

The CAGE Test

This simple questionnaire, known as the **CAGE** test, is accurate 80 to 90 percent of the time and can determine the early stages of the disease.

1. Have you ever tried to **C**ut down on your drinking?
 2. Do you get **A**ngry when people discuss your drinking?
 3. Do you feel **G**uilty about things you have done while drink-ing?
 4. Do you ever have an **E**ye-opener (take a drink to get rid of a hangover or to start the day)?
-

Four simple questions, but if you answer yes to any one you are at great risk of alcoholism and answer more than one and you may need to seek treatment.