

# What You Need to Know About Alcohol Use Disorder

## WHAT IS ALCOHOL USE DISORDER?

"Alcohol use disorder (AUD) is a medical condition characterized by an **impaired ability to stop or control** alcohol use despite adverse **social, occupational, or health consequences.**"



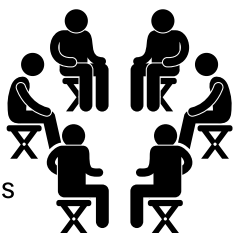
## Symptoms

- Having a **strong urge** to drink alcohol
- **Reducing** social and work activities
- Drinking alcohol when it's **not safe**
- Spending **a lot of time drinking alcohol**
- **Continuing to drink** knowing it's causing physical, social, or interpersonal problems
- Developing alcohol tolerance so you **need more** of it to feel its effects
- **Unable to control** the consumption of alcohol



## Treatment Options

- Inpatient Treatment
- Outpatient Treatment
- Medications
  - Naltrexone
  - Acamprosate
  - Disulfiram
- Mutual-support groups
  - e.g. Alcoholics Anonymous
- Behavioral treatments



## WHAT IS THE MODERATE AMOUNT OF ALCOHOL?



2 drinks or less in a day



1 drink or less in a day

1 standard drink = 0.6 ounces of pure alcohol

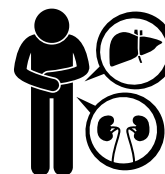
## WHAT IS EXCESSIVE ALCOHOL USE?

EXCESSIVE ALCOHOL USE WAS RESPONSIBLE FOR AN ANNUAL AVERAGE OF **95,000 DEATHS** DURING 2011-2015

When a person is drinking **more than the moderate amount of alcohol**, it is considered excessive alcohol use.

## Excess alcohol intake can lead to:

- Liver damage
- Car accidents
- High blood pressure
- Cancers: liver, mouth, breast, throat, and colon
- Learning and memory problems
- Weakened immune system



**If anyone is showing these symptoms, consult with the doctor immediately!**



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