

Impact of Alcoholism on Children

Many of us are affected by alcoholism, but people with alcoholic parents especially need to understand the effects of alcohol dependence. Understanding how this disease has affected their upbringing can help many adult children of alcoholics gain control over their own lives.

-r

€# . The child may see him/herself as the main cause of the parent's drinking.

€# undsta(.)iana, Ph.5TJT2 -2 (9 gai)-6.7.2800 884TD-0Tc.0-.6d)3cTw2lpapapatheir)6.0c(Anxiersta(.)-3ThInaben o to)ity.t.)pvCo



Alcoholism in the Family



Are you at risk?

What is Alcoholism?

If you are among the millions of people in this country who have a parent, grandparent, or other close relative with alcoholism, you may have wondered what your family's history of alcoholism means for you.

Are problems with alcohol a part of your future? Is your risk for becoming an alcoholic greater than for people who do not have a family history of alcoholism? If so, what can you do to lower your risk?

Many scientific studies, including research conducted among twins and children of alcoholics, have shown that genetic factors influence alcoholism. These findings show that **children of alcoholics are about 4 times more likely to develop alcohol problems** than the general population to develop alcohol problems. Children of alcoholics also have a higher risk for many other behavioral and emotional problems. But alcoholism is not determined only by the genes you inherit from your parents. In fact, **only 10% of all children of alcoholics do not become alcoholic**. Research shows that many factors influence your risk of developing alcoholism. Some factors raise the risk while others lower it.

€#

€#

€#

€#

If you are worried that your family's history of alcohol problems or your troubled family life puts you at risk for becoming an alcoholic, here is some advice to help you:

€#

First, underage drinking is illegal. Second, research shows that the risk for alcoholism is higher among people who begin to drink at an early age, perhaps as a result of both environmental and genetic factors.

€#

Even if they do not have a family history of alcoholism, adults who choose to drink alcohol should do so in moderation. No more than one drink a day for most women and no more than two drinks a