



## Άλλα φυλλάδια

Σημειώστε πληροφόρηση που θέλετε να σας στείλουμε

- Διαλύτες
- Έκσταση
- Μαριχουάνα
- Ηρωίνη
- Διαπαιδαγώγηση και Πρόληψη κατά των ναρκωτικών
- Πληροφορίες για τα ναρκωτικά
- Μάθε την Αλήθεια
- Η πιο Ισχυρή μας Δύναμη Κατά των Ναρκωτικών
- Πληροφοριακός Οδηγός Υπηρεσιών για Ναρκωτικά (For Service Providers)

Γλώσσα προτίμησης  Αγγλικά  Ελληνικά

Όνομα \_\_\_\_\_

Διευθυνση \_\_\_\_\_

Ταχ. Κώδικας \_\_\_\_\_

Σχόλια \_\_\_\_\_

Επιστρέψτε στην - AGWS, 7 Union Street, Brunswick Victoria

## Σε περίπτωση επείγουσας ανάγκης

Είναι απαραίτητο να τηλεφωνήσετε αμέσως στο 000 και να ζητήσετε βοήθεια αν το άτομο χάσει τις αισθήσεις του λόγω υπερβολικής δόσης. Από τη στιγμή που θα καλέσετε ασθενοφόρο είναι άκρως απαραίτητο να μείνετε με το χρήστη μέχρι να έρθει το νοσοκομειακό. Αν ο χρήστης έχει κάποια αίσθηση του τι συμβαίνει, αρχίστε να του μιλάτε και προσπαθείστε να τον σηκώσετε όρθιο. Αν είναι δυνατό βοηθείστε το χρήστη να κάνει ένα περίπατο και ενθαρρύντέ τον να παίρνει βαθιές αναπνοές. Πρέπει να αποσπάτε την προσοχή του για να μην ξαναπέσει σε κόμα.

Αν το άτομο ξαναπέσει σε κόμα, προσπαθείστε να δείτε αν αναπνέει πλησιάζοντάς το. Αν το άτομο δεν αναπνέει γυρίστε το στο πλάι με το ένα γόνατο λυγισμένο και το άλλο τεντωμένο. Στρώψτε ελαφρά το κεφάλι του έτσι ώστε να αναπνέει στο μπράτσο του. Αν το άτομο εξακολουθεί να μην αναπνέει, προσπαθείστε να δείτε αν έχει καταπιεί κάτι που του φράζει το λάρυγγα. Μερικές φορές μπορεί το άτομο να έχει κάνει εμμετό ή η γλώσσα του να έχει γυρίσει ανάποδα.

Αν όλα είναι εντάξει αλλά εξακολουθεί να μην αναπνέει, τότε, μόνο αν έχετε εκπαιδευτεί σε πρώτες βοήθειες, γυρίστε το άτομο ανάσκελα, και κρατώντας το στόμα του ανοιχτό κάντε του τεχνητή αναπνοή δίνοντάς του το φιλί της ζωής. Αρχικά αναπνεύστε 5 φορές σε 10 δευτερόλεπτα και μετέπειτα μία φορά κάθε 4 δευτερόλεπτα. Αν δεν γνωρίζετε πρώτες βοήθειες, είναι καλύτερα να μην επιχειρήσετε να κάνετε τεχνητή αναπνοή γιατί ενδέχεται να προκαλέσετε μεγαλύτερη ζημιά. Είναι προτιμότερο να ρωτήσετε αν υπάρχει κάποιος στο άμεσο περιβάλλον που γνωρίζει πρώτες βοήθειες.

Βιβλιογραφία:

- \* "This book: the Truth About drugs", Michael Rock
- \*\* "Better Life", Konstantine Petsinis
- \*\*\*"You can free Yourself from Alcohol & Drugs, Doug Althausen
- \*\*\*\*"When I say No, I feel Guilty, Dr. Manuel J. smith
- \*\*\*\*\*"When Good things become Addictions, Dr. Grant Martin
- \*\*\*\*\*"How to behave so your children will, too, Dr. Sal Severe
- \*\*\*\*\*"Become the Person you dream of Being, Wes Beavis

Κείμενο Αντόνης Μαγκλής

Αυστραλοελληνική Κοινωνική Πρόνοια  
7 Union Street, Brunswick, Victoria 3056, (03) 9388 9998

Πρόγραμμα χρηματοδοτημένο από το Ομοσπονδιακό Υπουργείο Υγείας και Φροντίδας Ηλικιωμένων

# Alcohol

Australian Greek  
Welfare Society

## *What is Alcohol?*

Alcohol is a colorless, inflammable liquid which evaporates easily. It is the intoxicating substance found in many drinks. It is a depressant drug which has anesthetic qualities. It can also be used as a fuel (ethanol). When the yeast is added to the organic matter it splits up converting its sugar into alcohol (a process which is called fermentation). Alcohol is a legal drug which is produced in a form of beer, wine and spirits from various companies around the world (from grapes, wheat, etc.). Under certain circumstances it can become illicit, for instance if the user is under 18 years old, or if the user has more than .05% of alcohol content in his blood and drives a vehicle.

## *Effects of Alcohol.*

Alcohol is a depressant. It reduces the inhibitions. Even though it may seem to increase the sexual desire, it does not improve sexual performance and it can in fact worsen it. Its effects may vary depending on the quantity consumed, the reason, the environment and the circumstances. Also, the effects may vary according to gender and body weight. The emotional or psychological state of the user can also affect the way he will react to alcohol use. One or two standard drinks may generate a mood for conversation and a sense of cheerfulness. A few more drinks may cause the user to do things that he would not do if he was not under the influence of alcohol and to disregard the implications that his drinking may have on him and others. He may start losing his balance and have difficulty walking properly. A few more drinks may cause sudden mood swings. These can involve sudden crying, laughing or being violent and aggressive. Some users have blurred vision. If the user keeps on drinking he may lose completely his self control and do things that he would not remember the following day. Some users can faint and collapse. The consumption of a big quantity of alcohol may cause vomiting, pain in the stomach and a feeling of nausea that can continue even after vomiting. The following day is accompanied by headaches, dehydration and an ill sense of weakness, known as a hangover.

## *Associated dangers.*

It is possible to overdose from over consumption of Alcohol (something that happens quite often). Approximately 17% of all drug related deaths in Australia are linked to alcohol abuse. Also many road and other accidents are linked to alcohol. This substance is the cause for the manifestation of the majority of violent cases than any other drug. Regular use may cause dependency. An alcoholic is a user who is addicted to this drug. Alcohol is the only widely available legal drug that can cause serious damages to the nervous system. In Australia, approximately every 15 minutes someone dies or injures himself as a result of alcohol abuse.

## *Precautions.*

All the problems that are linked with alcohol are a result of its excessive use. In order not to have adverse health and social problems do not use it excessively. If you wish to avoid dependency do not use alcohol on a daily basis. The combination of alcohol with opiates or other drugs and medicines (prescribed or over the counter), as well as various vitamins may be very damaging or lethal. People with liver problems should avoid drinking altogether. Do not mix drinks like beer or wine with spirits as this can cause sickness even in small quantities. Remember, drinking alcohol does not have to result in drunkenness. Never drink alcohol in order to prove to others that you are daring. Many people have died under these circumstances. Overdosing is a real possibility.

Drinking milk or having a meal prior or during drinking creates a cover in the internal walls of the stomach and slows down the absorption of alcohol. However, if you over do it there will be more things to bring up when you vomit.

Remember that spirits are stronger than beer or wine and they may cause unpleasant side effects even in small doses. When someone is drunk he is more prone to accidents.

For instance he may lose his balance, fall and injure himself. Continual use of alcohol may cause severe liver damage including cirrhosis of the liver, (a type of cancer that causes a lot of deaths each year), various other cancers, pancreatic illnesses, and painful ulcers. Also, it can result in heart disease, stroke and permanent brain damage. Many young people today hold the erroneous perception that drinking and getting drunk makes one a mature person. They see drinking as a sign of reaching adulthood. However, real maturity means you have the right to say no to drinking even if everyone else around you condones it. Real maturity when it comes to drinking is when you know how, where and when to stop.

Those who have suffered or still suffering from alcohol abuse, (either their own or somebody else's in their immediate environment) may wish that alcohol was illegal. However, making a substance illegal does not necessarily stop it from being used. Even if alcohol was an illicit substance, they could still suffer like millions of people around the world who suffer due to illicit substance use. On the other hand, being legal means that there is quality assurance and that all suppliers must comply to government regulations. It also assures that part of the tax placed upon alcohol (like tobacco) can be used for prevention, education and harm minimization. It is our right and responsibility to let ourselves decide on the quantity of alcohol that we can consume safely without risking our lives or the lives of others. It is our responsibility to know our limits and abide by them. This is the message of harm minimization.