



GAMBLING

IMPORTANT FACTS:

Pathological gambling is a mental health disorder with similarities to substance use

This chronic, progressive illness is called a *disorder of impulse control*

Five to 10% of older adults who gamble are pathological gamblers

The lure of gambling becomes so strong individuals may stop taking medications and/or skip meals to have extra funds

Only 3% of pathological gamblers obtain professional treatment

Of those seeking treatment, one-third are in the process, or have, filed bankruptcy

Aged problem gamblers are at a greater risk of suicide

How much is too much?

- Casino is the only form of socialization
- Unreasonable optimism about wins
- Frequent need to borrow money
- Alienation of friends to gamble alone
- Increased consumption of alcohol
- Obsessive drive to win back losses
- Irritability, restlessness, quick to anger
- Pawning items, taking money from others
- Physical symptoms of stress and worry
- Loss of self-esteem, thoughts of suicide

www.asaging.org

www.addictionrecov.org



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Don't lose you life to gambling

***Help is available
Treatment works***

Please seek help if you are experiencing any of the indicators listed.