

Living with citrin deficiency: Peer pressure and alcohol consumption

Citrin Deficiency and alcohol

Consumption of alcohol in citrin deficiency (CD) patients can cause detrimental harm. There is a high risk of mental disturbance and abnormal behaviour, brain damage, hyperammonaemia. Patients have previously been hospitalised or in a coma as result of drinking, and it can be life-threatening. Underaged drinking being prohibited aside, alcohol consumption should strictly be avoided in CD patients to prevent the onset of these harmful symptoms. Alcohol can be contained not only in beverages but also in food/meals. Make sure that when your peers share food/drinks with you, you check with them that it does not contain alcohol.




Peer pressure and alcohol

Peer pressure is the feeling you get from others to do something you otherwise would not do. A peer could be anyone that you admire: a friend, co-worker, classmate, acquaintance etc. While sometimes peer pressure is very explicit, indirect pressure can motivate you to do something when you witness others engaging in an activity.



Avoid peer pressure drinking

You should not have to feel pressured to drink alcohol against your own wish and judgement. It is very important for CD patients to turn drinks down. Be confident when turning down a drink. You can boost your confidence by knowing in advance what you'll say in these situations.



Suggestions of how you can kindly refuse drinks from your peers:

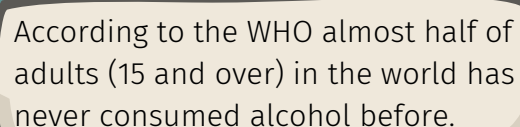
- Simply say "I do not like alcohol and it can make me feel sick."
- Ask your friends for help/support.
- Let them know you cannot drink alcohol.
- Tell them you do not feel well enough to drink alcohol.
- Turn to nonalcoholic drinks as an alternative or bring your own drink to events.
- Suggest a different activity.
- Leave the situation if you need to.
- You could also make excuses if you feel uncomfortable talking about your condition: "I have an early morning tomorrow", "I need to study when I get back."



Resources

If you find it challenging to explain CD to your peers, you could also share flyers made by Citrin Foundation with information on CD.

For these and other resources, visit:
<https://patient.citrinfoundation.org/en/>



According to the WHO almost half of adults (15 and over) in the world has never consumed alcohol before.

