

# PROBLEM GAMBLING NOT ONLY AFFECTS YOUR WALLET, IT CAN AFFECT YOUR HEALTH, TOO.

## PATIENTS WITH GAMBLING PROBLEMS

Compared to patients without  
gambling problems experience:

- Poorer general health
- Greater numbers of physical conditions
- Increased health care utilization

## LINKED TO MEDICAL CONDITIONS AND PROBLEMS

Gambling problems are linked to:

- Heartburn
- Migraines/frequent headaches
- Backaches
- Liver disease
- Heart conditions

## LINKED TO MENTAL HEALTH CONDITIONS

Gambling problems are linked to:

- Alcohol problems and binge drinking
- Illicit drug use
- Smoking
- Depression and suicidality

## TREATMENT IS EFFECTIVE!

Problem gambling can be treated.

- Over half of people treated for gambling substantially reduce their gambling.
- Psychiatric distress and symptoms decrease markedly with gambling treatment.

## LEARN MORE

Visit the Department of Mental Health and  
Addiction Services' Problem Gambling Services  
website at [www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs) or call the  
Connecticut Council on Problem Gambling  
Helpline at 1-888-789-7777.

