



Talking to Your Doctor About Alcohol



Overview

For many people, drinking alcohol becomes a habit. And we know too much alcohol is bad for health. If you're worried you drink too much, that's something you need to discuss with your doctor. But it's hard to talk about, isn't it? Here are some tips to help you.

You aren't the only one

First, know that many people struggle with alcohol abuse. Some never seek help, and their health suffers. So the fact that you're ready to talk about it with your doctor is a positive sign.

Prepare

Next, before you go to your appointment, do a little preparation. Pay attention to how often and how much you drink. Write this down. And write down any problems you're having that could be related to alcohol use. Bring this list to your appointment.

Be open and honest

When you see your doctor, be open and honest. You can say something like "Lately I've been wanting to have a drink earlier and earlier in the afternoon and I find it's getting harder to stop after just one or two. What kind of treatments could help with this?" That's a great way to start the discussion.

Conclusion

And finally, if your doctor says you're drinking too much alcohol, take it seriously. Follow your doctor's advice. Too much alcohol can damage your liver and your brain. It can lead to a wide range of serious health problems. Your doctor will create a care plan that's right for you.

Actor portrayals in photos

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