



Let's Talk (Wild) Turkey
Straight Talk for Seniors about
alcohol and drugs

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Program

- Welcome
- Talking Turkey
- True/False
- Discussion

Why talk about alcohol and prescription drug use

- Lot of misunderstanding
- Use more medications
- Greater Risk

Why talk about alcohol and prescription drug use

- Effect nervous system

- ◆ Falls

- ◆ Confusion

Hard to talk about?

- Disapproval

- Shame

How common is alcohol use

- ◆ 60% Drink
- ◆ 35% Drink in moderation
- ◆ 20% Problem drinkers
- ◆ 5% Dependent

How does alcohol work?

- Acts on brain

- ◆ Depressant

What other effects ?

■ Liver

- ◆ Inflammation
- ◆ “Scarring”

■ Stomach

- ◆ Irritant
- ◆ Bleeding

■ Nutrition

- ◆ Empty calories

Alcohol and Injury

- Falls
- Drowning
- Assaults
- Domestic violence
- Burns
- Pedestrian injuries
- Work injuries
- Sports injuries

Other risks

- Memory problems
- Adverse drug interactions
- Heart problems
- Strokes (bleeding)
- Liver problems

Drug interactions

■ ALCOHOL PLUS

- ◆ Antidiabetic (Micronase)

 - ◆ Hypoglycemia

- ◆ NSAIDS (Advil, Aleve, Aspirin)

 - ◆ Stomach irritation

 - ◆ Bleeding

Drug interactions

■ ALCOHOL PLUS

- ◆ Antiarthritics (Naprosyn, Motrin)
 - ◆ Stomach and intestinal bleeding
- ◆ Antianxiety (Valium, Klonopin)
 - ◆ Oversedation, confusion, falls

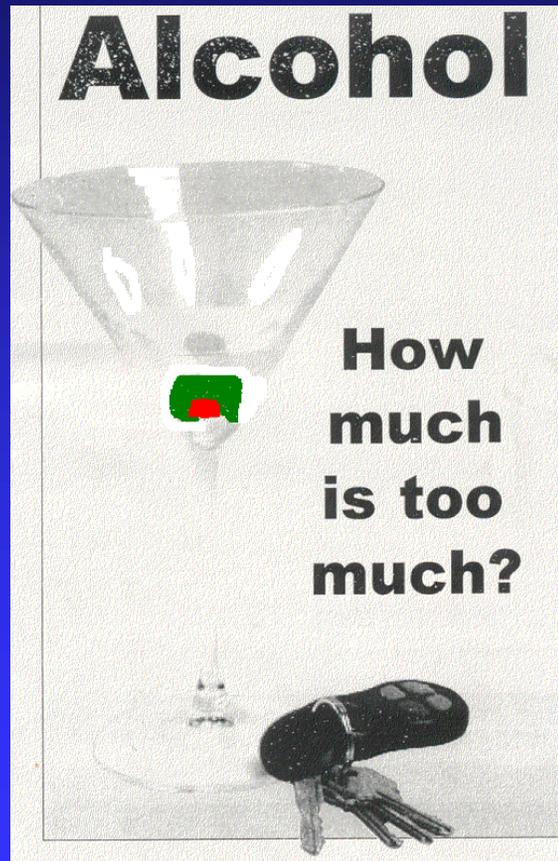
Why People Drink

- Stress
 - ◆ Health problems
- Low self-esteem
 - ◆ Feeling useless
- Depression
- Being alone
- Loss
- Financial worries

Any Good reasons?

- Easier to socialize
- Relaxation
- Less risk of heart disease
- Less risk of stroke (blockage)

How much can I drink?



- Even ONE drink is TOO MUCH *IF*
 - ◆ Driving
 - ◆ At work
 - ◆ On medication
 - ◆ Have certain medical conditions

How much is TOO Much

■ Individual

- ◆ How much you drink
- ◆ How much you weigh
- ◆ How much food you have eaten
- ◆ Usual habits
- ◆ Medical issues
- ◆ Medications

Recommended Limits

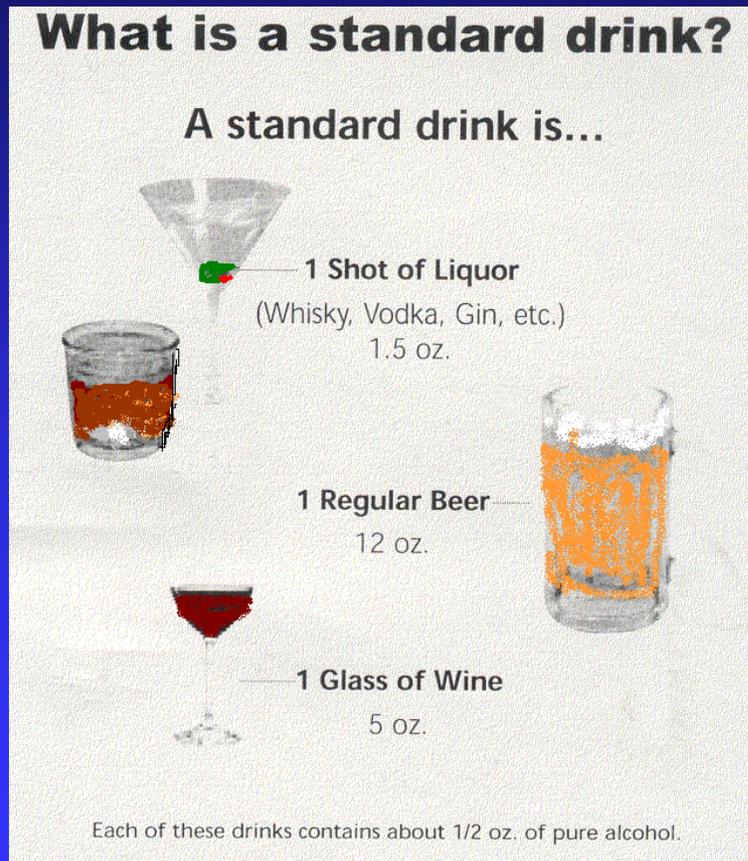
■ Men

- ◆ No more than 2/day

■ Women

- ◆ No more than 1/day

What is a standard drink?



- 1 shot of spirits
=
- 1 can/bottle of beer
=
- 1 glass of wine
=
- 1 small sherry, liqueur

Recommended Limits

- NO DRINKING

- ◆ Diabetes
- ◆ Emphysema
- ◆ Alzheimer's Disease
- ◆ Depression
- ◆ Alcoholism

What is alcoholism?

- Medical condition
 - ◆ Use of alcohol continues despite negative consequences

- Character weakness?
 - ◆ NO

- Lack of will power?
 - ◆ NO

Alcoholism

- A disease with two types
 - ◆ Early onset
 - ◆ Late onset

Alcoholism

Other health problems

- Hepatitis
- Cirrhosis
- Coronary Artery Disease
- Stroke

What other drugs are of concern to seniors?

- Some cold remedies
 - Antihistamines (Benadryl)
 - Decongestants
- Pain killers
 - ◆ Narcotics
 - ◆ Non-narcotics

Other drugs of concern

- Sedative-hypnotics
 - ◆ Tranquilizers
 - ◆ Sleeping pills

Sedatives (Benzodiazepines)

- Valium
- Xanax
- Lorazepam
- Klonopin
- ProSom
- Serax
- Dalmane
- Restoril

How common is prescription drug use?

- > 80% take some prescription
- > 50% of all drugs prescribed have some sedative property
- Take 25% of all sedatives

Problems with Sedatives

- Valium-type drugs
 - ↑ Falls
 - ↑ Car accidents
 - ↓ Memory
 - ↓ Function

Reasons to cut down On alcohol or pills

- Maintain independence
- Maintain physical health
- Maintain mental health

Getting help

- **Be informed**
- **Make a list of all your medications**
- **Read labels carefully**
- **Talk with doctor, pharmacist**
- **Talk to someone you trust**

Giving Help

- Heart to heart talk
 - ◆ Not when drinking
 - ◆ Be loving. Gentle. Positive.
 - ◆ Be direct. Specific.
 - ◆ Use I phrases
 - ◆ I notice
 - ◆ I worry
 - ◆ I care

True/False

I've always had two cocktails ...

FALSE

I only drink beer and wine...

FALSE

**Remember:
Alcohol is alcohol**

It's too late ...

False

My doctor would tell me ...

False

*Alcohol is one good way to cheer
up...*

False

*It is a good way to help fall
asleep...*

False

One of the only pleasures left...

False

He wouldn't be able to function...

False

*I have to have my sleeping
pills...*

False

*I need tranquilizers for my
nerves...*

False

Starting the conversation

- Hanley-Hazleden booklet