Busting Alcohol Related Myths

Key Takeaways:

1) Alcohol Related Myths:
   a. There is a misconception that to have an alcohol problem you must drink every day, but that is not true. Alcohol problems can occur in those who drink daily, on the weekend and those who drink in binges
   b. Alcohol can help you relax. While it does provide an initial feeling of relaxation, alcohol is a depressant. Alcohol can contribute to anxiety and depression following use.
   c. Alcohol can help you sleep. There is an initial feeling of relaxation following the consumption of alcohol, however, the quality of sleep is significantly less, and disruptive to REM (rapid-eye movement) cycles.

2) Heavy drinking can put you at risk for health problems such as heart disease, stroke, liver disease, sleep problems and some types of cancer. Heavy drinking can be quantified as:
   a. You are a man and have more than 4 drinks in a day, or more than 14 drinks a week.
   b. If you are a woman and have more than 3 drinks in a day, or more than 7 drinks in a week.

3) How to know if you are moving into a risk category for drinking?
   a. Preoccupation with alcohol (attainment or use)
   b. Shame, regret or embarrassment over use afterwards
   c. Feeling of obligation to consume alcohol

4) What resources are available for those who are concerned with their alcohol use?
   a. Most communities have Public Health Systems that offer walk-in assessments, medication assisted treatment for those who are under insured or uninsured. Narcan is offered at no cost as well.
   b. There are inpatient and outpatient programs that are available
   c. In person counseling or group counseling
      i. Options include faith-based or unaffiliated
      ii. Alcoholics Anonymous, Al-Anon or Alateen classes