

I haven't thought about changing my drinking

1. Think about how drinking fits into your life.
2. Review the doctors' limits, advice, and risks associated with excessive drinking.
3. Make a list of what's good and not so good about drinking. Consider both the short-term and long-term consequences.
4. Check out these websites:
www.health.org
www.niaaa.nih.gov
5. Talk with close friends and family about their concerns about your drinking.

I'm ready to take action to reduce or stop drinking....

1. Make a list of high-risk situations where you might be tempted to drink above the recommended limits, and avoid these situations.
2. If you find yourself in a high-risk situation, use distraction techniques, such as leaving, taking a walk or using relaxation or meditation.
3. Let people know you're making a change.
4. If you think about exceeding the limits, talk through these thoughts with a supportive friend or family member.
5. Make a list of the risks and negative consequences and read it.
6. Make a list of the advantages of avoiding alcohol and review it.
7. Contact The Center for Alcohol & Drug Studies & Services at 619-229-5038.

What's Good & Not So Good About Drinking		
	GOOD	NOT SO GOOD
Short-Term		
Social		
Emotional		
Financial		
Long-Term		
Health		
Work		
Legal		
Relationships		

PERSONAL CHANGE PLAN
to reduce or stop drinking:

- 1.
- 2.
- 3.



Center for Alcohol & Drug Studies and Services
6386 Alvarado Court • Suite 224 •
San Diego, CA 92120 •
Phone 619-229-5038 •
Fax 619-265-5775 •
www.centerforaod.sdsu.edu •

Services are supported by a grant from the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment through a sub-grant with State Department of Alcohol & Drug Programs. Services are provided under contract with the County of San Diego.

ALCOHOL USE

Reducing RISKS



CASBIRT: California

- Screening
- Brief Intervention
- Referral
- Treatment



Doctor's Recommended

Drinking **LIMITS**

For Men



On average, no more than 2 standard drinks per day, or no more than 14 standard drinks per week.

No more than 4 standard drinks per occasion.

For Women



On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.

No more than 3 standard drinks per occasion.

For Persons 65 and Older



On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.

No more than 2 standard drinks per occasion.

What is a **STANDARD DRINK**?

- 12 ounces of beer or wine cooler
- 5 ounces of wine
- 1.5 ounces of hard liquor (vodka, tequila, whiskey, scotch, etc.)

Alcohol **RISK** Levels

Severe Risk	2%
High Risk	3%
At-Risk	14%
Low Risk	39%
Non-Drinker	42%

ADVICE: If You Are...

Non-Drinker/Low Risk:

Stay below or within the recommended drinking limits.

At-Risk or High Risk:

Reduce drinking to within the recommended limits.

Severe Risk:

Abstain from alcohol and get further assessment.

REMINDER:

There are times when even one drink can be too much. You should not drink when driving, operating machinery, or taking medication. You also shouldn't drink if you have a medical condition affected by alcohol, are under the legal drinking age of 21, pregnant or nursing.



RISKS Related to Alcohol

Short-Term Health Risks

Vomiting
Headache
Hangover
Bad Breath
Dehydration
Irritability

Long-Term Health Risks

Liver damage
Ulcers
Drinker's Nose
Memory Loss
Inflammation of pancreas
Reduced resistance to infection
Weakness of heart muscle, heart failure
Developmentally delayed, deformed or low birth weight babies
Impaired coordination leading to falls
Can hide or mimic symptoms of other illnesses
Can decrease effectiveness of medications
Can worsen gastritis and peptic ulcers
Can increase effects of hypertension, diabetes, & depression

Legal Risks

Being arrested for public intoxication or DUI
Losing your license

Financial Risks

Losing your job due to poor work performance resulting from drinking
Spending money on alcohol instead of on food, rent or your family

Personal Risks

Relationships are threatened when family and friends express concerns about your alcohol use
You may not be setting the example you would like for your children and others
Your behavior may embarrass you when you are drinking
You may put yourself in risky situations when drinking

