



## Alcohol

- 36 Americans die every day from alcohol
- Can cause Liver & Pancreas & Heart damage, Cancer (breast, mouth, esophageal, stomach, colon), Seizures, Suicide, Traffic Accidents, Family Relationship Issues

## Plan

- Set a date
- Select 1-2 people that will check in with you daily to make sure you are sticking to the plan
- Get rid of all excess alcohol from the home and as time goes on get rid of all of it
- Download Drinker's Help app
- Support Group : Alcoholics Anonymous

## Withdrawal

- Anxiety and Irritability
- Shaky Hands
- Nausea and Vomiting
- Insomnia
- Headaches

## Treatment

- Antabuse: makes you sick if you drink
- Naltrexone: reduces high from drinking
- Campral: helps with cravings
- Drink more water, eat healthy, start exercising
- Taper your alcohol; 25% reduction week one, 50% week 2, 75% week 3, STOP week 4