



SOUTH AUSTRALIA

**AUSTRALIAN MEDICAL ASSOCIATION
(SOUTH AUSTRALIA) INC**

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Wake up in your bed and not ours: AMA(SA)

AMA(SA) State President Dr Peter Ford today reminded people of responsible alcohol consumption with New Year's Eve fast approaching.

"Many people will be enjoying the annual New Year's celebrations this week, but people must be alert to the tragedies that can happen through excessive drinking" said Dr Ford.

"Doctors see much unnecessary pain and suffering at this time every year – often because people 'let their hair down', get in the festive mood with a few too many drinks with friends and then unthinkingly jump in the car to drive home.

"Drink-driving is one of the major causes of road accidents or fatalities, and the festive season is often a time of increased risk.

"Any alcohol at all will affect your ability to drive.

"The only way to be certain of staying under the legal, and safe, limit for blood alcohol content is not drink at all if you are planning to drive.

"With our public hospital system running at near capacity, there is nothing that doctors would like more than quiet and peaceful emergency departments this season.

"We want everyone to be aware of the risks of becoming another statistic of alcohol-related injury or disease, and with this in mind, we want people to wake up in their own beds on New Year's Day, and not a hospital bed, concluded Dr Ford.

30 December 2008

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