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# How to recognize and get help for a drinking problem

## When enough is enough

There are many ways people can be diagnosed as being alcohol dependent. Here are common warning signs of an alcohol problem:

**Increasing amounts.** A drinker needs more and more alcohol to get the same feeling.

**Withdrawal.** Stopping drinking may cause reactions from a mild hangover to severe shaking.

**Loss of control.** The urge to drink may become overpowering.

**Concern by others.** Friends or coworkers may report problems.

**Health, family and legal issues.** These may include injuries and arrests.

Many problem drinkers are successful people who work every day. It isn't always easy to spot alcohol abuse by how much or how often a person drinks.

## Who's at risk

Someone is more likely to have a drinking problem if they:

- Have a mental disorder
- Have a family history of drinking problems
- Start drinking at a young age

## Healthy resources

Many people do overcome their alcohol problems. But taking the first step can be hard. Someone you know might have an alcohol problem. Or you could think that you have one yourself.

Here's what to do. First, try to get help right away. Alcohol problems can lead to other health concerns. You might start by calling your family doctor. Doctors can provide medical advice and treatment options. They can also refer you to other services.

## Other ways to get help

Reach out to resources in your state government. Look for a state agency that works with drug and alcohol treatment programs. Another good resource is Alcoholics Anonymous. This is one of the nation's oldest recovery programs. It holds meetings in many cities and towns.

**Learn more about handling alcohol problems.** Visit the Aetna IntelliHealth® website at [www.intelihealth.com](http://www.intelihealth.com).

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