Persuasive Speech Outline

Organizational Format: Problem- Solution

**Alcohol Abuse**

I. Introduction:

1. **According to the Center for Disease Control and Prevention** “There are approximately 79,000 deaths attributable to excessive alcohol use each year in the United States.This makes excessive alcohol use the 3rd leading lifestyle-related cause of death for the nation.”
2. Alcoholism has made a great impact in my life because since I was a kid I witness the divorce of my parents because of my father’s heavy drinking problems. Since alcohol affects my life, I want to share with you some information about alcohol use.
3. Today I will be talking about:
4. Some of the consequences of excessive drinking of alcohol.
5. What can you do to solve your alcohol problems?
6. Persuade you to stop drinking alcohol.

 Transition: The first point I will discuss today is how excessive alcohol consumption have become a problem for our society.

Body:

1. PROBLEM: Many people believe that alcohol is only associated with liver damage and car accident.

**According to the WebMD website in an article entitled Health Risks of Alcohol: 12 Health Problems Associated with Chronic Heavy Drinking,** “Researchers have linked alcohol consumption to more than 60 diseases.” In addition, alcohol is responsible for many behavioral and social problems.

* 1. Some of the health conditions associated to heavy drinking according to the same **WebMD article** are:
		1. Cancer
		2. Cardiovascular disease
		3. Liver damage o Cirrhosis:
			+ 1. A sometimes-lethal condition in which the liver is so heavily scarred that it is unable to function.
		4. Damage to the digestive system such as:
			+ 1. Ulcer
				2. Gastritis
				3. Chronic pancreatitis
		5. Anemia
		6. Dementia
		7. **According to greenfacts.org website in article entitled “Scientific Facts on Alcohol”,** another major health problem are the physical injuries from road accidents, falls, fires, sports and recreation, self-inflicted injuries and violence.
	2. **According to the greenfacts.org website**, [alcohol](http://www.greenfacts.org/glossary/abc/alcohol.htm) causes unintentional injuries, mainly through traffic accidents, because it affects reaction times, thought processing, coordination and vigilance.
	3. **According to the hanleycenter.org website**, some behavioral problems attribute to alcohol use include:
	4. Erratic behavior
	5. Impaired thinking and judgment
	6. Slower reactions
	7. Loss of control over actions
	8. Moodiness
	9. Slurred speech
	10. Double vision
	11. Impaired memory
	12. Depression
	13. **According to the hanleycenter.org website**, some of the social problems link to alcohol use are:
1. Family and relationship problems:
	* + 1. Violence
			2. Divorce
2. Problems at work or in school
3. Use of alcohol to escape problems
4. Decrease in participation in non-alcohol related activities
5. Drunk driving

Transition: Now that you know how serious this problem of alcohol use is, I want you to start thinking about what are you going to do to solve this problem.

III. SOLUTION: There are many things we can do to solve the problems link to alcohol use.

1. If you are the one having a problem with alcohol:
	* 1. Reach out support group.
		2. Find more information.
		3. Contact organizations that can help you overcome your problems.
2. If you have a friend or have been affected by someone having alcohol problems:
	* 1. You need to become more active voting for laws to control alcohol consumption.
		2. You need to vote to eliminate commercials about alcoholic beverage.

Transition: In conclusion….

Conclusion:

1. We discussed:
	1. Some of the consequences of excessive drinking of alcohol.
	2. What can you do to solve your alcohol problems?
	3. Persuade you to stop drinking alcohol.
2. Right now, you need to stop drinking and look for help if necessary. Find a support group and stay avoid for places that sell alcoholic beverage.

Work Cited:

 “Scientific Facts on Alcohol”. Green Facts Scientific Board. Feb 2006. Web. 16 Apr 2012. <<http://www.greenfacts.org/en/alcohol/l-2/05-social-economic-problems.htm#0>>

 “Alcohol Use and Health”. Center for Disease Control and Prevention. Web. 16 Apr 2012. <<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>>

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.“Get the Facts about Drugs and Alcohol”. Hanley Center. Web. 16 Apr 2012. <<http://www.hanleycenter.org/programs/outpatient-services/drug-facts.htm?gclid=CI6i2sPEs68CFQXqnAodCWZMiA>>