



Alcohol Awareness

For many, an alcoholic drink is nothing more than part of a good meal or a pleasant way to relax. However there's more to know.

Fact: Moderate alcohol consumption (1 drink/day for women; 1-2 drinks/day for men) has been associated with a lower risk of heart disease, including increased HDL (good cholesterol) when choosing red wine.

Fact: Alcohol is high calorie (7 cal/g) and these calories are not needed, so they're more likely to be stored as fat, increasing triglycerides (blood fats) and body fat, especially when consumed in excess.

Fact: Alcohol consumption, even moderate, increases the risk of some cancers and liver disease.

Fact: Alcohol is a drug – just one drink can impair judgment, reaction time, and decision-making. This is why it's important not to drink and drive.

Fact: Alcoholism impairs health, relationships, socioeconomic status, and more.

The following is the **CAGE** alcoholism assessment. If you answer YES to any of the questions, you should talk to your physician or contact an EAP counselor about this issue.

1. Do you need to **C**ut down on your drinking?
2. Are you **A**nnoyed by people criticizing your drinking?
3. Have you ever felt bad or **G**uilty about your drinking?
4. Have you ever had an **E**ye-opener to steady your nerves in the morning?

Alcoholics Anonymous has additional questions to help individuals decide if they have a problem with alcohol. Visit their website www.aa.org for more information and resources.

