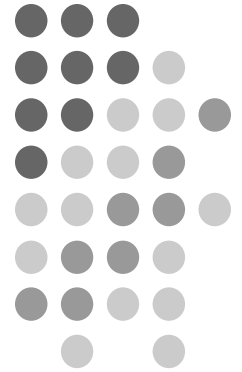


Facts on Alcohol & Health



What is moderate drinking?

One drink a day is moderate for women, and men 65+
Two drinks a day for men **before** age 65

What is one drink?

1 shot of distilled liquor
5 ounces of wine
12 ounces of regular beer

Risks of moderate drinking:

Increased incidence of high blood pressure
Stroke
Linked with many other health problems
Adverse effects when taken with medications
Increase in falls and injuries

Risks of heavy drinking:

Malnourishment
Alcohol and drugs remain in the body longer
Cirrhosis of the liver or hepatitis
Inflammation of pancreas
Damage to brain and heart
Increased risk for many cancers

Warning Signs of a Drinking Problem:

- Drinking to calm nerves
- Losing interest in food
- Lying about or trying to hide drinking habits
- Drinking alone more often
- Getting drunk more than 3-4 times a year
- Needing more alcohol to get a buzz
- Feeling irritable when not drinking
- Having medical, social or financial problems as a result of drinking

Alcoholism is treatable when recognized or detected.

People who are socially isolated or clinically depressed are particularly vulnerable.

For More Information, Contact:

Lynn Tadda, LCSW
Franklin-Williams Human Services, Inc
618.937.6483 ext. 7504

Linda Warner, EdM, QMHP
Heartland Human Services
217.347.7179 ext. 1046

Juanita Suro, MA, LCPC
Southeastern Illinois Counseling Centers, Inc
618.395.4309 ext. 230