

What is the third greatest cause of death in the United States?

Alcoholism is the third great killer, after heart disease and cancer- and it does not damage alcoholics alone. Others are hurt by its effects—in the home, on the job, on the highway.

Alcoholism is an illness. It can hit anyone. Young, old, rich, poor. Black, white. No one is too young (or too old) to have trouble with alcohol. It doesn't matter how long you've been drinking or what you've been drinking. It's what drinking does to you that counts.

To help you decide whether you might have a problem with your own drinking, we've prepared these 12 questions. The answer's are nobody's business but your own.

*If you can answer yes to any **one** of these questions, maybe it's time you took a serious look at what your drinking might be doing to you.*

- ❖ Do you drink because you have problems? To relax?
- ❖ Do you drink when you get mad at other people?
- ❖ Do you prefer to drink alone, rather than with others?
- ❖ Are you goofing off on your job? Are your grades slipping?
- ❖ Did you ever try to stop drinking or drink less—and fail?
- ❖ Have you begun to drink in the morning, before work or school?
- ❖ Do you gulp your drinks?
- ❖ Do you ever have loss of memory due to drinking?
- ❖ Do you lie about your drinking?
- ❖ Do you ever get into trouble when you are drinking?
- ❖ Do you get drunk when you drink, even when you don't mean to?
- ❖ Do you think it's cool to be able to hold your liquor?

If you do need help or if you'd just like to talk to someone about your drinking, contact:

*Alcohol Anonymous: (716) 853-0388
Alcohol & Drug Dependency Services:
(716) 854-2977*

Information courtesy of:

*St. Anthony's "Respect for Life"
Committee*