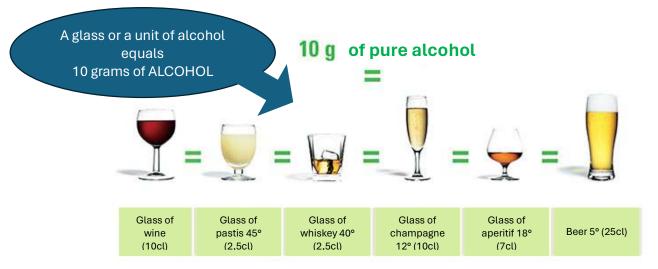
WHICH ALCOHOL USE DO I HAVE?



Evaluate yourself if your ALCOHOL use is a risk for your health!

The questionary AUDIT is created by the WHO (World Health Organization) for all adults above 18 years of age.

	0	1	2	3	4	Score
How often do you drink alcohol ?	Never	Once a	2 to 4 times	2 to 3	4 times or	
		month or	a month	times a	more a	
		less		week	week	
How many glasses do you drink on a normal day on which you drink alcohol?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
How often do you drink six glasses alcohol or	Never	Less than	Once a	Once a	Every day	
more on the same occasion?		once a month	month	week	or almost every day	
How often in the last 12 months did you notice	Never	Less than	Once a	Once a	Every day	
that you couldn't stop drinking once started?		once a	month	week	or almost	
and the second s		month			every day	
How often in the last 12 months couldn't you	Never	Less than	Once a	Once a	Every day	
do what was expected from you because you		once a	month	week	or almost	
had been drinking alcohol?		month			every day	
How often in the last 12 months, after drinking	Never	Less than	Once a	Once a	Every day	
a lot of alcohol, did you drink alcohol to get		once a	month	week	or almost	
back into shape again?		month			every day	
How often in the last 12 months did you regret	Never	Less than	Once a	Once a	Every day	
or felt guilty after drinking alcohol?		once a	month	week	or almost	
		month			every day	
How often in the last 12 months couldn't you	Never	Less than	Once a	Once a	Every day	
remember what happened the night before		once a	month	week	or almost	
because you have been drinking?		month			every day	
Did you get injured or did you injured	No		Yes, but not		Yes, in the	
somebody else because you had been			in the last		last 12	
drinking?			12 months		months	
Did a friend or a doctor or a healthcare	No		Yes, but not		Yes, in the	
professional express worries about drinking			in the last		last 12	
and advise you to reduce it?			12 months		months	
Calculate your risk level by adding the scores	of every	line		<u> </u>		

YOUR ANSWERS ON THE AUDIT-QUESTIONNAIRY

- From 0 to 5 for a woman and from 0 to 6 for a man
 - The way you drink alcohol does not affect your health. Don't hesitate to ask for advice to a healthcare professional if the situation changes: the start of a treatment, a chronical disease, pregnancy...
- From 6 to 12 for a woman and from 7 to 12 for a man

 You are taking risks with your health even if you don't suffer from anything yet. Read carefully the recommendations and don't hesitate to ask advice from a healthcare professional of your choice.
- Above 12

It is possible that you are addicted to alcohol. This can be a psychological addiction if you feel the need to consume alcohol despite the (physical) effects of this alcohol use or through the withdrawal symptoms that you get when you diminish your alcohol use. Don't hesitate to contact a healthcare professional to ask for advice or consult the websites below.

RECOMMENDATIONS

If you are drinking and you want to limit the risks for your health, IT IS RECOMMANDED TO:

- Drink not more than 10 standard glasses per week and not more than 2 standard glasses per day
- At least 2 days per week without alcohol

Women who want to become pregnant, are pregnant of who are breastfeeding: the best option to limit the risks for your health and your child's health is not to drink any alcohol.

For young people and teenagers: the best way to limit the risks for your health, is not to drink any alcohol.

In general the best option is NOT TO DRINK

ALCOHOL in case: • you are driving • you have to
use tools or operate machinery t(renovation,
reparing, etc.) • you do a sport with risks • you use
certain medications • you suffer from certain
disorders.

PROPOSITIONS to help you to reduce your alcohol consumption

- Take your first glass only after the start of your meal
- Quench your thirst with non-alcoholic drinks before you start using alcohol
- Take a non-alcoholic drink before you take an alcoholic drink
- Choose beers with a low alcohol percentage
- Take small sips.
- Plan the things that you have to do at times when you usually drink alcohol
- Do a physical activity instead of drinking a glass of alcohol when you are stressed or irritated.
- Avoid bars and after work sessions
- If you feel obliged to drink, you can always say that you cannot drink "for medical reasons".
- Make sure that you have people around you and that you can get safely home.

USEFUL SOURCES

- reseaualcool.be
- aide-alcool.be
- jeunesetalcool.be
- Infordrogues.be (or 02/227.52.52)
- Vous pouvez également contacter Télé-Accueil, 24h/24, au numéro de téléphone gratuit 107 ou via le chat à l'adresse www.tele-accueil.be
- Works if you want to know more (in French):
 L'alcool, tout ce qu'on ne nous a jamais dit, T Orban
 L'alcool en questions, Vincent Seutin
 L'alcoolisme est-il une fatalité?, Philippe de Timary
 Le binge-drinking chez les jeunes, P Maurage et S Campanella
 Sans alcool, Claire Touzard
 Chroniques d'une génération qui boit, M Folley
 Vertige de l'ivresse, alcool et lien social, V Nahoum-Grappe
 Jeunes et alcool, génération jouissance, M de Duve et JP
 Jacques