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Volume XV, Number 4

April 2007

Alcohol Poisoning: Seek to Be Safe

Some people laugh at the behavior of others who are drunk. Some think it's even funnier when they pass out. But there's nothing funny about drinking so much that it leads to alcohol poisoning.

Here are the signs of alcohol poisoning: • Mental confusion, stupor, coma, or person cannot be roused • Vomiting • Seizures • Slow breathing (fewer than eight breaths per minute) • Irregular breathing (10 seconds or more between breaths) • Hypothermia (low body temperature), bluish skin color, or paleness.

Here are tips about alcohol poisoning:

- ◆ Know the danger signals.
- ◆ Don't wait for all symptoms to be present to get help.
- ◆ Be aware that a person who has passed out may die.
- ◆ If you suspect an alcohol overdose, call 911 for help immediately. Don't try to guess the level of drunkenness.
- ◆ Don't worry that your friend or family member may become angry or embarrassed. Remember that you care enough to help. Always be safe, not sorry.

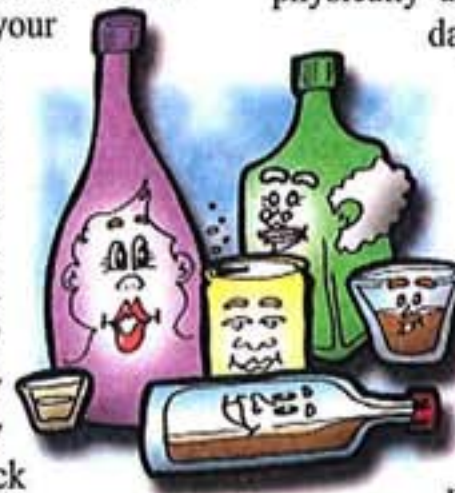
For more information, visit <http://www.collegedrinkprevention.gov/OtherAlcoholInformation/factsAboutAlcoholPoisoning.aspx>.

Increase Awareness about Alcoholism

According to the National Institute on Alcohol Abuse and Alcoholism, if you're drinking too much, you can improve your life and health by cutting down. How do you know if you drink too much? **Answer these questions with either "yes" or "no":** • Do you drink alone when you feel angry or sad? • Does your drinking ever make you late for work? • Does your drinking worry your family? • Do you ever drink after telling yourself you won't? • Do you ever forget what you did while you were drinking? • Do you get headaches or have a hangover after you have been drinking? If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure.

Here are some tips that may help:

- Write down your reasons for cutting down or stopping drinking. You may want to improve your health, sleep better, or get along better with your family or friends.
- Choose a limit for how much you will drink or you may choose not to drink at all. If you're cutting down, keep below these limits: • Women: No more than one drink a day • Men: No more than two drinks a day.
- Watch it at home. Keep a small amount or no alcohol at all in your home to avoid the temptation to drink.



- Drink slowly. If you drink, sip your drink slowly. Take a break of one hour between drinks. Drink soda, water, or juice after a drink with alcohol.
- Take a break from alcohol. Pick a day or two each week when you won't drink at all. Then, try to stop drinking for one week. Think about how you feel physically and emotionally on these days. When you succeed and feel better, you may find it easier to cut down for good.
- Learn how to say no. You don't have to drink when other people drink. Stay away from people who give you a hard time about not drinking.

- Use the time and money you would spend on drinking to do something fun with your family or friends. Go out to eat, see a movie, or play sports.
- Ask your family and friends for support to help you reach your goal. Talk to your doctor if you're having trouble cutting down. Get the help you need to reach your goal.
- Don't drink when you're angry or upset or have had a bad day. These are habits you need to break if you want to drink less.

For more information, visit the National Institute on Alcohol Abuse and Alcoholism at www.niaaa.nih.gov.