

Some Tips

Know the law. It is illegal for anyone to sell alcohol to anyone under the age of 16.

Get the facts. Even small amounts can make you fail a breath test. People can lose their driver's license and be subject to heavy fines.

Stay informed. "Binge" drinking means having five or more drinks on one occasion. Studies show that more than 35 percent of adults with an alcohol problem developed symptoms--such as binge drinking--by age 19.

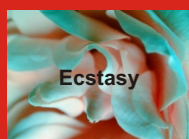
Know the risks. Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen--a common ingredient in OTC pain and fever reducers--can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing. Mixing alcohol and drugs also can lead to coma and death.

Keep your edge. Alcohol is a depressant, or downer, because it reduces brain activity. If you are depressed before you start drinking, alcohol can make you feel worse.

Look around you. Most people are becoming increasingly aware of health issues and other risks related to binge drinking !!.

For more information (and material) regarding substance misuse, as well as preventive services offered to the general public, please call our Prevention Team on: 21 244 226 or e-mail us on: prevention@waldonet.net.mt

Some of the informative postcards and leaflets recently published



Here are some useful Telephone Numbers:

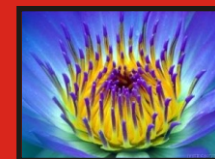
Sedqa

Sedqa Head Office:	21 441 014
Substance Misuse Out-Patient	21 255 096
Drugs Community Team	21 487 697
Alcohol Community Team	21 487 697
Family Team	21 421 193
Primary Prevention Team	21 244 226
Secondary Prevention Team	21 441 215

Other Agencies

Alcoholics Anonymous	21 239264
Appogg	21 226 066
Caritas (Malta)	21 245 358
Gamblers Anonymous	21 233 933
Health Promotion Dept.	21 245 524
Narcotics Anonymous	21 246 478

PAPERCUT



Quick Words



2, Braille Str. St. Venera HMR 11
Foundation For Social Welfare Services
www.sedqa.gov.mt

Papercut is a newsletter issued by **sedqa**'s primary prevention team in an intent to generate updated drug and alcohol prevention information for the general public.

For more information check out our website:

www.sedqa.gov.mt

For more information, **sedqa** are @
2, Braille Str. St. Venera HMR 11

Tel: 21 441 014

Or

Primary Prevention Team

Tel: 21 244 226

This issue is entirely dedicated to:

Binge Drinking

What is Binge Drinking?

To most people, **binge drinking** brings to mind a self-destructive and unrestrained drinking bout lasting for at least a couple of days during which time the heavily intoxicated drinker "drops out" by not working, ignoring responsibilities, squandering money, and engaging in other harmful behaviors such as fighting or risky sex.

More specifically binge drinking is an extended period of time (typically at least two days) during which a person repeatedly becomes intoxicated and gives up his or her usual activities and obligations in order to become intoxicated. It is the combination of prolonged use and the giving up of usual activities that forms the core of the clinical definition of binge.

Binge drinking has also been defined as:

"drinking five or more drinks in a single setting or as drinking five or more drinks in a single setting for men and four or more drinks in a single setting for women".

To further extend the services offered by **sedqa** prevention we also offer preventive talks to organisations upon request. Talks are tailored to the necessities of those requesting them. For more info please call:

21 244 226

Signs and symptoms

Such drinking behavior increases the risk for a host of negative consequences, including:

Hangovers

Fights

Driving while intoxicated

Vandalism

Being the victim or perpetrator of sexual violence

Accidents

Alcoholism (long-term)

Beyond being problematic for individual drinkers, binge drinking adversely affects students who do not drink heavily.

Wechsler et al. (1996) reported that abstainers and nonheavy drinkers often experience adverse consequences related to someone else's drinking, including disruption of sleep and studying, fights, and the like.

Sedqa helpline 151

In addition to being at higher risk for experiencing their own alcohol-related problems, sporadic (infrequent) and habitual (frequent) heavy drinkers may also regularly experience problems related to other drinkers. Such problems included fights, interruptions of sleep and academic work, and the like.

Previous research has found a number of demographic and social variables to be predictive of binge drinking.

Some of these risk factors include:

men engage in binge drinking more often than women

being in the company of other binge drinkers

being single

having a parent who drinks or uses marijuana and tobacco

How can you tell if a friend has a drinking problem?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may have a problem with alcohol:

Getting drunk on a regular basis

Lying about how much alcohol he or she is using

Believing that alcohol is necessary to have fun

Having frequent hangovers

Feeling run-down, depressed, or even suicidal

Having "blackouts"--forgetting what he or she did while drinking

What can you do to help someone who has a drinking problem?

Be a real friend and you might even save a life. Encourage your friend to stop or seek professional help. For information and referrals call the **sedqa** helpline on **151** It's there 24/7!!