

ALCOHOL USE FACT SHEET

- Excessive alcohol use is the third leading lifestyle-related cause of death in the nation.
- The standard drink in the United States contains 0.6 ounces (1.2 tablespoons) of pure alcohol.
- Excessive drinking includes heavy drinking, binge drinking and any drinking done by a pregnant woman or underage youth.
 - Binge drinking for women is defined as consuming four or more drinks during a single occasion, and for men having five or more drinks during a single occasion.
 - Heavy drinking is defined for women as consuming more than one drink per day, and for men consuming more than one two drinks a day.
- Immediate health risks include:
 - Unintentional injuries involved from traffic injuries, falls, drowning, and unintentional firearm injuries.
 - Violence including intimate partner violence and child maltreatment.
 - Risky sexual behaviors.
 - Miscarriage, stillbirth and physical and mental birth defects among pregnant women.
 - Alcohol poisoning.
- Long-term health risks include:
 - Neurological problems including dementia, stroke and neuropathy.
 - Cardiovascular problems.
 - Psychiatric problems including depression, anxiety and suicide.
 - Social problems.
 - Cancer of the mouth, liver, throat, esophagus, colon, and breasts.
 - Liver disease-Alcoholic hepatitis, Cirrhosis which is the 15th leading cause of death in the U.S.
 - Other gastrointestinal problems.
- Some symptoms of an alcohol use disorder include:
 - More than once getting into situations during or after drinking that increased your chances of getting hurt.
 - Have to drink more to get the effect you want, or your usual number of drinks has less of an effect on you.
 - Continued to drink even though it was making you feel anxious or depressed or adding to other health problems. Or after having a memory blackout.
 - Spend a lot of time drinking or recovering from the aftereffects of drinking.
 - Continue to drink even though it is causing trouble with your social environment.
 - Continuously being arrested or other legal problems due to drinking.
 - When the effects of the alcohol wear off you begin to have withdrawal symptoms such as trouble sleeping, shakiness, restlessness, nausea, racing heart, or a seizure.

LIST OF RESOURCES

Centers for Disease Control and Prevention

www.cdc.gov

National Institute of Health | www.nih.gov

Substance Abuse Treatment Facility Locator

www.findtreatment.samhsa.gov or call 1-800-662-HELP

Helping Patients Who Drink Too Much

www.niaaa.nih.gov/guide or call (301) 443-3860

Alcoholics Anonymous (AA)

www.aa.org or call (212) 870-3400

Wesleyan Church

625 E. 6th Street | Cheboygan, MI 49721

Glow Community Center

3527 Straits Hwy. | Indian River, MI 49749

Alano Club

3100 Piper Road | Alpena, MI 49707

Information gathered from Centers of Disease Control and Prevention, and National Institute on Alcohol Abuse and Alcoholism.

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