

60 or older?

If you're 60 or older, you remember when chronic alcoholism was treated as a weakness or failure.

Now we know it's a progressive, lethal disease affecting 10 percent of us over 60. Alaska seniors are more than three times as likely as other U.S. seniors to die an alcohol-induced death.

Personal Check List

- Have you ever felt you should cut back, or felt guilty about your use of alcohol?
- Do you become annoyed if your evening ritual of having drinks before, with or after dinner is disturbed?
- Have you used alcohol as pain medication or to reduce stress?
- Have people ever upset you by commenting on your drinking?
- Have you ever ended up in the emergency department due to a fall after a couple of drinks?
- Have you ever needed a drink first thing in the morning to get rid of a hangover?

The disease is often misdiagnosed as we age because symptoms are similar to Alzheimer's - confusion, short-term memory loss, diminished problem solving and verbal skills.

Talk to your doctor or substance abuse counseling services if you said "yes" to two or more questions on the list.

For information and referral dial 2-1-1 (1-800-478-2221) or go to www.alaska211.org

A message from the Alaska Commission on Aging, Advisory Board on Alcoholism and Drug Abuse and Alaska Mental Health Trust.

You KNOW me 
The Alaska Mental Health Trust
www.mhtrust.org

