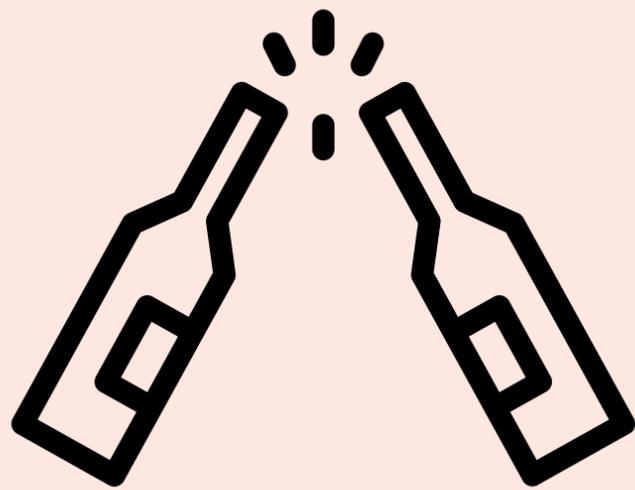


ALCOHOL

what you probably didn't know



In the United States 88,000 deaths each year are attributed to excessive drinking. These deaths either occur through violence, injuries, or motor vehicle crashes. Excessive drinking may lead to risky sexual behaviors, unintended pregnancies, unintentional miscarriages, and still births.

● Springdale Health Department ●

habits: healthy or dangerous?

Alcohol:

Alcohol is a psychoactive chemical substance with many dependence producing properties. This substance is a central nervous system depressant, meaning that it slows down brain function and activity. Thus resulting in a change of mood, behavior, and self-control. The consumption of alcohol is the main factor in more than 200 different diseases, injuries, and other health conditions. Due to the potential harmful effects of alcohol, it is important properly manage your consumption.

Healthy Drinking Habits:



Healthy drinking habits occur in many different ways. Research has shown that there are numerous ways to create healthy drinking habits. Healthy drinking habits include:

- Setting goals: Set a limit to how much alcohol you consume. Harvard Health recommends keeping drinks consumed below the recommended guidelines: one standard drink for women and two standard drinks for men. These limits may even be too high for some individuals. It is important to consult with your healthcare professional to see what is best for you.
- Drink slowly: Try not to consume your alcohol drink quickly, this can be done by sipping on the drink instead of chugging.
- Choose alcohol-free days: Decide which days of the week you would like to abstain from alcohol. Taking a break from alcohol is a great way to help limit alcohol consumption.

These are just some examples of how to create healthy drinking habits. Always remember it is never too late to start creating healthy drinking habits. Healthy starts now!



Excessive Drinking Habits:

Excessive drinking impacts your mind, body, and life. Excessive drinking appears in many different forms, it may look like getting 'black out' drunk, day drinking, or even drinking alone. Drinking excessively appears in many different ways that are unique to the individual. The more alcohol that is consumed on a regular basis increases the risk of both short term and long term health conditions. It is important to know how much alcohol content is in your drink as well as what is considered excessive drinking each individual.

excessive drinking



UNDER AGE

Any alcohol consumed by an individual under the age of 21 is considered excessive drinking.

WOMEN

More than 4 drinks during one occasion (2-4 hrs) is considered excessive binge drinking. Heavy drinking is considered when 8 or more drinks are consumed per week.



MEN

More than 5 drinks during one occasion (2-4 hrs) is considered excessive binge drinking. Heavy drinking is considered when 15 or more drinks are consumed per week.



PREGNANT

Any alcohol consumed by a pregnant individual is considered excessive drinking.



risks of excessive drinking

Alcohol's effects may appear rapidly. As drinks are consumed, the blood alcohol concentration rises. The more elevated the blood alcohol concentration the more impaired an individual becomes.

Risks Include:

- Reduced inhibitions
- Slurred speech
- Motor impairment
- Confusion
- Memory problems
- Concentration problems
- Coma
- Breathing issues
- Death



what is considered a 'drink'?



BEER

12 oz of 5% ABV

MALT LIQUOR

8 oz of 7% ABV



WINE

5 oz of 12% ABV

HARD LIQUOR

1.5 oz of 40% ABV



BLOOD ALCOHOL CONCENTRATION

Definition: The measure of alcohol in your blood as a percentage.

Legal limit in Ohio: 0.08%

Each individual's blood alcohol concentration varies on sex, age, and body type (height & weight).

Long-term effects of excessive drinking

alcohol use disorder

Alcohol use disorder (AUD) is a medical condition that is characterized by an impaired ability control the use of alcohol. This medical state encompasses common conditions such as, alcohol abuse, alcohol dependence, alcohol addiction, and the colloquial term, alcoholism. AUD is considered a brain disorder, that can be either mild, moderate, or severe. The lasting changes in the brain caused by excessive alcohol use, creates more of vulnerability for an individual to relapse. Evidence has shown treatments such as behavioral therapies, mutual-support groups, and/or medication can help individuals with AUD achieve and maintain recovery.

AUD risk factors

There are various factors that play into developing AUD. It commonly depends on how much, how often, and how quickly alcohol is consumed. Excessive alcohol use over time may lead to an increased risk of alcohol use disorder. Other factors included in increasing risk are:

- Underage Drinking: A recent study have shows among individuals ages 26 and older, who began drinking before the age of 15 are 5 times more likely to report having AUD than those who began drinking at 21 or later. The risk of females in this group is much higher than that of males.
- Genetics and family history of alcohol problems: Approximately 60% of those with AUD have a genetic history of alcohol problems. The risked is influenced by the interaction between an individual's genes and their physical environment. The parents drinking patterns also influence the patterns of the children drinking.
- Mental health condition and family traumas: These conditions range from various psychiatric disorders such as, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder (ADHD). Psychiatric disorders often are found in association with AUD and are linked as an increased risk of AUD.

AUD symptoms

Healthcare professionals often use the criteria from the Diagnosis and Statistical Manual of Mental Disorder to diagnose an individual with alcohol use disorder. The severity is based on the number the criteria a person meets - mild (2-3 criteria), moderate (4-5 criteria) or severe (6 or more criteria). A healthcare provider may ask some of the following questions to help assess the individual.

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over other aftereffects?
- Wanted a drink so badly you couldn't think of anything else?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
-

If these symptoms cause concern, it is important to reach out to a healthcare professional to make a change.

alcohol's effect on the body

Brain

Alcohol interferes with pathways in the brain, which hinders the communication that is able to take place. These disruptions can change in both mood and behavior,



Liver

Heavy drinking causes both problems and inflammation in the liver. Some of those problems include:

- Steatosis (Fatty liver)
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis



Immune system

Constantly consuming alcohol weakens the immune system, making it easier for the body to contract a disease or virus. Chronic drinkers are more likely to contract pneumonia and tuberculosis than those who do not drink chronically. Consuming a lot of alcohol on one occasion creates vulnerability for the body to contract a virus or infection up to 24hr after drinking.



Heart

Drinking a lot over long time or too much on a single occasion can cause damage to the heart.

These problems include:

- Cardiomyopathy: Stretching and drooping of heart muscle
- Arrhythmias: Irregular heart beat
- Stroke
- High blood pressure



Pancreas

Consuming alcohol causes the pancreas to produce toxic substances that can lead to pancreatitis, inflammation, and/or swelling of the blood vessels.

Need Help?

SAMHSA's National Treatment Helpline: 24/7

1-800-662-HELP (4357)

Treatment Facilities

Beckett Springs

Phone: (513) 599-8884

Address: 8614 Shepherd Farm Dr. West Chester Twp. OH, 45069

Hours: 24/7

Sunrise Treatment Center

Phone: (513) 941-4999

Address: 680 Northland Blvd. Cincinnati, OH 45240

Hours: Call for hours

CDC & NIAA