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**Get the Facts.  
Keep the Faith.**

*April is Alcohol Awareness Month*

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*April is Alcohol Awareness Month*

**G**et the Facts: Alcoholism is a disease. Alcoholism, also known as alcohol dependence, is a disease. Like many other diseases, alcoholism is chronic, meaning that it lasts a person’s lifetime; usually follows a predictable course; and has symptoms which include:

- Cravings:** A strong need, or urge, to drink. An alcoholic may continue to drink despite serious family, health, or legal problems.
- Loss of control:** Not being able to stop drinking once drinking has begun.
- Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.
- Tolerance:** The need to drink greater amounts of alcohol to get “high.”

Taken from the National Institute on Alcohol Abuse and Alcoholism.  
[www.niaaa.nih.gov/FAQs/General-English/](http://www.niaaa.nih.gov/FAQs/General-English/)

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## Keep the Faith: Alcoholism is treatable.

Alcoholism can be treated. Alcoholism treatment programs use both counseling and medications to help a person stop drinking. Most alcoholics need help to recover from their disease. With support and treatment, many people are able to stop drinking and rebuild their lives. Taken from the National Institute on Alcohol Abuse and Alcoholism. [www.niaaa.nih.gov/FAQs/General-English/](http://www.niaaa.nih.gov/FAQs/General-English/).

### What can I do to help?

- Learn where persons in your area can go for assessments and counseling if they have an alcohol/drug abuse or addiction problem.
- Learn where the Twelve Step (Alcoholics Anonymous or Alcoholics Victorious) meetings are in your area. Call your local AA and AV or visit [www.aa.org](http://www.aa.org) and [www.alcoholicsvictorious.org](http://www.alcoholicsvictorious.org).
- Attend a Twelve Step meeting with a hesitant friend or family member.
- See that your pastor, rabbi or imam has a list of the area Twelve Step meetings and phone numbers of treatment centers.
- If you are in recovery, be willing to share your story.
- Learn more about alcohol abuse and addiction by going to the Web site: [www.niaaa.nih.gov/FAQs/General-English/](http://www.niaaa.nih.gov/FAQs/General-English/).

### What can my faith community do to help?

- In a prominent place post a list of the Twelve Step groups that meet regularly in your area.
- Offer to provide meeting space to a Twelve Step group.
- Pay for your pastor, youth pastor, rabbi, imam or lay leader to attend training on addictions and treatment. Call Committed Caring Faith Communities at 314.951.1033 for more information.
- Maintain a pamphlet rack or resource table with information on substance abuse, addiction and treatment. Order free literature from the National Clearinghouse on Alcohol and

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