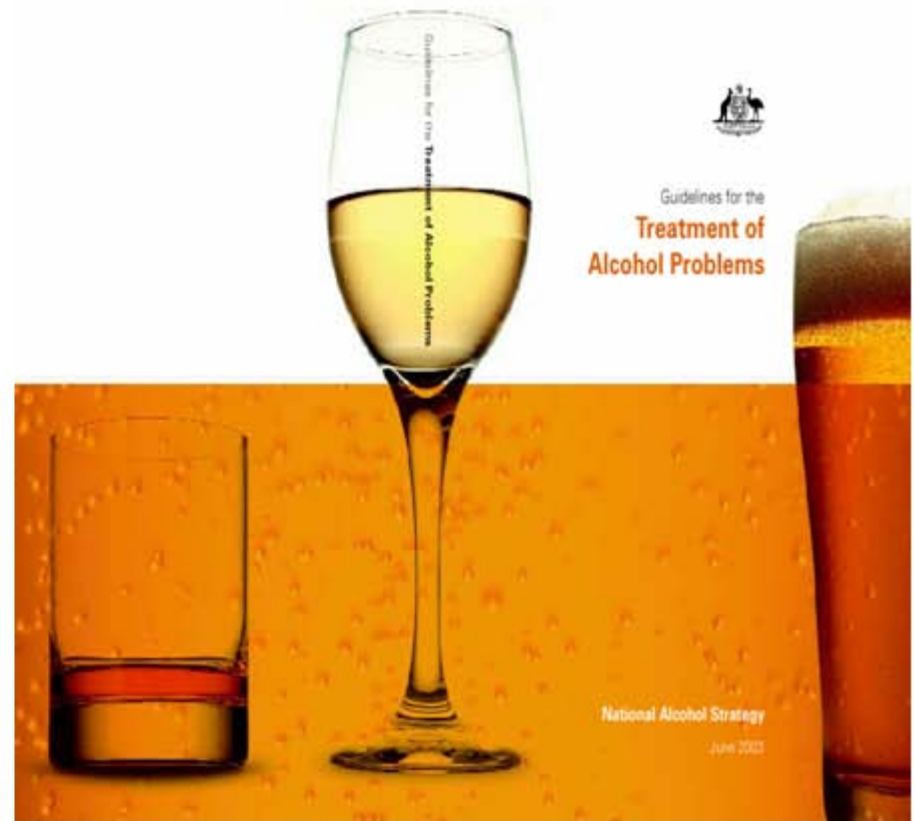
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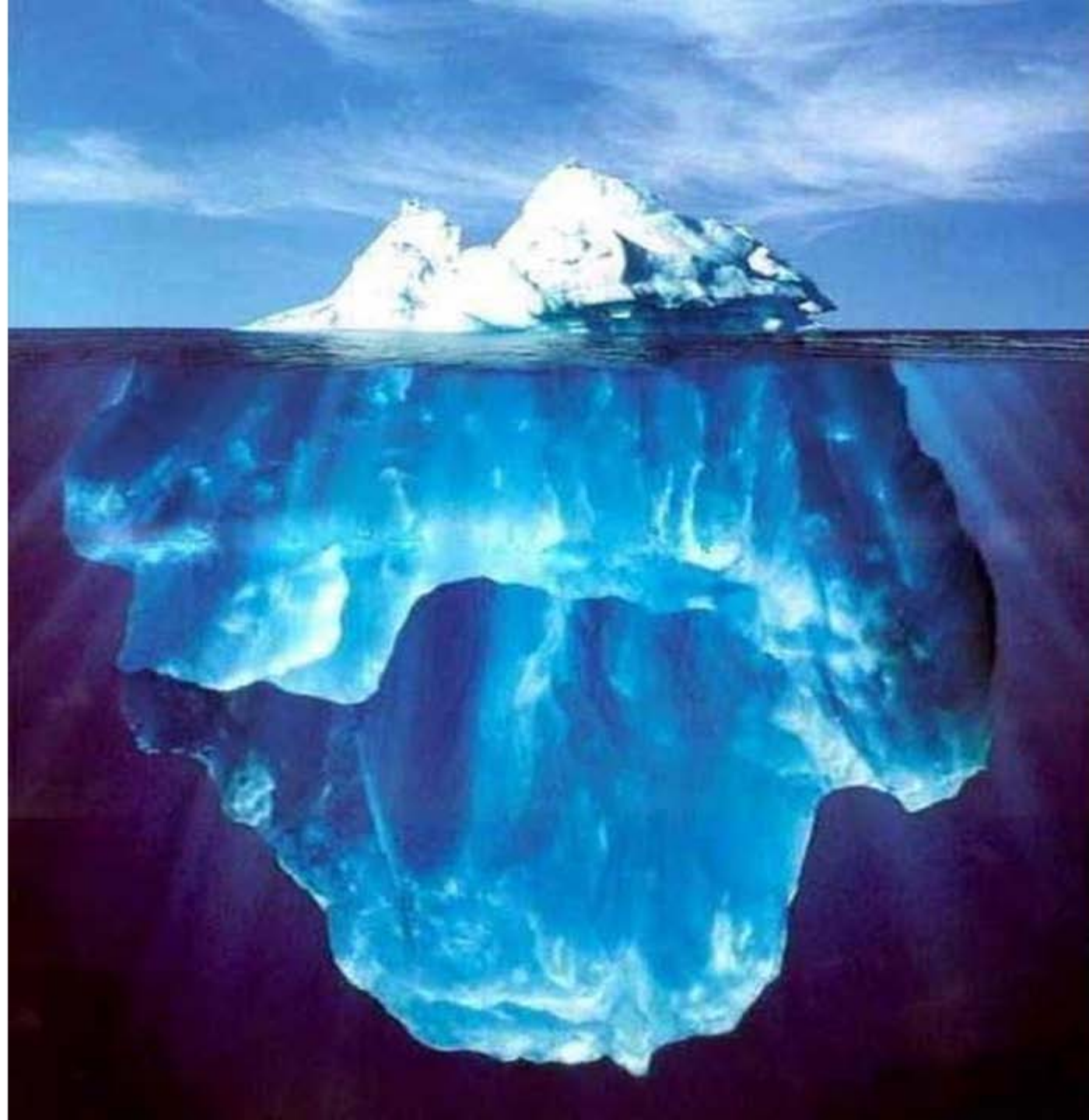
**66% - LOW RISK DRINKING**



# Risky Drinking Levels

- Male
- More than 6 std drinks on any one day.
- Female
- More than 4 std drinks on any one day





# Alcohol advertising



- Alcohol advertising links alcohol with precisely those attributes and qualities: happiness, wealth, prestige, sophistication, success, maturity, athletic ability, virility, creativity, sexual satisfaction, that the misuse of alcohol usually diminishes and destroys."
- Jean Kilbourne, media lecturer

THE ORIGINAL MOTION PICTURE SOUNDTRACK

P33P 20133

# INDIANA JONES

and the  
TEMPLE  
OF DOOM

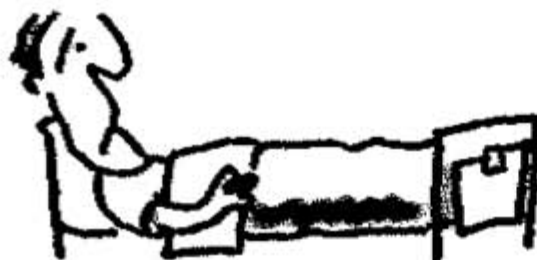
ORIGINAL MUSIC COMPOSED AND CONDUCTED  
BY JOHN WILLIAMS





# Rationale for GP Involvement

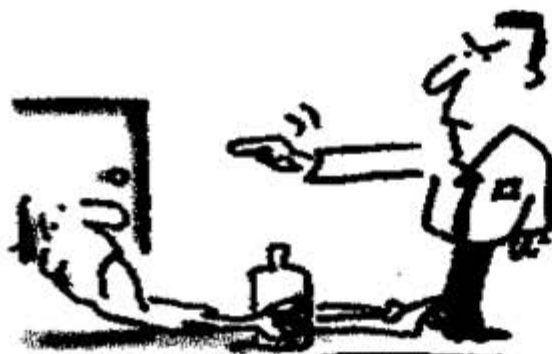
- There is a strong case for GP involvement with patients' drinking behaviour. It includes:
  - *patient preference*
  - *evidence of efficacy*
  - *size of problem*



LIVER



LOVER



LIVELIHOOD



LAW

THE 4 **L**S OF **ALCOHOL**

# Effects of excess alcohol

Depression



Relationship issues



Weight gain



Work related problems



**NO MORE  
HEARTBURN**

***Stop the Pain in  
30 Days—Naturally!***

The Safe, Effective Way  
to Prevent and Heal Chronic  
Gastrointestinal Disorders

SHERRY A. ROGERS, M.D.

# Brief Intervention

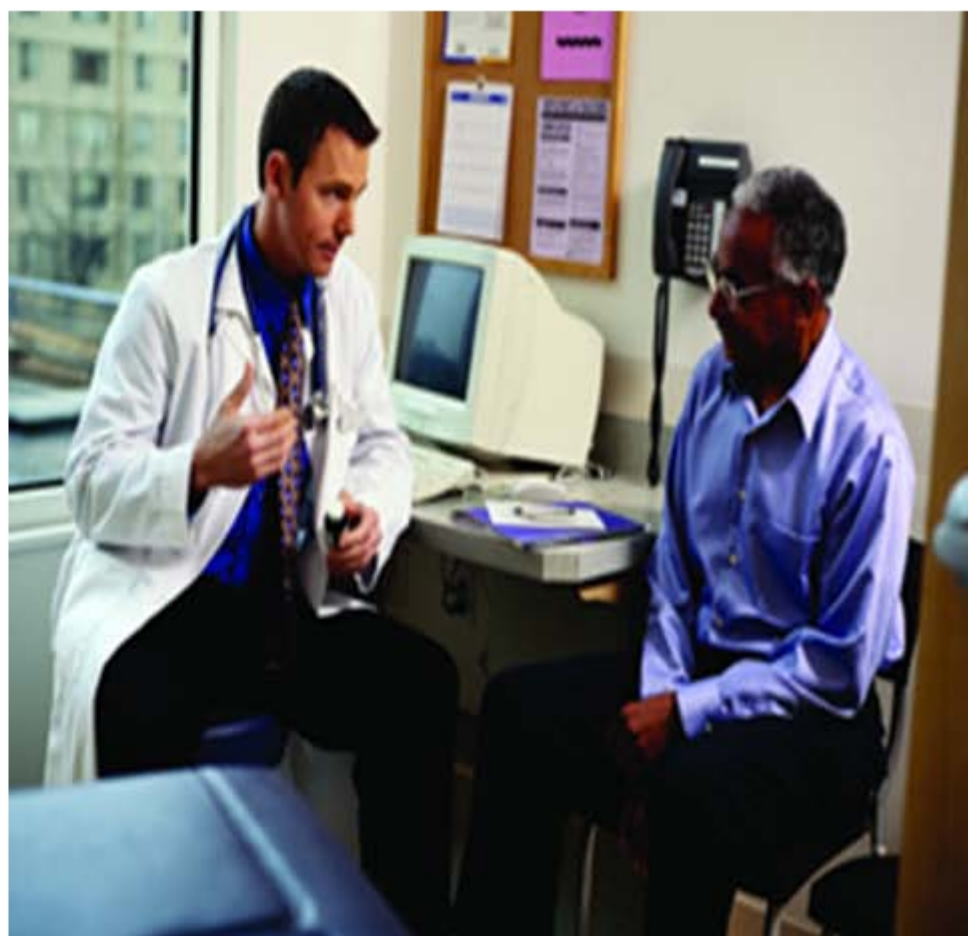
- There is strong evidence to support the effectiveness of brief interventions for treatment of alcohol problems and tobacco control.
- Alcohol brief interventions are aimed at risky drinkers who are not yet alcohol dependent.

# Taking an Alcohol History

- Matter of fact style of questions. Non judgmental.
- “Can I ask you some lifestyle questions?”

# Taking an alcohol history

- “How often do you have a drink containing alcohol?”
- “How many drinks do you typically have on a day when you are drinking?”



**Information for patients**

Your doctor would like to assess how the amount of alcohol you drink may be affecting your health and well-being. The aim of this survey is find out how your use of alcohol compares with the recommended low-risk levels.



1 standard drink

- = 1 middy/pot of full strength beer (285 mL)
- = 1 small glass of wine (100 mL)
- = 1 glass of port/sherry (60 mL)
- = 1 single nip of spirits (30 mL)
- = 1 schooner/pint of light beer (425 mL)

Please circle **one** option for each question.

1. How often do you have a drink containing alcohol?

|              |                        |                                |                               |                                  |
|--------------|------------------------|--------------------------------|-------------------------------|----------------------------------|
| Never<br>(0) | Monthly or less<br>(1) | 2 to 4 times<br>a month<br>(2) | 2 to 3 times<br>a week<br>(3) | 4 or more<br>times a week<br>(4) |
|--------------|------------------------|--------------------------------|-------------------------------|----------------------------------|

2. How many standard drinks do you have on a typical day when you are drinking?

|               |               |               |               |                   |
|---------------|---------------|---------------|---------------|-------------------|
| 1 or 2<br>(0) | 3 or 4<br>(1) | 5 or 6<br>(2) | 7 to 9<br>(3) | 10 or more<br>(4) |
|---------------|---------------|---------------|---------------|-------------------|

3. How often do you have 6 or more drinks on one occasion?

|              |                             |                |               |                                 |
|--------------|-----------------------------|----------------|---------------|---------------------------------|
| Never<br>(0) | Less than<br>monthly<br>(1) | Monthly<br>(2) | Weekly<br>(3) | Daily or<br>almost daily<br>(4) |
|--------------|-----------------------------|----------------|---------------|---------------------------------|

# Drs prescription

- Aim to have no more than ..... standard drinks per day
- Try to include .... alcohol free days per week
- Complete the drink diary for 2 weeks



# Pharmacotherapies for relapse prevention

