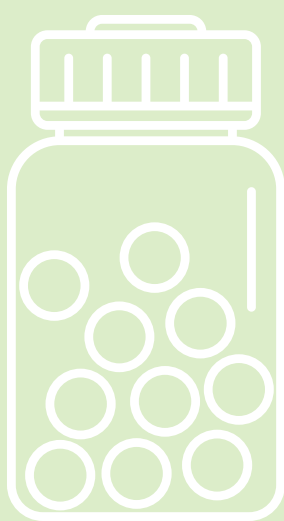


# PREVENTING "WET BRAIN" SYNDROME



## GET ENOUGH THIAMINE

"Wet brain" syndrome results from thiamine deficiency. You can get enough thiamine by eating foods rich in vitamin B1 or taking a supplement.

## RECOGNIZE PROBLEM DRINKING

The leading cause of wet brain syndrome is long-term alcohol abuse. Recognizing a problem early on can help you prevent long-term brain damage.



## HAVE THE COURAGE TO GET HELP

Preventing the negative health effects of thiamine deficiency also takes having the courage to seek the support you need to recover from alcohol use disorder.



## STAY EDUCATED

The more you know about the effects of long-term alcohol misuse, the better you can protect yourself against permanent damage, like Wernicke-Korsakoff syndrome.

