## 1. Alcohol & Drug Facts

### Alcohol Facts

- **Alcohol is depressant.** It is the most widely used drug in the world. Sources say:
  - **Beer:** This has about 5% alcohol. Lite beers have about 3% alcohol.
  - **Wine:** This usually has 11% and 14% alcohol.
  - **Hard liquors (whiskey, gin, rum, vodka, etc.):** Their "proof" tells the 50% 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 0.6 oz. of pure alcohol. Examples are:
    - 12 oz. of regular beer.
    - 5 oz. of wine.
    - 1.5 oz. of 80-proof hard liquor (40% alcohol).
- **Alcohol has calories.**
- **Alcohol is a depressant.** It is the most widely used drug in the world. Sources say:
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- **Alcohol has calories.**

### 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 calculation for an Online Alcohol-Calculator. Go to www.intox.com/onlinealcoholcalculator.asp.

- **% of Blood Alcohol Concentration (BAC)**
  - **Weight:** Number of Drinks in Two Hours*
  - *(lbs) 2 4 6 8 10*
  - **120.0 0.06 0.12 0.19 0.25 0.31**
  - **140.0 0.05 0.11 0.16 0.21 0.27**
  - **160.0 0.04 0.09 0.13 0.18 0.24**
  - **180.0 0.03 0.08 0.12 0.17 0.23**
  - **200.0 0.02 0.07 0.11 0.16 0.22**

### BAC Effects

- **0.05%:** Related state: judgement is not as sharp. Loss of balance. Kannenfeeling. Injuries are lessened. Intoxication is less.
- **0.10%:** Movements and speech are clumsy.
- **0.20%:** Very drunk. Can be hard to understand. Emotions can increase 5 times greater for traffic accident.
- **0.40%:** Deep sleep. Hard to wake up. Not able to make voluntary actions. Can result in coma and/or death.

### Harmful Effects of Alcohol

- **About 1 in 15 adults abuse alcohol or are alcoholic.**
- **The leading cause of deaths for 15 to 24 years old is vehicle accidents.** Most involve alcohol.
- **About 4 in 4 persons who die from suicide in the U.S. drink alcohol.**
- **About 50% of spouse abuse, 38% of child abuse, and 50% of adult sexual abuse involve alcohol.**

### Drug Facts

- **Drugs other than alcohol include:**
  - Some prescribed drugs. These include muscle relaxants, stimulants, tranquilizers, and strong pain relievers (e.g., OxyContin).
  - Illegal drugs:
    - Marijuana.
    - Cocaine / Crack.
    - LSD and PCP ("angel dust").
    - Inhalants. These vapors from substances such as glue, solvents, and paints, that are used to get “high.”
  - Related state: judgement is not as sharp. Loss of balance. Kannenfeeling. Injuries are lessened. Intoxication is less.
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  - **0.10%:** Movements and speech are clumsy.
  - **0.20%:** Very drunk. Can be hard to understand. Emotions can increase 5 times greater for traffic accident.
- **0.40%:** Deep sleep. Hard to wake up. Not able to make voluntary actions. Can result in coma and/or death.

### 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.**

### 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.**

### 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 take any prescribed drugs.
- **About 50% of spouse abuse, 38% of child abuse, and 50% of adult sexual abuse involve alcohol.**
- **Know your limit and stick to it.** You may decide it is better not to drink at all.

### 3. How to Avoid Problems

- **Ask your doctor about the risks of addiction with prescribed medicine, such as sleeping pills and pain relievers.** Ask if your problem can be treated without medicine.
- **Stop the use of prescribed pain pills as soon as you can.** Ask if your problem can be treated without medicine.
- **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 anxiety.**
- **Don’t take part in risky behaviors if you have been drinking or taking drugs.** Everyone is unsafe, get help. Disregard the use of non-stereo needle.
- **Learn to relax without alcohol or drugs.**
- **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 Program (EAP) at work.** Be open and honest. Be sure to evaluate your risk level or help you get treatment.
- **Visit a self-help meeting for alcohol and drug users.**
- **Are you an alcoholic?**
  - **Talk to a professional medical doctor or counselor about your drinking habits and leads to your taking 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., drive drunk, use a car or operate machinery).**
  - **You have a legal problem from alcohol or drugs.**
  - **You keep drinking or taking drugs even though it causes or worsens problems with others.**

### 4. Alcohol & Drug Abuse

Abuse is misuse or abusing drugs. You are an abuser when you take any drug for which you have no medical use. For example, a medical doctor or counselor about your drinking habits and leads to your taking 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., drive drunk, use a car or operate machinery).**
- **You have a legal problem from alcohol or drugs.**
- **You keep drinking or taking drugs even though it causes or worsens problems with others.**

### Topics

1. Alcohol & Drug Facts
2. Wise Use of Alcohol
3. How to Avoid Problems
4. Alcohol & Drug Abuse

### Permafold® What You Need To Know

**Perm afold® is not meant to take the place of expert medical care or treatment. Follow your doctor’s or healthcare provider’s advice.**

**Senior Medical Advisory Board:**

R eviewed and Approved by the **Senior Medical Advisory Board**:

**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.**

### How to Tell If You Have a Problem

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

### Getting Help

1. **Ask your doctor about the risks of addiction with prescribed medicine, such as sleeping pills and pain relievers.** Ask if your problem can be treated without medicine.
2. **Stop the use of prescribed pain pills as soon as you can.** Ask if your problem can be treated without medicine.
3. **Don’t socialize with drug and alcohol abusers.**
4. **If your friends insist that you drink alcohol or take drugs in order to be with them, JUST SAY NO!**
Dependence is an 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 drugs.
- You need more and more alcohol or drugs to get "high." This is known as developing a tolerance.
- You have ever felt bad or guilty about your drinking.
- You may not have answered "No" to all four CAGE questions, but there could still be a problem. Two or more "Yes" answers mean it is highly likely 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. Two or more "Yes" answers mean it is highly likely 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.)

Risk Factors for Alcohol/Drug Abuse and Dependence

- Increased use and tolerance of alcohol or a drug.
- Family history of alcohol or drug abuse. There are about 4 times more likely to be an alcoholic if one of your parents is. There are about 10 times more likely if both parents are.
- Mental health problems, such as depression, anxiety, or poor self-esteem.
- Prolonged use of prescribed pain pills.
- Prolonged fatigue or stress.
- Prolonged use of prescribed pain pills.

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 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)?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt guilty about your drinking?

Signs of Alcohol/Drug Abuse and Dependence

Signs will depend on the substance. They include:

- Performance. This is especially true for terms.
- Ongoing financial or family problems.
- Withdrawal symptoms. These include: 
  - Tremors of the hand or face.
  - Chills, sweating.
  - Nausea, vomiting.
  - Fatigue, Depression.
- Anxiety. Panic.
- Feeling very edgy.
- Insomnia.

Withdrawalsymptoms. These include:

- Seizures.
- Blackouts.
- Acting "space out." 
- Hallucinations.
- Delirium.
- Sustained.

Behavior changes. This include:

- Being late or absent for work or school, often.
- Asking for money, more than usual, from family and friends.
- Stealing items from home, stores, school, etc.
- Being more and more secretive about actions and things that are owned.
- With a new group of people, especially with those who drink a lot or use drugs.

Having problems dealing with others.

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 and drug abuse dependence 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.
- Deaths 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 self-help network on the Internet. (See "For Information, Contact" at the end of this topic.)

For Information, Contact:

- Alcoholics Anonymous (AA) World Services, Inc. 212.870.3400 or look in your local phone book under "Alcoholics Anonymous" or "AA".

Narcotics Anonymous (NA) World Services, Inc. 888.4NA-1116 or www.na.org

Gives names and phone numbers for local NA groups. Gives materials on the AA program.

Al-Anon/Alateen World Service Office 888.44AL-Anon (442.5266) or www.al-anon.org

Affordable alcohol help program for families and friends of alcoholics. Also a referral line.

American Council for Drug Education 410.486.1351 or www.acde.org

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

Substance Abuse Treatment Facility Locator 800.662.HELP (662.4357) (English/Spanish) or www.substancepin.org

A self-help program for alcoholics and other drug users.

Cocaine Anonymous World Services 212.870.3833 or www.cocainerelapse.com

A self-help program for cocaine users.

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

For Help, call 877.LIFESAV (543.7328) (English/Spanish)

Rational Recovery® 510.621.2667 or www.rational.org

A self-help network on the Internet.

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