

Alcohol Awareness for Individuals with Serious Mental Illness

Alcohol Use Disorder (AUD) Effects:

About 16 million people in the US live with AUD

The World Health Organization (WHO) estimates that 6% of deaths worldwide are attributable to alcohol consumption

Individuals with Serious Mental Illness are *4 times* as likely than the general population to have Alcohol Use Disorder

Twice as many men than women

Estimated 623,000 adolescents aged 12-17

Many medications used by people with mental illness can be dangerous, and even lethal when mixed with alcohol.

Anticonvulsants:
Phenytoin (Dilantin)

Increased dizziness

Antidepressants: SSRIs
Sertraline (Zoloft)

Increased sedation, intensifies depressive symptoms

Antipsychotics:
Olanzapine (Zyprexa)

Lowers blood pressure

Cholesterol Statins:
Atorvastatin (Lipitor)

Increased risk for liver damage

Blood pressure: ACE inhibitors

Lowers blood pressure, dizziness, fainting

Diabetic medications:
Metformin (Glucophage)

Lowers blood pressure

Mood Stabilizers:
Depakote, Lithium, etc.

Dizziness, drowsiness, impaired motor skills, increased risk for liver damage, increased risk for depression

Antianxiety: Alprazolam, Benzodiazepines (Xanax)

Dizziness, drowsiness, impaired motor skills, memory trouble, overdose

Pain Medications: Over the Counter

Ibuprofen (Advil), Naproxen (Aleve), Aspirin, Acetaminophen (Tylenol)

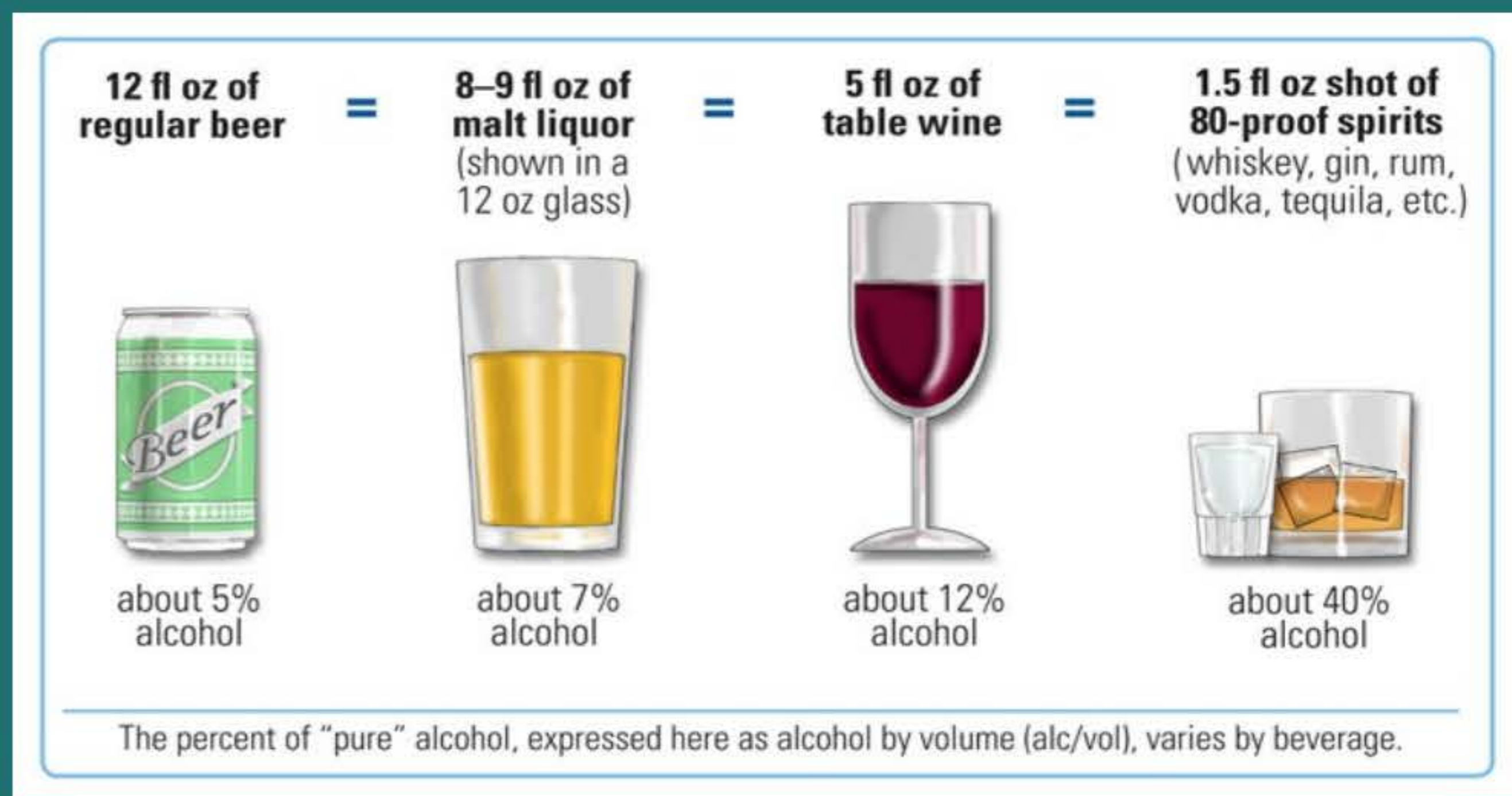
If you are worried about the side effects of your medicines, please talk to your doctor.

Of the 22,000 deaths involving prescription medications, 30% involved benzodiazepines, such as Xanax.

Upset stomach, bleeding and ulcers, increased risk for liver damage (acetaminophen), rapid heartbeat



Not All Alcohol Serving Sizes are the Same. Alcohol Volume Varies by type of Beverage.



Why Use the CAGE?

The CAGE¹ is a tool used internationally to assess alcohol use in adults. The CAGE questions can be used in most clinical settings, and are generally more informative when asked in conversations about overall health and wellness, rather than in talking directly about alcohol use. They are not intended to diagnose alcohol use disorders, but to examine whether there are alcohol risk behaviors. CAGE questions focus the discussion toward the behavioral impact of the drinking rather than toward the number of drinks or frequency of drinking.

¹Ewing, J.A. (1984). Detecting Alcoholism: The CAGE Questionnaire. *JAMA*, 252, 1905-7.

CAGE Questionnaire

1. Have you ever felt you should cut down on your drinking?

Yes
 No

2. Have people annoyed you by criticizing your drinking?

Yes
 No

3. Have you ever felt bad or guilty about your drinking?

Yes
 No

4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?

Yes
 No

Scoring:

Item responses on the CAGE are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

Total: _____