# I haven't thought about changing my drinking ....

- 1. Think about how drinking fits into your life.
- 2. Review the doctors' limits, advice, and risks associated with excessive drinking.
- Make a list of what's good and not so good about drinking. Consider both the short-term and long-term consequences.
- 4. Check out these websites: www.health.org www.niaaa.nih.gov
- 5. Talk with close friends and family about their concerns about your drinking.

# I'm ready to take action to reduce or stop drinking....

- Make a list of high-risk situations where you might be tempted to drink above the recommended limits, and avoid these situations.
- 2. If you find yourself in a high-risk situation, use distraction techniques, such as leaving, taking a walk or using relaxation or meditation.
- 3. Let people know you're making a change.
- 4. If you think about exceeding the limits, talk through these thoughts with a supportive friend or family member.
- 5. Make a list of the risks and negative consequences and read it.
- 6. Make a list of the advantages of avoiding alcohol and review it.
- 7. Contact The Center for Alcohol & Drug Studies & Services at 619-229-5038.

# What's Good & Not So Good About Drinking GOOD NOT SO GOOD Short-Term Social Emotional Financial Long-Term Health Work Legal Relationships PERSONAL CHANGE PLAN to reduce or stop drinking:

3.



### Center for Alcohol & Drug Studies and Services

- 6386 Alvarado Court
  - Suite 224 •
- San Diego, CA 92120 Phone 619-229-5038 •
- Fax 619-265-5775
- www.centerforaod.sdsu.edu •

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# ALCOHOL USE

Reducing RISKS



CASBIRT: California

- **→ 5**creening
- Brief Intervention
- **→ R**eferral
- Treatment

## **Drinking LIMITS**

### For Men



On average, no more than 2 standard drinks per day, or no more than 14 standard drinks per week.

No more than 4 standard drinks per occasion.

### For Women



On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.

No more than 3 standard drinks per occasion.

### For Persons 65 and Older



On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.

No more than 2 standard drinks per occasion.

### What is a STANDARD DRINK?

- 12 ounces of beer or wine cooler
- 5 ounces of wine
- 1.5 ounces of hard liquor
   (vodka, tequila, whiskey, scotch, etc.)

Severe Risk	2%
High Risk	3%
At-Risk	14%
Low Risk	39%
Non-Drinker	42%

### ADVICE: If You Are...

### Non-Drinker/Low Risk:

Stay below or within the recommended drinking limits.

### **At-Risk or High Risk:**

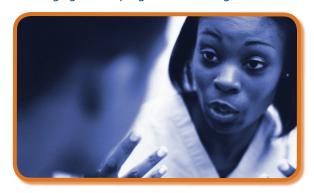
Reduce drinking to within the recommended limits.

### **Severe Risk:**

Abstain from alcohol and get further assessment.

### REMINDER:

There are times when even one drink can be too much. You should not drink when driving, operating machinery, or taking medication. You also shouldn't drink if you have a medical condition affected by alcohol, are under the legal drinking age of 21, pregnant or nursing.



### **Short-Term Health Risks**

Vomiting Headache

Hangover

**Bad Breath** 

Dehydration Irritability

# **Long-Term Health Risks**

Liver damage

Ulcers

Drinker's Nose

**Memory Loss** 

*Inflammation of pancreas* 

Reduced resistance to infection

Weakness of heart muscle, heart failure

Developmentally delayed, deformed or low birth weight babies

Impaired coordination leading to falls

Can hide or mimic symptoms of other illnesses

Can decrease effectiveness of medications

Can worsen gastritis and peptic ulcers

Can increase effects of hypertension, diabetes, & depression

### **Legal Risks**

Being arrested for public intoxication or DUI Losing your license

### **Financial Risks**

Losing your job due to poor work performance resulting from drinking

Spending money on alcohol instead of on food, rent or your family

### **Personal Risks**

Relationships are threatened when family and friends express concerns about your alcohol use

You may not be setting the example you would like for your children and others

Your behavior may embarass you when you are drinking You may put yourself in risky situations when drinking

