

# THE FACTS ABOUT ALCOHOL



BY

MIRANDA HAGERMAN, RN

TARA HARVEY, RN

REBECCA SPADARO, RN

JUSTIN SMITH, RN

LORI SLOAN, RN

MELANIE OVERTON, RN

Alcohol is the most commonly used addictive substance in the United States. An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. Short-term effects can occur depending on how much a person drinks, while binge drinking (5 or more alcoholic drinks for males and 4 or more alcoholic drinks for females) and continued alcohol use in large amounts are associated with many long-term effects of alcohol consumption. A drink of alcohol is defined as drinking 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.



## SHORT TERM EFFECTS

- SLURRED SPEECH
- MOOD CHANGES
- UNCOORDINATED MOVEMENTS
- LAPSES OF MEMORY
- SLOWED BREATHING
- VIOLENCE
- CRIMINAL ACTIVITY
- RISKY SEXUAL BEHAVIOR
- TRAFFIC ACCIDENTS



## LONG TERM EFFECTS

- HIGH BLOOD PRESSURE
- STROKE
- ENLARGED HEART
- IMPAIRED MEMORY
- DEPRESSION
- SEIZURES
- WEAKNESS
- DECREASED LIBIDO
- LIVER DISEASE
- HEPATITIS
- GI PROBLEMS
- PANCREATITIS
- MUSCLE WASTING



## SYMPTOMS OF DEPENDENCY

- FINANCIAL PROBLEMS
- DENIES/LIES ABOUT ALCOHOL USE
- APPEARING OLDER THAN STATED AGE
- LEISURE ACTIVITIES ALWAYS INCLUDE ALCOHOL
- PROBLEMS IN RELATIONSHIPS
- ACCIDENTS RELATED TO ALCOHOL
- DRIVING WHILE INTOXICATED

## LOCAL RESOURCES FOR HELP

AA is anonymous, free, requires no paperwork and you can go today!

For Mercer, McDowell, and Summers County meetings visit <https://www.aawv.org/district-10>

For Fayette and Raleigh County meetings visit <https://www.aawv.org/district-3>

The 24/7 HOT LINE for all meetings in WV is 800-333-5051.

Galbicsek, C. (2018, December 10). Side effects of alcohol abuse. *Effects of alcohol*. Retrieved from <https://www.alcoholrehabguide.org/alcohol/effects/>

Center for Disease Control and Prevention. (2017, August 10). *Alcohol and public health*. Retrieved from <https://www.cdc.gov/alcohol>

National Institute on Alcohol Abuse and Alcoholism. *Rethinking drinking alcohol & your health*. Retrieved from <https://www.rethinkingdrinking.niaaa.nih.gov>

