

# Alcohol Use



- **Alcoholism**- cravings, physical dependence, loss of control, is a chronic disease; often cannot meet work, school or family responsibilities; drinks too much and too often; problems with depression, violence, accidents, social isolation, blackouts
  - **Uncontrolled**- can lead to alcoholism, risk of heart failure, stroke, high blood pressure, liver disease, interact harmfully with medications as sleeping pills, antidepressants, pain killers, medications for diabetes and high blood pressure
  - **Controlled**- drinking in moderation; female 1 drink per day, male 2 drinks per day
  - **1 Drink**- 12 ounces of beer or wine cooler, 5 ounces wine, 1.5 ounces of alcohol
  - **Controlled if Alcoholic**-STOP all cover-ups; quit making excuses; no accompanying to parties with alcohol; get support from families, friends, professional, Alcoholics Anonymous/AA, Alanon/Ala teen, National Clearinghouse for Alcohol and Drug Information/NCADI
- **Facts**- 1 in 13 adults abuse alcohol, influenced by genes, environment, cannot be cured, can be successfully treated;
  - **Overuse**- is called Substance Abuse, costly, many medical problems, is a physical and psychological dependence
- **Long Term**- heavy drinking causes heart, liver, nerve and brain damage; high blood pressure, cancer, stomach problems, sexual problems, stomach problems



## Should Not Drink:

- **Pregnant Women**- can cause harm to the baby, low birth weight, stillborn, Sudden Infant Death Syndrome/SIDS, preterm baby, birth defects
- **Driving**- affects your reasoning skills and attention span, can cause useless accidents
- **Recovering Alcoholics**- should not drink
- **Medical Conditions**- High in Empty Calories, causes weight gain
- **Medication Interactions**- talk with your Health Care Provider



## What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian or a FoodFitnessFirst.com Registered Dietitian**- on line for help, what classifies as a drink
- **Best Treatment**- abstaining; talk with an alcoholic when they are calm and sober; National Drug and Alcohol Treatment at 1-800-662-HELP (4357) for literature, speak to a counselor, local treatment