



April is Alcohol Awareness Month

(Excerpts from CDC.gov/alcohol)

What is alcohol?

Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. Alcohol is produced by the fermentation of yeast, sugars, and starches.



How does alcohol affect a person?

Alcohol affects every organ in the body. It is a central nervous system **depressant** that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

Why do some people react differently to alcohol than others?

Individual reactions to alcohol vary, and are influenced by many factors such as:

- Age
- Gender
- Race or ethnicity
- Physical condition (weight, fitness level, etc)
- Amount of food consumed before drinking
- How quickly the alcohol was consumed
- Use of drugs or prescription medicines
- Family history of alcohol problems



What is a standard drink in the United States?

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

Is beer or wine safer to drink than liquor?

No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine, or 1.5-ounce shot of liquor. **It is the amount of alcohol consumed** that affects a person most, not the type of alcoholic drink.

What does moderate drinking mean?

According to the Dietary Guidelines for Americans, moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days. However, the Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.

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How do I know if I have a drinking problem?

Drinking is a problem if it causes trouble in your relationships, school, social activities, or how you think and feel. If you are concerned that either you or someone in your family might have a drinking problem, consult your personal health care provider.

What can I do if I or someone I know has a drinking problem?

Consult your EAP representative if you feel you or someone you know has a drinking problem. Your EAP rep (listed below) can provide you with information about treatment programs in your local community and can speak with you about alcohol problems.

What health problems are associated with excessive alcohol use?

Excessive drinking both in the form of heavy drinking or binge drinking, is associated with numerous health problems including:

- Chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); various cancers, including liver, mouth, throat, larynx (the voice box), and esophagus; high blood pressure; and psychological disorders
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries
- Violence, such as child maltreatment, homicide, and suicide

IAM Peer
Employee
Assistance
Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM Eastern Region
Employee Assistance Program
Regional Representative:

Victor Acosta,

Cell: 201 640-0498

E-mail: vicacoeap141@gmail.com

IAM EAP Calendar

2017 EAP I-IV

Classes

William W. Winpisinger Education
and Technology Center

EAP II

April 9-14

EAP III

June 25-30

EAP IV

September 17-22

EAP I

October 1-6