Lose the booze for Ocsober

Are you ready to take up the challenge for Ocsober, give up alcohol for the month of October and help raise money for Life Education?

Sunshine Coast Hospital and Health Service (SCHHS) is encouraging people to get involved in Ocsober to highlight the growing danger of binge drinking and alcohol abuse, particularly among young Australians.

SCHHS Program Director of Addiction and Specialist Services, Lisa Newport said alcohol was the most widely used social drug in Australia.

“The use of alcohol affects different people in different ways. Excessive drinking can cause serious health, personal and social problems,” Ms Newport said.

“Some of us see alcohol as just a normal part of our lives. Ocsober is a great opportunity to stop, think and even talk about how much we drink.

“I encourage you to start improving your health and lose the booze for Ocsober. You may enjoy other benefits from a month off alcohol like feeling healthier, losing weight and the chance to enjoy Sunday mornings again!”

Ms Newport said there was also unfortunately a dark side to alcohol use.

“Drinking contributed to the three leading causes of death among adolescents – unintentional injuries, homicide and suicide,” she said.

“The statistics are alarming; one Australian teenager dies and more than 60 are hospitalised each week from alcohol related harm.

“In the SCHHS emergency departments in Nambour, Caloundra and Gympie from 1 January to 23 September 2015, we’ve seen 298 presentations for alcohol intoxication in those aged 20 and over, and 56 presentations in adolescents aged 19 and under; and for alcohol withdrawal syndrome, we’ve seen 44 presentations in those aged 20 and over, and none for those aged 19 and under.

“In the same time period last year, we saw 355 presentations for alcohol intoxication in those aged 20 and over, and 68 presentations in those aged 19 and under. For alcohol withdrawal syndrome, we saw 51 presentations in those aged 20 and over, and one for those aged 19 and under.
“The health service provides comprehensive assessment and treatment options for people referred with alcohol problems. The service will also facilitate referrals to other appropriate agencies including the Alcohol and Drug Service at the Royal Brisbane and Women’s Hospital in Brisbane for inpatient withdrawal management.”

For more information on how to get involved in Ocsober, visit [www.ocsober.com.au](http://www.ocsober.com.au)

If you feel your drinking is out of control, please seek professional help from your G.P. or health provider when problems arise.

- Queensland Alcohol and Drugs Information Service
  (07) 3837 5989 (Brisbane) or 1800 177 833 (Regional Queensland)
- Salvo Care Line 1300 36 36 22
- Lifeline 13 11 14
- ParentLine 1300 30 1300 from 8am-10pm
- Mensline 1300 789 978
- beyondblue info line 1300 22 4636
- Alcoholics Anonymous Helpline - Sunshine Coast 07 5476 2166

ENDS

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