

## Fast Facts

### Alcohol Use Disorder

- More than 3 standard drinks in any single day and more than 7 standard drinks per week for women and more than 4 standard drinks in any single day and more than 14 standard drinks per week for men
- Standard drink is 12 ounces of beer (about 5% alcohol), 8-9 ounces of malt liquor (about 7% alcohol), 5 ounces of unfortified wine (about 12% alcohol) and 1.5 ounces of 80-proof hard liquor (about 40% alcohol)
  - Any use of alcohol that puts your health or safety at risk is considered unhealthy
- Binge drinking is when a man consumes 5 or more drinks or a woman consumes 4 or more drinks in less than two hours
- Alcohol use disorder is when you're unable to control your drinking, you're preoccupied with alcohol, you continue to use of it even when you know it causes problems, you need to drink more to have the same effect or you experience withdrawal symptoms if you stop drinking or decrease the amount you drink
  - Can range from mild to severe (alcoholism) and escalate very quickly

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><u>Alcohol Consumption:</u></p> <ul style="list-style-type: none"> <li>-Inappropriate behavior</li> <li>-Unstable mood</li> <li>-Impaired judgement</li> <li>-Slurred speech</li> <li>-Diminished attention/memory</li> <li>-Poor coordination</li> <li>-Blackouts where you don't remember what happened</li> </ul> <p><u>Using Too Much Alcohol:</u></p> <ul style="list-style-type: none"> <li>-Unable to limit the amount you drink</li> <li>-Wanting to cut down how much you drink</li> <li>-Have tried unsuccessfully to cut back</li> <li>-Spend a great deal of time drinking/getting alcohol/recovering from alcohol use</li> <li>-Strong cravings to drink</li> <li>-Failure to fulfill major obligations</li> <li>-Continuing to drink even though you know it's causing problems</li> </ul>	<p><u>Goal:</u></p> <ul style="list-style-type: none"> <li>-To stop the use of alcohol in order to improve quality of life</li> <li>-Often people are in denial and it takes an intervention from relatives, friends or co-workers for person to recognize that there is an issue</li> </ul> <p><u>Process:</u></p> <ul style="list-style-type: none"> <li>-Detox (medically managed withdrawal)</li> <li>-Set goals</li> <li>-Learn new behavior techniques</li> <li>-Read self-help manuals</li> <li>-Participate in counseling (group and individual)—helps you to understand why you developed a problem with alcohol</li> <li>-Medications to reduce cravings</li> <li>-Treat other health issues</li> </ul> <p><u>Lifestyle Changes:</u></p> <ul style="list-style-type: none"> <li>-Inform family and friends that you aren't drinking alcohol</li> <li>-Keep close the ones who are supportive and can help you through recovery</li> </ul>	<ul style="list-style-type: none"> <li>-Be aware of how much alcohol you actually consume</li> <li>-Make a consistent choice to not overindulge</li> <li>-If concerned that someone you care about is drinking too much, look for:                     <ul style="list-style-type: none"> <li>-Lack of interest in activities/hobbies that they once liked</li> <li>-Personal appearance deteriorates</li> <li>-Red eyes/slurred speech/problems with coordination/memory lapses frequently</li> <li>-Problems at school/work</li> <li>-Frequent mood changes</li> <li>-Defensive behavior</li> <li>-Difficulties with friends</li> </ul> </li> <li>If you notice any of these, then talk to your loved one about the amount of alcohol they are consuming</li> </ul>

<ul style="list-style-type: none"> <li>-Give up/reduce activities in order to drink/conceal drinking from others</li> <li>-Use alcohol when it's not safe to do so (ex. driving)</li> <li>-Develop a tolerance (need to drink more to feel the same)</li> <li>-Experience withdrawal symptoms if you don't drink</li> </ul> <p><u>Withdrawal:</u></p> <ul style="list-style-type: none"> <li>-Start several hours or several days after last alcohol intake</li> <li>-Sweating</li> <li>-Rapid heart rate</li> <li>-Hand tremors</li> <li>-Difficulty sleeping</li> <li>-Nausea/vomiting</li> <li>-Hallucinations</li> <li>-Restlessness/agitation</li> <li>-Anxiety</li> <li>-Seizures</li> </ul>	<ul style="list-style-type: none"> <li>-Distance yourself from those who will hinder your recovery</li> <li>-Don't participate in activities that involve alcohol—form new hobbies or find new activities</li> <li>-Develop healthy habits, like participating in regular physical activity, eating well, getting adequate sleep and managing stress (ex. yoga, meditation or acupuncture)</li> </ul>	
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