

Monthly Health Feature-April 2008

“Alcohol Awareness Month”

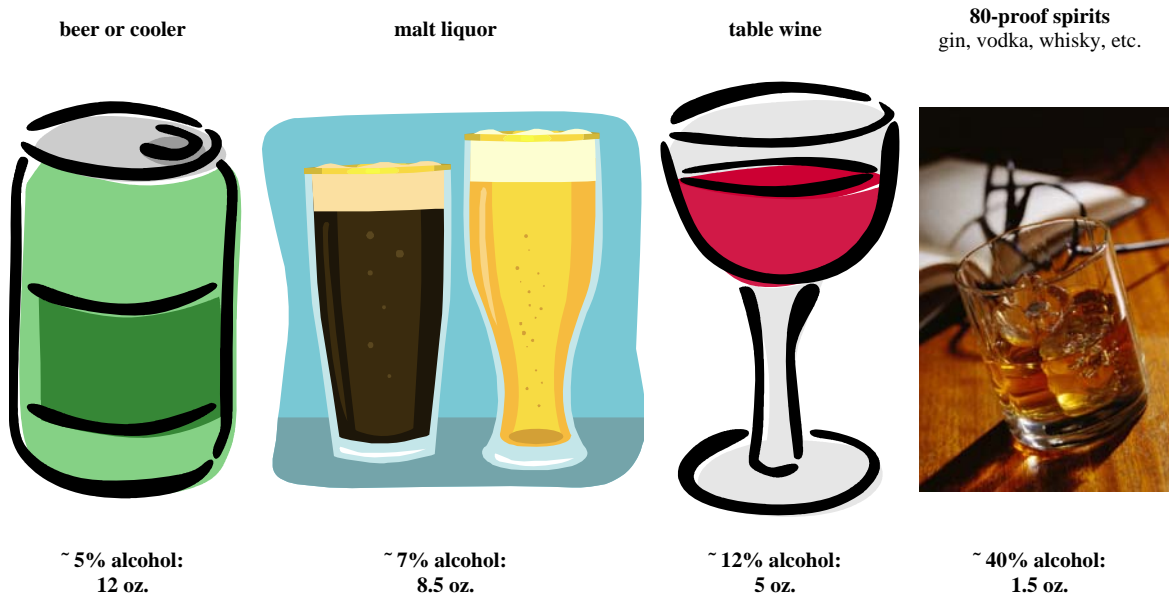
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Facts

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, slowed reflexes and distorted vision. Alcohol also affects your body. It is absorbed directly into your bloodstream and can damage every organ in your body. Drinking can lead to risky behaviors such as unprotected sex or drunk driving.

Alcohol Equivalence

Many people are aware of how many drinks they have on a given occasion, but this does not necessarily mean they are aware of how much alcohol they have consumed. Bars often serve drinks with much more alcohol than what a standard drink is.



Guidelines/Recommendations

- Women no more than one drink per day
- Men no more than two drinks per day

Tips for Drinking in Moderation

- **Eat food while you drink.** Eating food while you drink will help slow the absorption of alcohol into your body.

- **Skip a drink once in awhile.** By drinking a non-alcoholic drink between alcoholic ones you keep your blood alcohol content level down. Spacing out your drinks works too.
- **Stay active;** when staying active you tend to drink less and be more aware of any affects alcohol could be having on you.

How to tell if you have a problem?

You may have an alcohol problem if you ever find yourself in any of the following situations:

- You feel as though you should cut down on drinking.
- You are annoyed by others criticizing your drinking.
- You feel bad or guilty about your drinking.
- You have a drink first thing in the morning to steady your nerves or to get rid of a hangover.

If you have ever experienced one of these situations you may have an alcohol problem. If you have experienced two or more of these situations it is likely you have an alcohol problem and you should see your primary healthcare provider right away. You can also contact the UI Employee Assistance Program at 319-335-2085 or the website <http://www.uiowa.edu/hr/fsseap/eap/index.html>.

Sources:

<http://ncadi.samhsa.gov/govpubs/ph323/>

<http://www2.potsdam.edu/hansondj/AlcoholEquivalence.html>

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