



English



Alcohol

# BYE Addiction! HIGH Health!

Addiction Prevention and  
Safety in Daily Life



부산중독관리통합지원센터

Busan Community Addiction Management Center

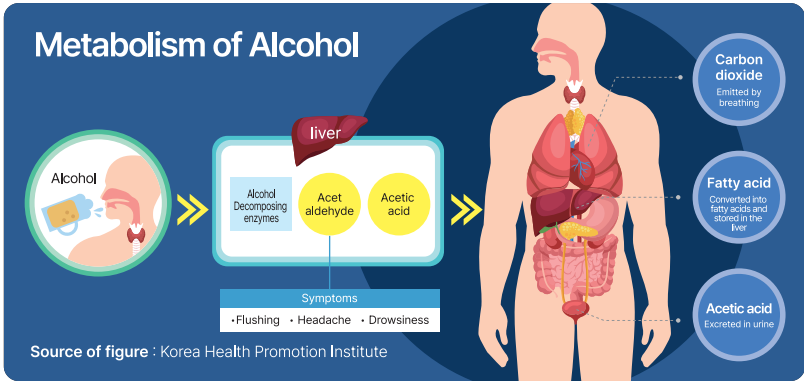
# What is alcohol?

## What is alcohol (liquor)?

- Alcoholic beverage is defined as a drink with 1% or more alcohol by volume.
- Alcohol impairs the overall function of the central nervous system, which can cause symptoms such as fatigue, dizziness, drowsiness, lethargy, and headache after drinking.
- Alcohol is a group 1 carcinogen designated by the World Health Organization (WHO), and long-term drinking increases the risk of developing various cancers including breast cancer, liver cancer, and colon cancer.

※ According to Youth Protection Act, drinking alcohol in Korea is allowed from January 1st of the year such person turns 19 years old.

## What kind of reaction does alcohol make in our body?



- Alcohol is broken down into a carcinogen called acetaldehyde in the first decomposition process, and at the second decomposition process, acetaldehyde is broken down into water and carbon dioxide and then excreted from the body. The capacity to detoxify alcohol varies from person to person, and if it is not broken down, toxic carcinogens continue to build up in the body, causing toxic reactions.

## Low Risk Drinking Guidelines

- WHO has provided 'Low Risk Drinking Guidelines'.
- Low Risk Drinking is the amount of alcohol that a healthy adult can drink without a big problem, though, it varies from person to person depending on each person's health condition.

Type	Based on alcohol content (g)	Example of Low Risk Drinking basis*			Frequency
		Soju (16 %) A glass of soju (50ml)	Beer (5 %) Canned beer ( 330ml)	Makgeolli (6%) A glass of makgeolli ( 150ml)	
Male	40 g or less	6 glasses or less	3 cans or less	5 glasses or less	Weekly or less
Female or aged 65 or older	20 g or less	3 glasses or less	1 can or less	3 glasses or less	

Source : Korea Health Promotion Institute Guideline of Low-Risk Drinking

\* Calculation of quantity of alcohol: Quantity of alcohol drunk (ml) \* alcohol content (%) \* 0.8

\* The basis of low-risk drinking amount in the example is calculated based on standard glass for each type of alcohol.

Drinking even a glass of alcohol is hazardous to your health,  
The more you drink, the more harmful it is, and the less you drink, the safer it is.

# Alcohol Use Disorder Identification Test (AUDIT-K)

Regarding your drinking over the past year, please select the correct answer from the following items. The term "1 drink" in the question refers to the amount of one standard drink of each alcoholic beverage, regardless of the type of alcohol.

	Question	0 point	1 point	2 point	3 point	4 point
1	How often do you drink alcohol?	Never	Once a month or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
2	How many drinks containing alcohol do you have on a typical day when you drink?	1 or 2	3 or 4	5 or 6	7, 8 or 9	10 or more
3	How often have you had more than 1 bottle of soju or 4 bottles of beer at one occasion?	Never	Less than once a month	Monthly	Weekly	Almost daily
4	How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than once a month	Once a Month	Once a Week	Almost daily
5	How often during the last year have you failed to do what was normally expected from you because of drinking?	Never	Less than once a month	Once a Month	Once a Week	Almost daily
6	How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than once a month	Once a Month	Once a Week	Almost daily
7	How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than once a month	Once a Month	Once a Week	Almost daily
8	How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than once a month	Once a Month	Once a Week	Almost daily
9	Have you or someone else been injured as a result of your drinking?	Never	-	Yes, but not in the last year	-	Yes, during the last year
10	Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?	Never	-	Yes, but not in the last year	-	Yes, during the last year
Total score:						points

Result of the test			
Male	9 points or less	Ordinary drinking group	5 points or less
	10-19 points	Hazardous drinking group	6-9 points
	20-40 points	Presumed alcohol use disorder group	10-40 points

**Female, senior aged 65 or older**



**Alcohol Use Disorder Identification Test (AUDIT-K)**

This is an alcohol use disorder screening test developed by World Health Organization (WHO) and is used as the official testing tool which is adaptive to Koreans' standards.

◀ Alcohol Use Disorder Identification Test (AUDIT-K) On-line QR code

# What is alcoholism?

## Alcoholism?

Alcoholism refers to the state when drinking alcoholic beverage is not controllable and one is addicted physically and mentally to alcohol. If you are addicted to alcohol, you can't stop drinking even though you know that it impairs your health and social, occupational, or familial function.

## Stages of alcoholism

### 1. Pre-alcoholic stage



- Drinks alcohol to relieve mindfully
- Frequency and quantity of drinking is increased
- Tolerance of alcohol is increased

### 2. Developing stage



- Hides drinking habits from others
- Feels guilty about drinking
- Starts to have memory lapses or 'blackout' after drinking

### 3. Crisis stage



- Losing control over drinking
- Dismissal or retirement from job place
- Health problem occurs
- Family problem occurs

### 4. Chronical stage



- Drinks daily
- Morally corrupt
- Always think about alcohol only

## Symptoms related to alcoholism



### Tolerance

- Symptoms of drinking more than before to achieve desired effects (e.g., happiness, reduced anxiety and depression), or not achieving desired effects even when drinking the same amount of alcohol



### Withdrawal

- A set of symptoms of tremors, anxiety, depression, insomnia, hallucinations and others that can develop if you stop alcohol intake after excessive long-term use



### Craving

- A subjective and strong desire to drink alcohol



### Compulsive use

- A symptom to drink alcohol compulsively even if you know this drinking will cause harm

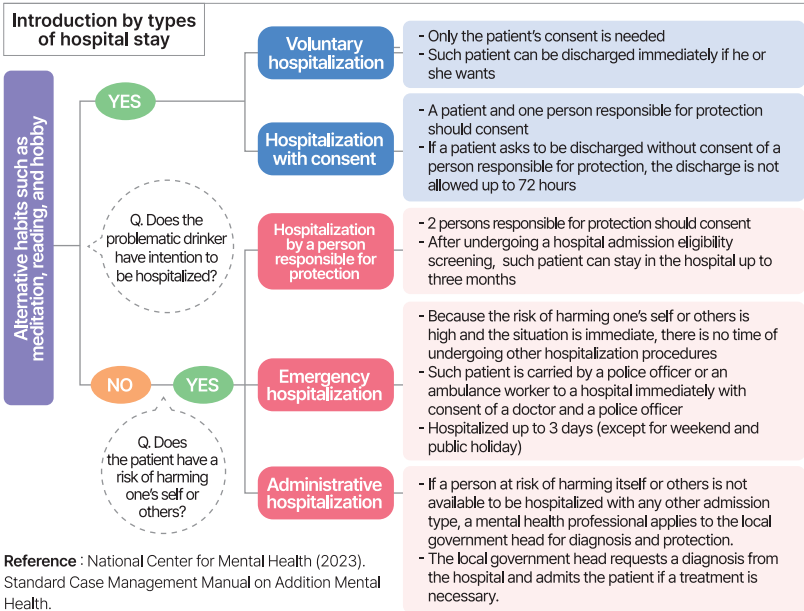
## Psychosocial treatment

- ❖ **Community institutes such as Addiction Management Integrated Support Center or Center for Mental Health & Welfare**
  - Treatment through counseling and participation in programs
  - Identifies drinking triggers and learns how to cope with them, monitors stressful situations and daily life, and monitors alcohol sobriety
- ❖ **Alcoholics Anonymous, A.A.**
  - Treatment through sharing experiences and support with colleagues
  - A.A. is a self-help group for people struggling with alcohol problems, and you can participate in anonymously without revealing your name or identity.
  - You can attend an on-line meeting as well as an off-line meeting

\* Alcoholics Anonymous (A.A.) Official homepage: [www.aakorea.org](http://www.aakorea.org)  
 \* Alcoholics Anonymous (A.A.) English homepage: [www.aainkorea.org](http://www.aainkorea.org)

## Medical treatment (psychiatric clinic, etc.)

- ❖ **Outpatient treatment**
  - Consultation with a doctor, medication
- ❖ **Inpatient treatment**
  - Consultation with a doctor, medication, withdrawal management, participation in a therapeutic rehabilitation program



## Change of lifestyle habits and environment

- **Eliminate drinking temptation environment** : Make distance away from a drinking place and drinking person
- **Make a healthy routine** : Improve your exercise, eating, and sleeping habits
- **Develop a solution to relieve your stress** : Alternative habits such as meditation, reading, and hobby

“Alcoholism is a family disease, and everyone in the family needs to recover from it.”



## | The impact of alcoholism on the family

### ❖ Emotional stress

- Families of alcoholics may experience anxiety, anger, depression, shame, and others.
- Decreased self-esteem, chronic unhappiness
- Can be exposed to familial dispute, verbal abuse or violence

### ❖ Distorted roles

- Some family members can hide the behavior of the addicted member or take responsibility for the problem
- Sometimes, a child takes the role of his/her parent

### ❖ Co-dependency

- Co-dependency : An unhealthy relationship pattern where you become overly emotionally involved in another person's problems, suppress your own feelings and needs, and try to take care of or control that person
- Example : Providing livelihood expenses, solving other person's job issues on his/her behalf, cleaning other person's house that is dirty because of drinking.
- Distinction : denial of problem, excessive care, too much control, low self-esteem, repression, obsessive-compulsiveness, etc.

## | Familial recovery method

### ❖ Participation in the counseling and recovery program

- Participation in the family counseling and programs held at an Addiction Management Integrated Support Center
- Participation in family self-support programs such as Al-Anon (Alcoholics Anonymous Family Groups)

\* Homepage of Al-Anon Korea: [www.alanonkorea.or.kr](http://www.alanonkorea.or.kr)

### ❖ Awareness of addiction

- Understanding that 'alcoholism is not a matter of will or habit but a disease of the brain'
- Understanding the behavior of an addict and have a proper counteraction

### ❖ Do not help an addict unconditionally

- Knowing that unconditionally covering up the addict's problems actually hinders recovery
- Supporting an addict to recover with a responsibility

### ❖ Take good care of your life

- When a family is healthy, then you can help another family member
- Practice reflecting on your emotions and expressing them honestly

# Fostering a healthy drinking culture



## Never force alcohol on people

Forcing someone to drink is the same as forcing other people to give up their health, belief, or personal lives. If someone experiences mental suffering because you force alcohol drinking, this is a crime.



## One drink, one kill — for your brain cells

Drinking a large amount of alcohol in a short period of time can cause blackouts. Having blackout means that your brain is already damaged.



## Do not mix drinks

Mixing different types of alcohol can cause acute alcohol poisoning, and mixing caffeinated beverages with alcohol can have devastating effects on your brain and heart health.



## Do not drink any alcohol for 3 days after drinking

After drinking, you need time for your liver to have detoxification and rest. If you drink excessively more than once or twice a week, your risk of death from chronic diseases, accidents, or injuries increases. After drinking once, please abstain from alcohol for at least 3 days.



## NO to driving after having even a glass of alcohol!

Even in a shot, alcohol contained in that beverage can impair brain function, making it difficult to make proper judgment or respond appropriately when an unexpected situation arises. If you are caught drunk driving, you will be responsible for all civil liabilities such as increased insurance premiums and deductibles, criminal liabilities such as imprisonment for up to 5 years or a fine of up to 20 million won, and administrative liabilities such as suspension or revocation of your driver's license.



## Refuse unwanted drinking session

Korea is a country that is tolerant of alcohol, and alcohol is used as a medium to increase bonds in various settings such as companies, schools, and friend gatherings. Thus in the past, offering drinks was considered as an etiquette, so excessive drinking was common, and company drinking dinners sometimes continued for the 1st, 2nd, and 3rd rounds. Fortunately, the awareness of forced drinking has changed recently, so there is a growing trend that personal health and choice is respected. If you don't want, it is fine to refuse the drinking session.

# Center Information

## Busan Community Addiction Management Center is,

established by the Ministry of Health and Welfare and Busan Metropolitan City, and operated by Pusan National University Hospital, This addiction counseling center provides professional and comprehensive treatment and recovery services for individuals struggling with alcohol and other addictions, as well as their families, helping them restore healthy and fulfilling lives.

## What do we provide?

- Counseling of alcoholics and their families
- Rehabilitation program for recovery of alcoholics
- Family gatherings
- Education program to prevent alcohol addiction

## User Guide

<b>Work hours</b>	9 am.-6 pm. on business days (lunch break 12: 00-13: 00)
<b>Fee</b>	All the counseling and programs are provided for free.
<b>Phone</b>	051) 246-7570, 7574 / 051) 626-9918
<b>Fax</b>	051) 246-7578
<b>Address</b>	Convergence Medicine Research Building (S Building), 2nd Floor, 179, Gudeok-ro, Seo-gu, Busan
<b>Kakao Talk</b>	busancamc



QR code of the Center homepage

### Directions

**[ Transportation ]**

**Subway**  
Get off at Exit 2 of Toseong Station on Metro Line 1, and then walk for 1 minute

**Bus**  
Get off at Pusan National University Hospital Stop  
16, 70, 123, 161, 190, 1003  
Get off at Amidong Ipgu Stop  
134, 87

## Other Community Addiction Management Centers in Busan

### Sasang-gu Community Addiction Management Center

- Address : 51, Gaya-daero 196 beon-gil, Sasang-gu, 6th Floo
- Phone : 051) 988-1191

### Haeundae Community Addiction Management Center

- Address : Bansong Public Health Center, 1st Floor, 853, Bansongno, Haeundaegu
- Phone : 051) 545-1172