

Alcohol & Drugs

Permafold®: What You Need To Know



Topics

1. Alcohol & Drug Facts
2. Wise Use of Alcohol
3. How to Avoid Problems
4. Alcohol & Drug Abuse
5. Alcohol & Drug Dependence (Addiction)
6. How to Tell If You Have a Problem
7. Getting Help



1. Alcohol & Drug Facts

Alcohol Facts

- Alcohol is a depressant. It is the most widely used drug in the world. Sources are:
 - Beer. This has about 5% alcohol. Lite beers have about 3% alcohol.
 - Wine. This usually has between 11 and 14% alcohol.
 - Hard liquors (whiskey, gin, rum, vodka, etc.). The word “proof” tells the % of alcohol they contain. Proof means 2 times the % of alcohol. For example, 80 proof means 40% alcohol; 100 proof means 50% alcohol.
 - Some medicines. Read the labels.
- One standard drink has about 1/2 oz. of pure alcohol. Examples are:
 - 12 oz. of regular beer.
 - 5 oz. of wine.
 - 1 1/2 oz. of 80-proof hard liquor (40% alcohol).
- Alcohol has calories.



Drink	Calories
12 oz. of beer	About 150
12 oz. of lite beer	75 to 115
5 oz. of wine	100
5 oz. of low alcohol wine	About 60
1 1/2 oz. of 80 proof distilled spirits	100
1 1/2 oz. of 100 proof distilled spirits	125

Low-Risk Guidelines

- In general, alcohol should be limited to:
 - Two drinks per day for men.
 - One drink per day for women and persons age 65 and older.

Effects of Alcohol in Your Blood

Blood Alcohol Concentration (BAC) is related to how much alcohol you drink in a given period of time, your gender and your body weight. (See a sample chart below.) For an Online Blood-Alcohol Calculator, go to www.intox.com/wheel/drinkwheel.asp.

% of Blood Alcohol Concentration (BAC)

Weight (lbs)	Number of Drinks in Two Hours*				
	2	4	6	8	10
120	0.06	0.12	0.19	0.25	0.31
140	0.05	0.11	0.16	0.21	0.27
160	0.05	0.09	0.14	0.19	0.23
180	0.04	0.08	0.13	0.17	0.21
200	0.04	0.08	0.11	0.15	0.19

BAC	Effects
0.05%	Relaxed state. Judgement is not as sharp. Release of tension. Carefree feeling.
0.08%**	Inhibitions are lessened.
0.10%	Movements and speech are clumsy.
0.20%	Very drunk. Can be hard to understand. Emotions can be unstable. 100 times greater risk for traffic accident.
0.40%+	Deep sleep. Hard to wake up. Not able to make voluntary actions. Can result in coma and/or death.

* 1 drink equals 1 1/2 oz. 80-proof hard liquor, 12 oz. beer, or 5 oz. wine.

** In every state in the U.S., a BAC of 0.08% is the lowest indicator of driving while intoxicated.

You Should Not Drink Alcohol If:

- You are pregnant.
- You are under the legal age to drink, (e.g., 21 years old).
- You are driving or operating equipment.
- You are alcohol or drug dependent.

Harmful Effects of Alcohol

- About 1 in 13 adults abuse alcohol or are alcoholic.
- The leading cause of death for 15 to 24 year olds is vehicle accidents. Most involve alcohol.
- About 1 in 4 persons who die from suicide in the U.S. is an alcoholic.
- About 50% of spouse abuse, 38% of child abuse, and 50% of adult drownings involve alcohol.

Drug Facts

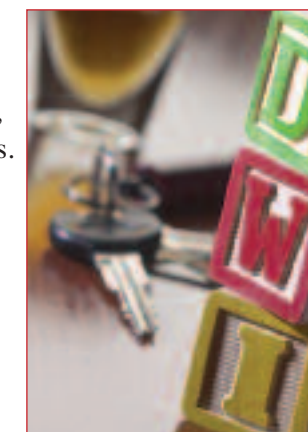
- Drugs other than alcohol include:
 - Some prescribed drugs. These include muscle relaxants, stimulants, tranquilizers, and strong pain relievers, such as OxyContin.
 - Illegal drugs:
 - Marijuana.
 - Cocaine / Crack.
 - Ecstasy.
 - Heroin.
 - Opium.
 - LSD and PCP (“angel dust”).
 - Date rape drugs (e.g., GHB, Rohypnol).
 - Inhalants. These are vapors from substances such as glue, solvents, and paints, that are used to get “high.”



- Each year, about one-half million emergency room visits are drug related.
- About 61% of adults say they know people who have gone to work under the influence of alcohol or drugs.
- About 1 in 12 full-time workers say they use illegal drugs. About 70% of all illegal drug users work either full or part-time.
- The cost of alcohol and illegal drug use in the workplace is about \$140 billion per year. This is for medical claims, accidents, and lost productivity.
- About 1 in 10 users of marijuana become dependent on it.

2. Wise Use of Alcohol

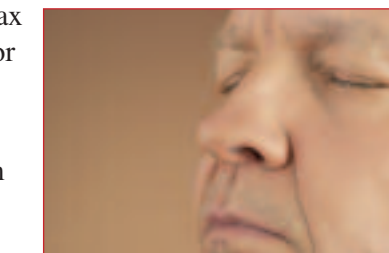
- Some prescribed drugs and alcohol do not mix. Some mixtures can be fatal. Don’t have alcohol with prescribed drugs if the drug’s label or your doctor tells you not to. Ask your doctor if you can have alcohol if you take any prescribed drugs.
- Know your limit and stick to it. You may decide it is better not to drink at all.
- Drink slowly. You are apt to drink less.
- When you have a drink, set it down between sips.
- Pour less alcohol and more mixer in your drink.
- After you have 1 or 2 drinks with alcohol, drink ones without alcohol.
- Eat when you drink to slow alcohol absorption.
- If you drink when you eat out, order your drink with, not before, your meal.
- Don’t drink and drive. Designate a driver who will not be drinking.
- Coffee or fresh air cannot make you sober. To get sober, stop drinking.



3. How to Avoid Problems

- Ask your doctor about the risks of addiction with prescribed medicines, such as sleeping pills and pain pills. Ask if your problem can be treated without medicine.
- Stop the use of prescribed pain pills as soon as you can. Don’t use more than you need.
- Don’t socialize with drug and alcohol abusers.
- If your friends insist that you drink alcohol or take drugs in order to be with them, JUST SAY NO!

- Talk to persons who will listen to your feelings without putting you down.
- Seek help for mental health problems, such as depression or chronic anxiety.
- Don’t take part in risky behaviors if you have been drinking or taking drugs. Examples are unsafe sex, sharing needles, or using non-sterile needles.
- Learn how to relax without alcohol or drugs. Develop healthy interests.
 - Listen to calm music.
 - Do deep breathing exercises.
 - Get regular exercise, such as swimming, jogging, or walking.
 - Learn something new. Take a class that interests you.
 - Do things that you know and do well in order to feel confident.
- Contact your Employee Assistance Person (EAP) at work. He or she can help evaluate your risk level or help you get treatment.
- Visit a self-help meeting for alcohol and drug users. Examples are Alcoholics Anonymous (AA) and Cocaine Anonymous (CA).



4. Alcohol & Drug Abuse

- Abuse is misusing alcohol or drugs. You are an abuser when you use alcohol or drugs and it leads to one or more of these problems in a 12-month period:
- You fail to fulfill work, school, or home duties.
 - You drink or use drugs and put you or others in danger (e.g., when you drive a car or operate machines).
 - You have a legal problem from alcohol or drugs.
 - You keep drinking or taking drugs even though it causes or worsens problems with others.



Reviewed and Approved by the Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor’s or health care provider’s advice.

5. Alcohol & Drug Dependence (Addiction)

Dependence is addiction. An alcoholic is addicted to alcohol. A person who depends on drugs is a drug addict. When you are addicted:

- You crave the substance. The craving can feel as strong as the need for food or water.
- You are often unable to stop using the substance.
- You get withdrawal symptoms when you stop using the substance. The symptoms vary with the drug used. The symptoms go away if you drink alcohol or use the drug.
- You need more and more alcohol or drugs to get “high.” This is known as developing a tolerance.



- Peer pressure. This is especially true for teens.
- Ongoing financial or family problems.



Questions to Detect an Alcohol Problem

Answer the questions that follow. These can apply to you or someone else. A key word in each of these 4 questions spells **CAGE**.

- Have you ever felt you should Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt bad or Guilty about your drinking?
- Have you ever had a drink to steady your nerves or to get rid of a hangover (Eye opener)?

One “Yes” answer means there might be an alcohol problem. Two or more “Yes” answers means it is highly likely that there is an alcohol problem. In either case, contact your doctor or other health care provider to discuss your responses to these questions. (See “Getting Help”, topic 7.) You may have answered “No” to all four CAGE questions, but there could still be a problem. Some people say, “But I only drink beer.” This doesn’t mean they don’t have an alcohol problem.

Signs of Alcohol/Drug Abuse and Dependence

Signs will depend on the substance. They include:

- Drugs or items used to take drugs are found. Examples are glass pipes (to smoke drugs); straws (to sniff drugs); and needles (to inject drugs).
- Alcohol is found hidden, at home or at work.

- Withdrawal symptoms. These include:

- Tremors of the hand or face.
- Chills, sweating.
- Nausea, vomiting.
- Fatigue. Depression.
- Anxiety. Panic.
- Being very edgy.
- Insomnia.
- Blackouts.
- Acting “spaced out.”
- Hallucinations.
- Delirium.
- Seizures.



- Behavior changes. These include:

- Being late or absent for work or school, often on Mondays and Fridays.
- Abrupt change in mood or attitude.
- Temper flare-ups that are not usual.
- Asking for money, more than usual, from family and friends.
- Stealing items from work, home, stores, school, etc.
- Being more and more secretive about actions and things that are owned.
- Being with a new group of people, especially with those who drink a lot or use drugs.
- Having problems dealing with others.

7. Getting Help

The first step is to admit there is a problem. Often, the person who has the problem does not see the harm that it causes. Other persons around him or her see the problem first. Knowing how harmful alcohol and drug abuse and dependence are can help a person seek treatment.

Reasons to Get Help

Alcohol and drug abuse and dependence can lead to:

- Problems at work. This includes being late or not showing up for work; making errors; crimes at work, such as stealing.
- Problems with your family.
- Injury to oneself or others from accidents.
- Damage to body organs that cannot be fixed.
- Poor nutrition.
- Sexually transmitted infections and HIV.
- Conditions, such as hepatitis and blood poisoning from IV injections with nonsterile needles.
- Death caused by overdose.

Where to Get Help

- Your Employee Assistance Program (EAP) at work, if you have one. You make the choice to go. No one else is told about it.
- Your doctor or other health care provider.
- A drug treatment clinic.
- Support groups. (See “For Information, Contact” at the end of this topic.)



Your EAP person or health care provider will refer you to a treatment program best suited for you, such as:

- A treatment or “rehab” center. Treatment can be given in outpatient or inpatient settings. Components of treatment are:
 - A complete physical exam.
 - “Detox” – Getting the person off the abused substance. Sometimes other drugs are used to control the withdrawal symptoms that occur.
 - Counseling – One-on-one, group therapy, and/or family sessions. The goals are:
 - To understand the addiction.

- To get the person to be well, physically and mentally.
- To help the addict stay alcohol and drug free. Learning life-coping skills and how to deal with “high-risk” times and places can help prevent the addict from using the substance again.

- A self-help group, (e.g., AA or NA).



For Information, Contact:

Alcoholics Anonymous (AA) World Services, Inc.
212.870.3400 or look in your local phone book
www.aa.org
Gives names and phone numbers for local AA groups. Gives materials on the AA program.

Al-Anon/Alateen World Service Office
888.4AL-ANON (425.2666) or www.al-anon.org
A self-help program for families and friends of alcoholics. Also a referral line.

American Council for Drug Education
800.488.DRUG (488.3784) or www.acde.org
A substance abuse prevention and education agency for youth, college students, parents, employers, educators, and health professionals.

Cocaine Anonymous World Services
310.559.5833 or www.ca.org
Gives names and numbers for local self-help meetings.



Narcotics Anonymous (NA) World Services Inc.
818.773.9999 or www.na.org
Gives names and phone numbers for local self-help meetings and mails out literature on narcotics to hospitals and individuals.

National Council on Alcoholism and Drug Dependence (NCADD)
800.NCA.CALL (622.2255) or www.ncadd.org
Gives names and numbers for local treatment programs.

Substance Abuse Treatment Facility Locator
800.662.HELP (662.4357) (English/Spanish)
<http://findtreatment.samhsa.gov>
Gives names and numbers for treatment programs for drug and/or alcohol problems.

Rational Recovery®
530.621.2667 or www.rational.org
A self-help network on the Internet.

For Free Health Information, go to:
www.HealthyLearn.com