

MCLB ALBANY SAFETYGRAM

ALCOHOL AWARENESS



Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. Alcohol abuse and alcoholism can affect all aspects of your life, to include serious health complications, damaged emotional stability, finances, career, and affect your family, friends and community.

Facts about alcohol:

- More than half of all adults have a family history of alcoholism or a drinking problem.
- 7 million children live in a household where at least one parent is dependent on or has abused alcohol
- 88,000 deaths attribute to excessive alcohol use
- Alcoholism is the 3rd leading cause of death in the nation



Over time, excessive alcohol use, both in the form of heavy drinking or binge drinking, can lead to numerous health concerns, chronic diseases, neurological impairments and social problems, including but not limited to:

- Dementia, stroke and neuropathy
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, family problems, violence including fights and homicide
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries
- Increased risk for many kinds of cancers, including liver, mouth, throat, larynx (voice box) and oesophagus
- Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis
- Gastrointestinal problems, including pancreatitis and gastritis
- Alcohol abuse or dependence – alcoholism.



Click on the National Council on Alcoholism and Drug Dependence, Inc. logo to learn more about alcohol awareness month.



NATIONAL COUNCIL ON ALCOHOLISM
AND DRUG DEPENDENCE, INC.



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