

# April is National Alcohol Awareness Month

Alcohol affects tens of millions of Americans on any given day. The person drinking is not the only one affected - coworkers, classmates, family members and friends are often impacted as well. Statistics show that teens, college students and adults are all susceptible to using and/or abusing alcohol.

**Alcohol affects your brain.** Because alcohol circulates through your blood-stream, it impacts your brain functioning. Alcohol slows your reflexes, impairs your judgment, lowers your inhibitions, distorts your vision, affects your coordination, and may lead to memory lapses or blackouts.

**Alcohol affects your body.** Numerous health problems are associated with alcohol; alcohol can cause damage to every organ in your body. Unintentional injuries, as well as chronic conditions such as high blood pressure, liver cirrhosis, pancreatitis, cancers of the liver, mouth, throat, larynx, esophagus, and psychological disorders are caused or exacerbated by the use of alcohol.

**Alcohol affects your life.** Decisions and choices made while using alcohol are not the same as those made while not under the influence. Careers, driving privileges, finances, relationships, mental and physical health are impacted in a variety of ways by a person's drinking.

**Alcohol can hurt.** Even if you're not the one drinking, a loved one's drinking may negatively affect you. You may be involved in caring for someone who is out of control and ends up sick or injured because they are unable to take care of themselves. Women who are pregnant can harm the health and development of the fetus by drinking during the pregnancy.

**Alcohol can kill.** Violence and accidents increase with the use of alcohol. Alcohol poisoning can occur if you consume alcohol rapidly or drink too much at once; this poisoning may cause a coma or death. Mixing alcohol with other drugs – including prescribed medications – can be a deadly combination.



**Know the signs. Know when to seek help.**

**Ask yourself these questions:**

- Have I ever felt I should cut down on my drinking?
- Have people annoyed me by criticizing my drinking?
- Have I ever felt bad or guilty about my drinking?
- Have I ever had a drink first thing in the morning to steady my nerves or to get rid of a hangover?
- Do I drink alone when I feel angry or sad?
- Does my drinking ever make me late for work/school?
- Does my drinking affect my family or friends?
- Do I ever drink after I said I wouldn't?
- Do I ever forget what I've done while I was drinking?
- Do I get headaches or have a hangover after drinking?

**Keep your edge.**

If you said yes to 1 or more of the above questions, you would benefit from getting help with your drinking patterns.

**Your Employee Assistance Program (EAP) can help!**

**Call 24/7 to speak confidentially to a counselor,  
free of charge – get educated, get resources, get healthy!**

**MIIA  
Employee Assistance Program**

**800-451-1834**



## Helpful Links



For more information,  
contact your EAP or visit  
the following websites:

Alcohol Screening  
[www.alcoholscreening.org](http://www.alcoholscreening.org)

Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)

Center for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

SAMHSA  
[www.samhsa.gov](http://www.samhsa.gov)

Mothers Against  
Drunk Driving  
[www.madd.org](http://www.madd.org)

Students Against  
Drunk Driving  
[www.sadd.org](http://www.sadd.org)

