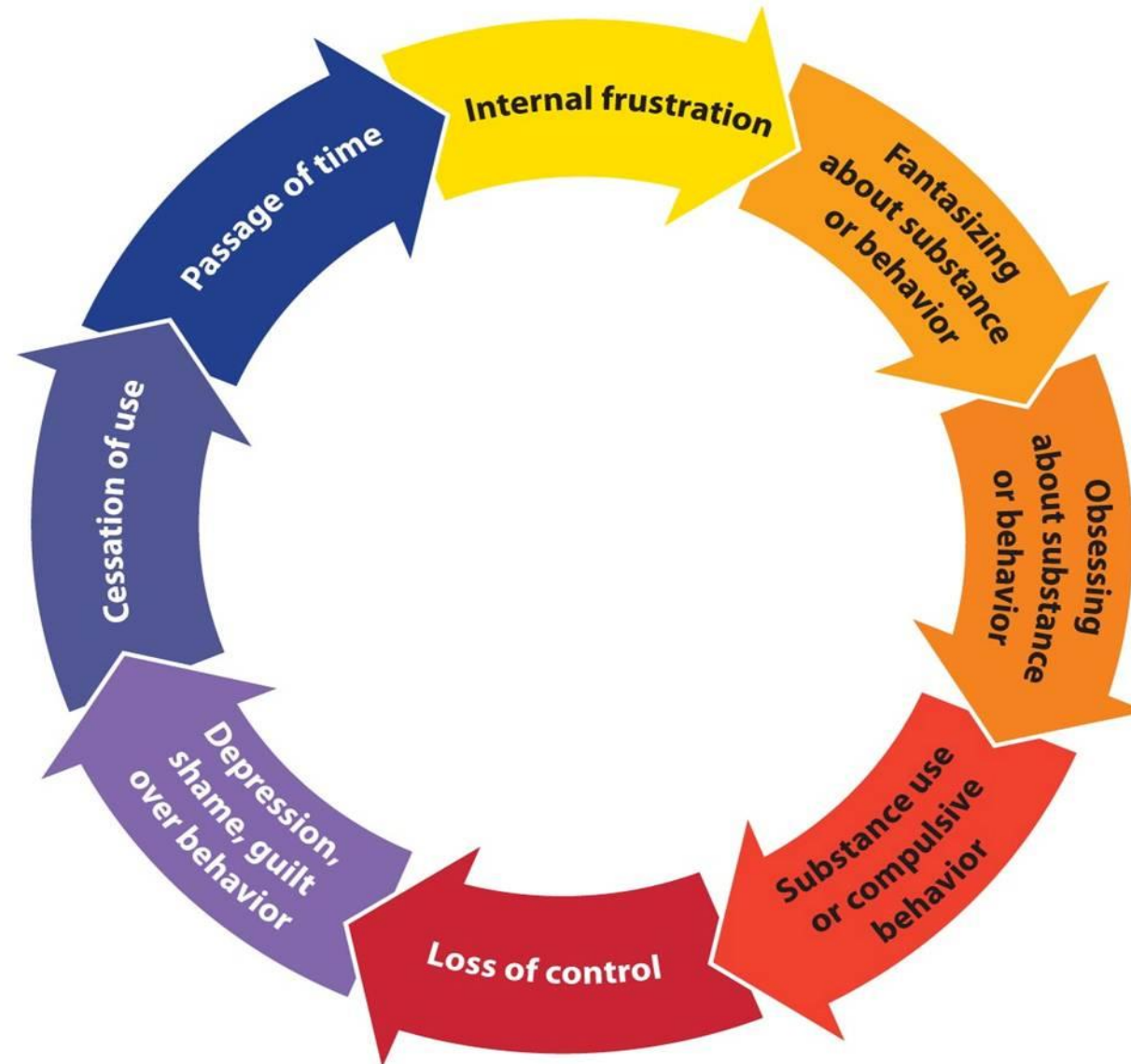# Avoid Risky Substances

Addiction

- Cycle of Psychological Addiction

Alcohol

Alcohol Statistics

- Prevalence of Drinking:
  - 86.3 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime
  - 70.0 percent reported that they drank in the past year
  - 55.3 percent reported that they drank in the past month.
- Prevalence of Binge Drinking and Heavy Alcohol Use:
  - In 2018, 26.45 percent of people ages 18 or older reported that they engaged in binge drinking in the past month
  - 6.6 percent reported that they engaged in heavy alcohol use in the past month.

Standard Alcoholic Drink

- In the United States, a standard alcoholic drink is defined as:
    - 12 ounces of beer
    - 5 ounces of table wine
    - 1.5 ounces of 80 proof spirits

What Is a Standard Drink?

12 fl oz of regular beer	=	5 fl oz of table wine	=	1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)
about 5% alcohol		about 12% alcohol		about 40% alcohol

Standard Alcoholic Drink

- **Typical Containers**
  - 750 milliliters of wine = 5 drinks
  - 750 milliliters of spirits = 18 drinks
  - 1 liter of spirits = 24 drinks

This is around one Standard Drink

Half pint (330ml) of beer at 4% alc

100ml glass of wine at 12.5% alc

A single 30ml measure of spirits

NOTE: how one Standard Drink is compared to a typical serving below

...and each of these is more than one Standard Drink

2.4 — 600ml pint of beer 5% alc

1.3 — 335ml bottle of RTD spirit or beer 5% alc

1.4 — 440ml can of beer 4% alc

1.7 — 440ml can of beer 5% alc

1.7 — 175ml glass of wine 12.5% alc

8.0 — 750ml bottle of wine 13.5% alc
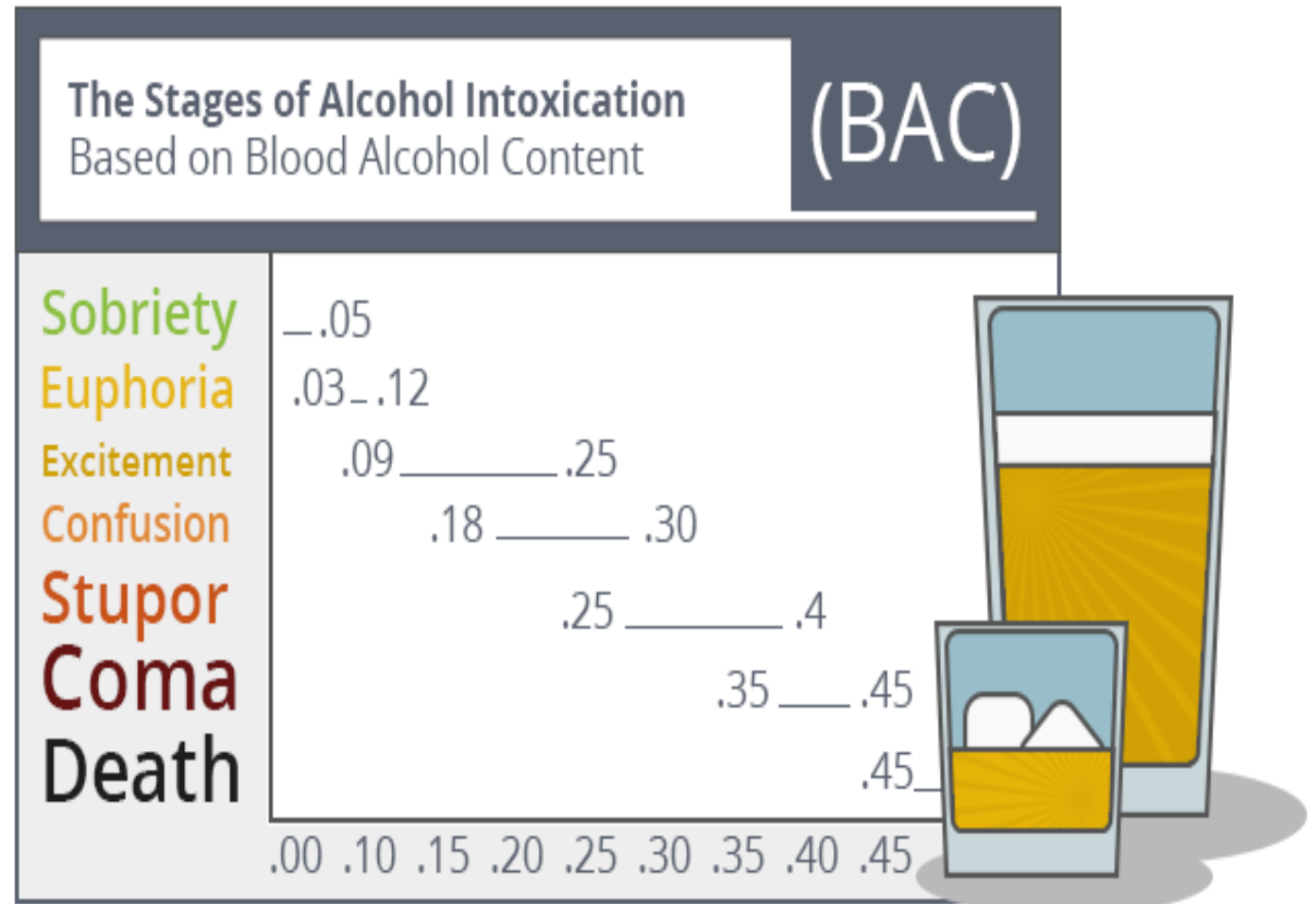
What is binge drinking?

- Binge drinking defined:
  - for men - 5 (or more) drinks in 2 hours.
  - for women - 4 (or more) drinks in 2 hours.
- If you consume alcohol, practice low risk drinking!
  - Guidelines provided by the National Institutes of Health (NIH)
    - For men:
      - Don't consume more than 4 drinks on any day
      - Don't consume more than 14 drinks in 7 days
    - For women:
      - Don't consume more than 3 drinks on any day
      - Don't consume more than 7 drinks in 7 days
- But… the healthiest choice is to refrain from drinking

Who should not drink any alcohol?

- Those younger than age 21.

- Pregnant (or may be pregnant) women

- Those who are driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

- Those taking certain prescription or over-the-counter medications that can interact with alcohol.

- Those suffering from certain medical conditions.

- Recovering alcoholics

Blood Alcohol Content

- The legal limit in the U.S. for Blood Alcohol Content (BAC) is 0.08%. A BAC of 0.08% means that an individual's blood supply consists of one part alcohol for every 800 parts blood.


The Stages of Alcohol Intoxication
Based on Blood Alcohol Content (BAC)

Sobriety — .05
Euphoria .03 – .12
Excitement .09 _____ .25
Confusion .18 _____ .30
Stupor .25 _____ .4
Coma .35 ___ .45
Death .45 _

.00 .10 .15 .20 .25 .30 .35 .40 .45

Alcohol = Carcinogen

- Alcohol is classified as a known human carcinogen

- Studies have shown an association between alcohol consumption and increased risk of many types of cancer: melanoma, prostate cancer, pancreatic cancer, liver cancer, esophageal cancer, head and neck cancer, breast cancer, and colorectal cancer.

- Epidemiologic research suggests that people who use both alcohol and tobacco have much higher risks of developing certain types of cancers.
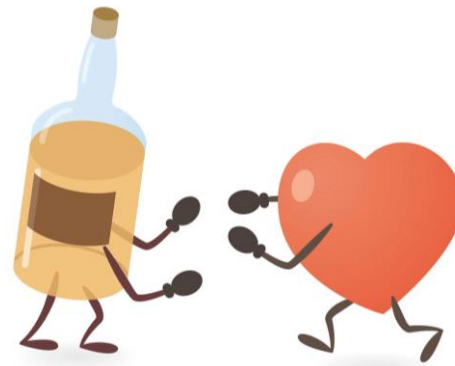
Alcohol and Mental Health

- While the effects of alcohol can sometimes have a short-term positive impact on our mood, in the long term it can cause problems for mental health.

- Alcohol is a depressant. It can disrupt our brain's chemical balance, affecting our thoughts, feelings and actions – and often our long-term mental health.

- Drinking alcohol is linked to a range of mental health issues from depression and memory loss, to suicide.

Short-Term & Long-Term Effects
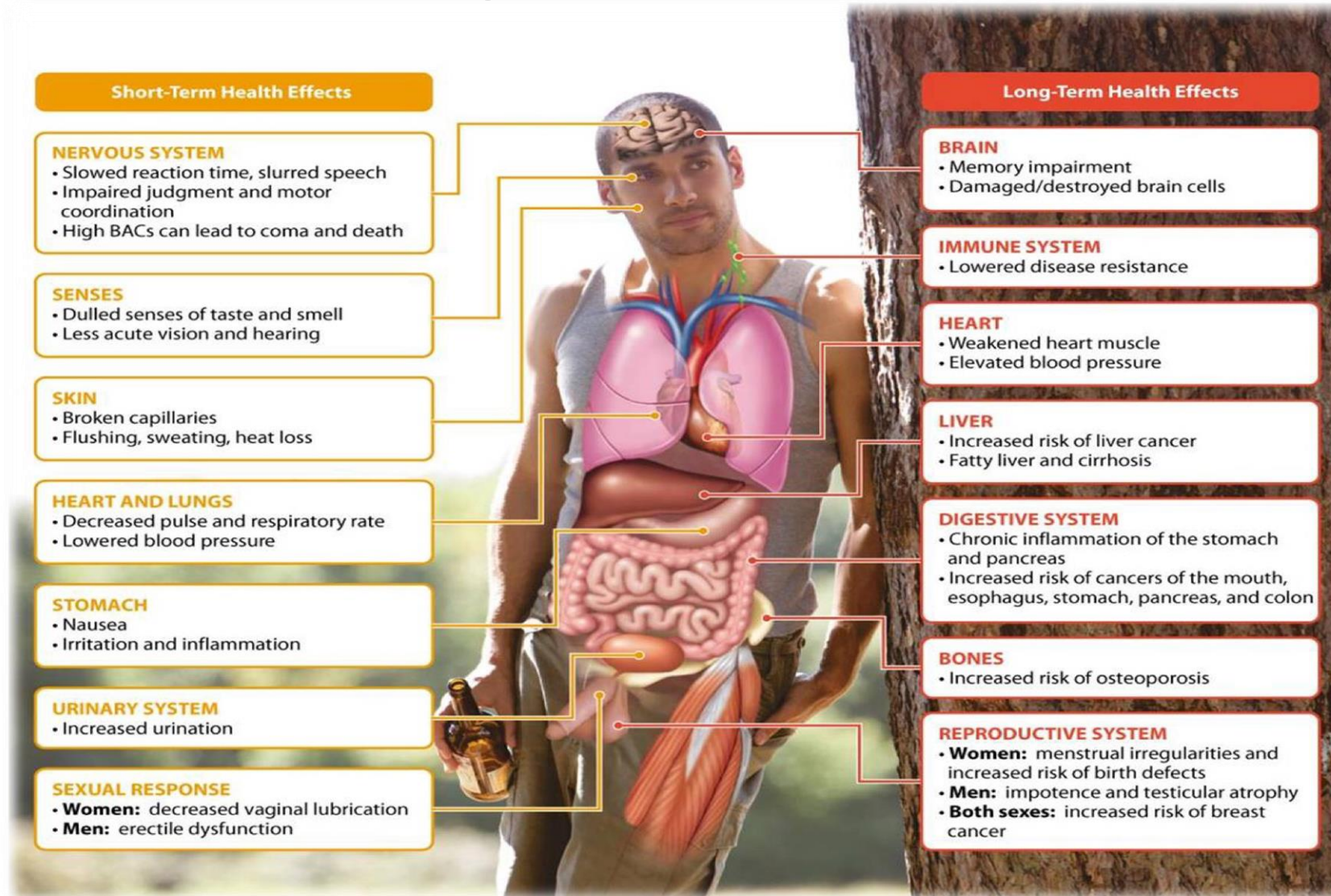
Health Effects
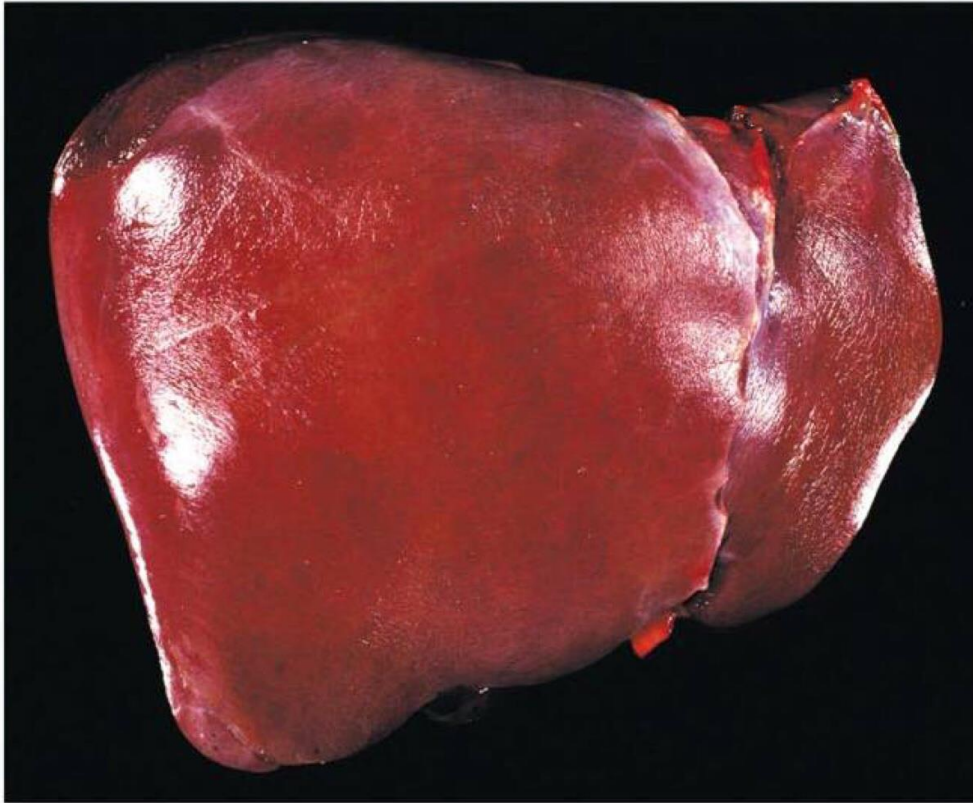
ⓐ A normal liver

ⓑ A liver with cirrhosis

Cirrhosis: Scarring/disease of the liver frequently caused by excessive alcohol consumption
Number of adults in the U.S. with diagnosed liver disease or cirrhosis: 4.5 million
Number of deaths: 41,743

Alternatives to alcohol as a coping mechanism

TRANSFORM

- Different treatments work for different
  - Counseling – individual, group, over the ph
  - Medication
  - Combination of counseling + medication
- Often times people consume alcohol in an attempt to unwind after a long/hard day, to drown sorrow, or to deal with stress and difficult emotions.
- Instead of turning to alcohol as a means of coping with life's challenges, try other activities!
  - Mindful breathing, Meditation, Exercise, Repeat positive affirmations, Journaling
  - Channel energy into helping others, Seek support from friends and/or family
  - Seek professional help
- Alcohol functions to slow down the central nervous system, creating feelings of relaxation. However, it also reduces inhibition, judgment, and memory. There are much healthier ways to deal with stress than by drinking!
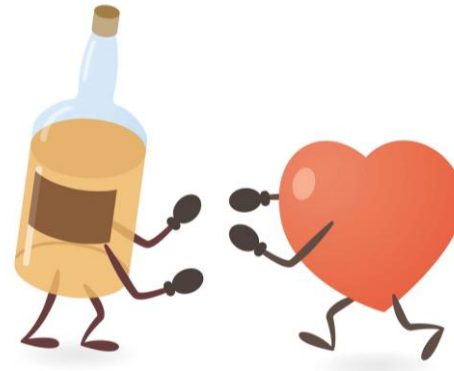
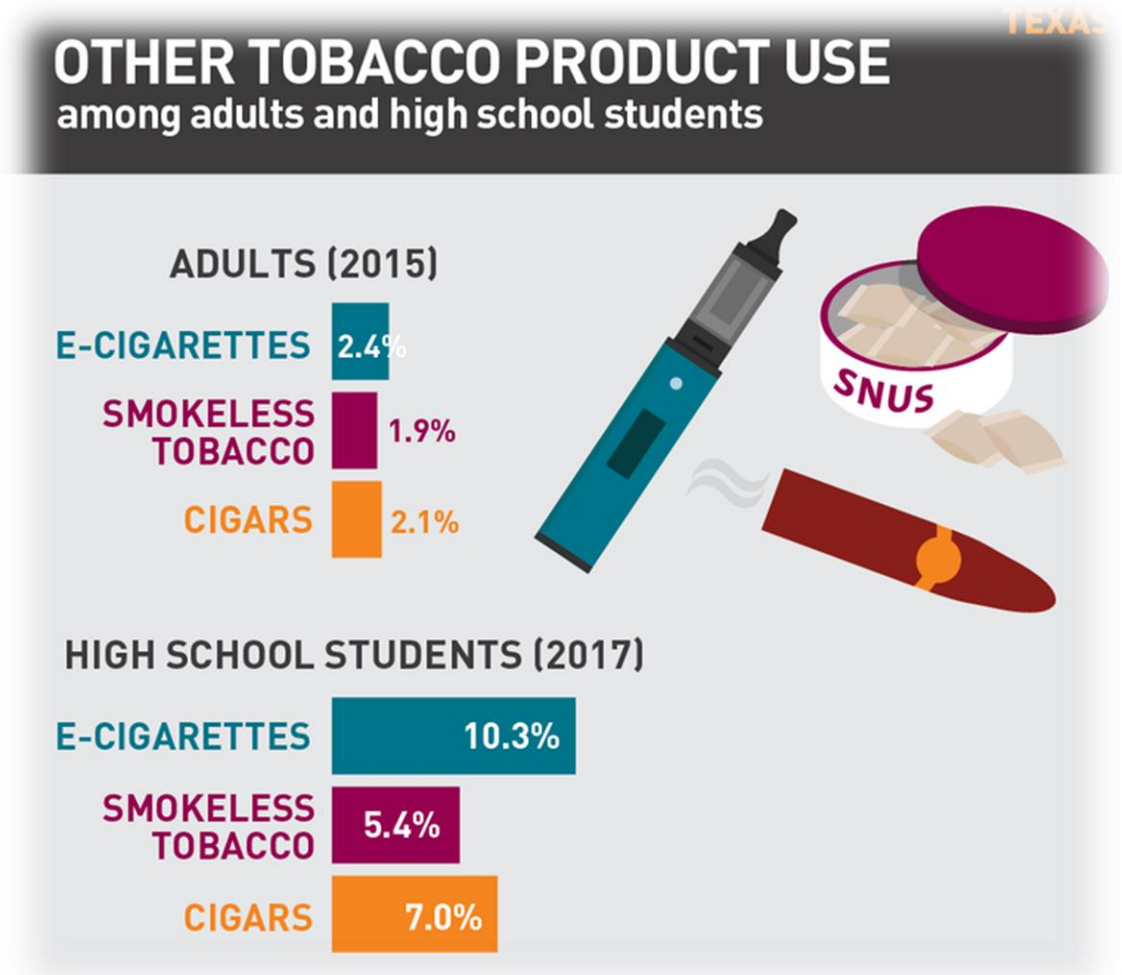Tobacco

Tobacco Use in the U.S.

- Leading cause of preventable death in the US
- Nearly 500,000 Americans die annually due to tobacco-related diseases
  - Approximately 36% are from cancer, 39% from heart disease stroke, 24% from lung disease
- 16 million suffer from tobacco-related health disorders
- About half of all regular smokers die of smoking-related diseases

Smoking Statistics

- Smoking causes more deaths each year than the following causes combined:
  - Human immunodeficiency virus (HIV)
  - Illegal drug use
  - Alcohol use
  - Motor vehicle injuries
  - Firearm-related incidents
- Estimates show smoking increases the risk:
  - For coronary heart disease by 2 to 4 times[1,6]
  - For stroke by 2 to 4 times[1]
  - Of men developing lung cancer by 25 times[1]
  - Of women developing lung cancer by 25.7 times[1]

Smoking Statistics

- All forms of tobacco are harmful and addictive. There is no such thing as a safe tobacco product.

OTHER TOBACCO PRODUCT USE
among adults and high school students

TEXAS

ADULTS (2015)

E-CIGARETTES 2.4%

SMOKELESS TOBACCO 1.9%

CIGARS 2.1%

HIGH SCHOOL STUDENTS (2017)

E-CIGARETTES 10.3%

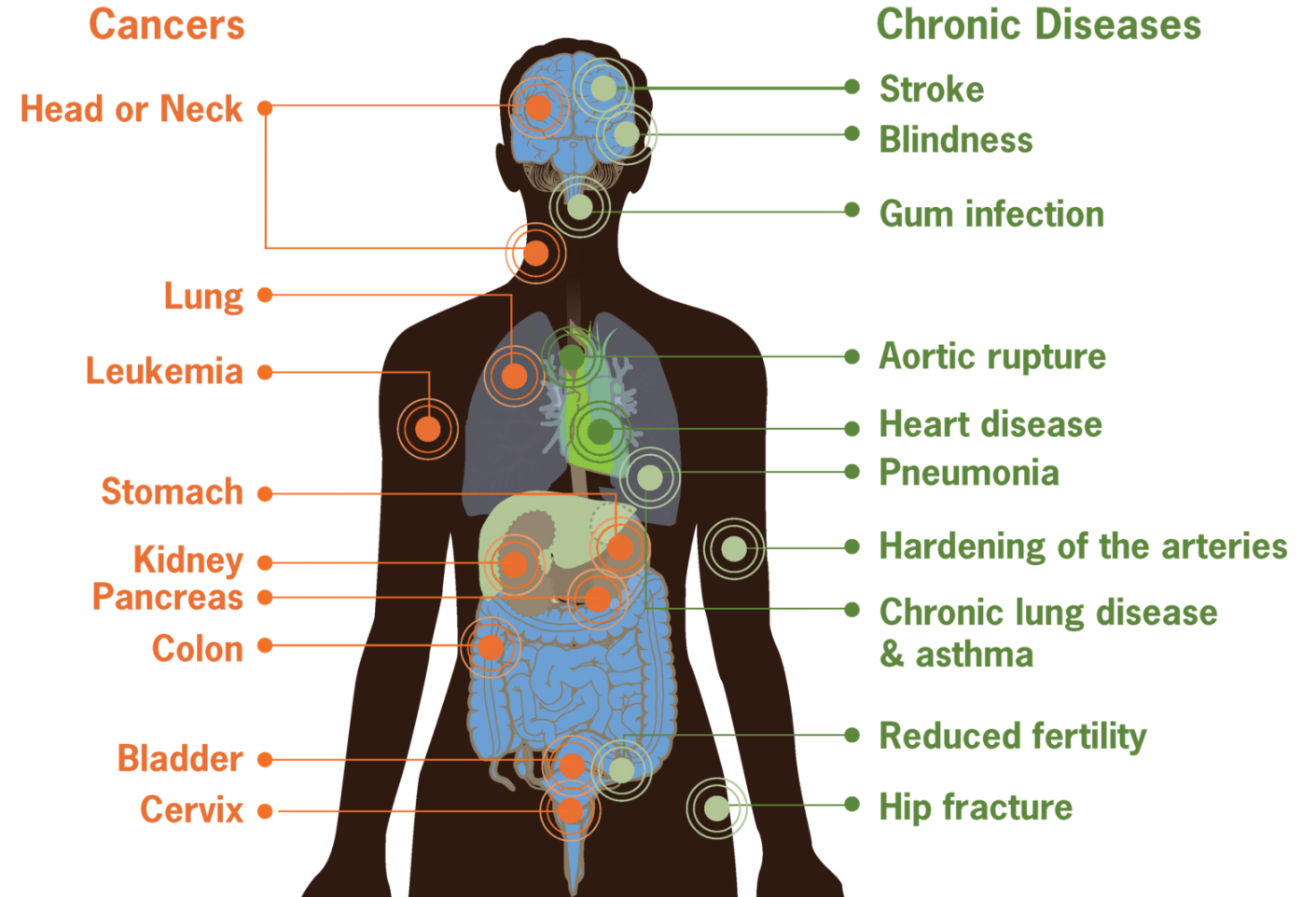SMOKELESS TOBACCO 5.4%

CIGARS 7.0%
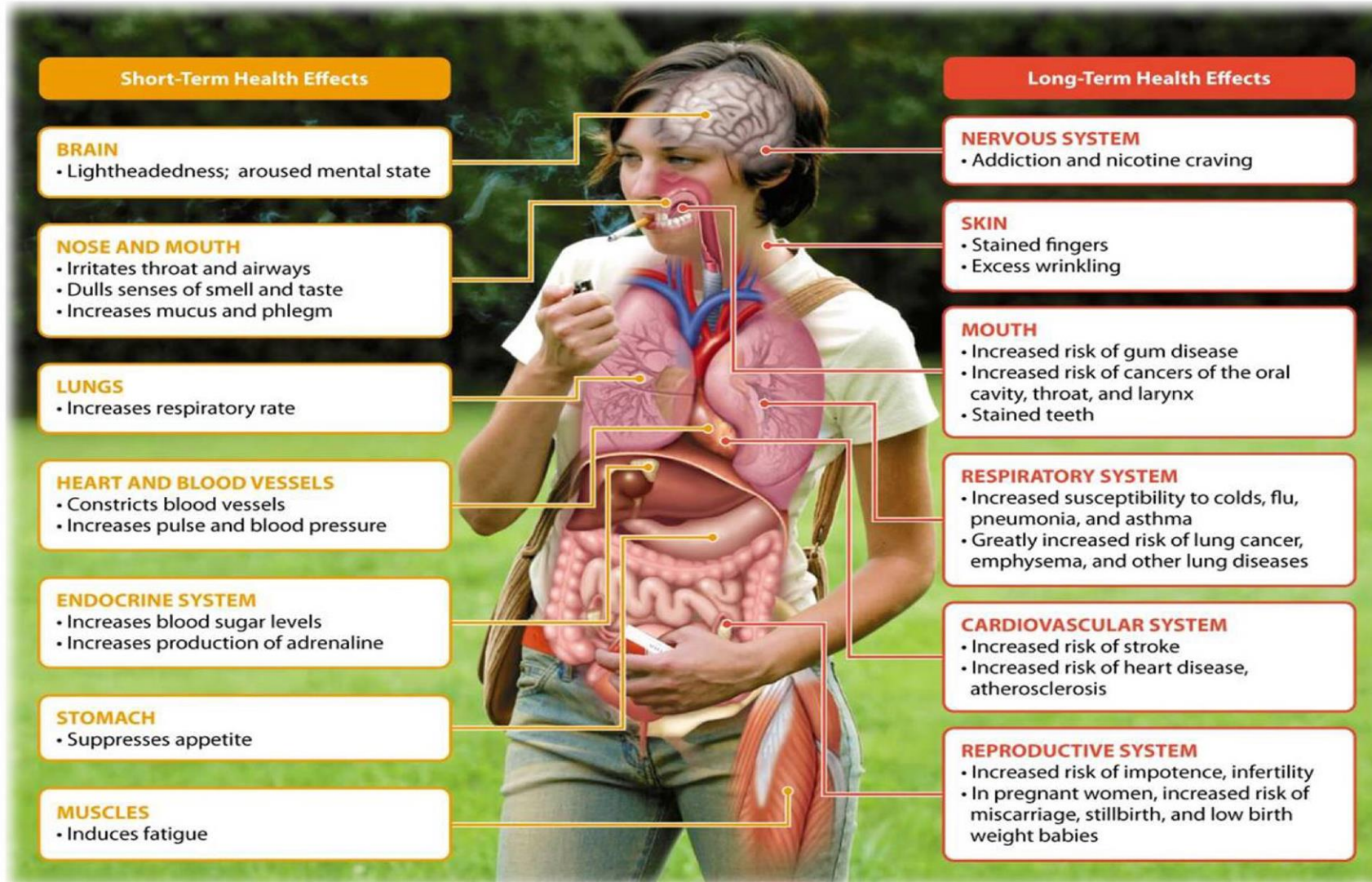
SNUS

Tobacco = Carcinogen

- Tobacco smoke is made of thousands of chemicals. Over 70 of these chemicals are known carcinogens

- Secondhand smoke is also classified as a carcinogen
  - Approximately 7,300 lung cancer deaths occur each year among adult nonsmokers in the United States as a result of exposure to secondhand smoke

- Smoking can cause many different types of cancers, such as cancer of the lung, esophagus, larynx, mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum.

- Cancer patients can greatly improve their prognosis by quitting smoking. Quitting will lower the risk of dying, developing complications that arise, and recurring cancers. It also will help the body respond better to treatments.

Risks from Smoking

- Smoking can detrimentally affect almost every organ of the body.

TRANSFORM

Cancers

- Head or Neck
- Lung
- Leukemia
- Stomach
- Kidney
- Pancreas
- Colon
- Bladder
- Cervix

Chronic Diseases

- Stroke
- Blindness
- Gum infection
- Aortic rupture
- Heart disease
- Pneumonia
- Hardening of the arteries
- Chronic lung disease & asthma
- Reduced fertility
- Hip fracture

Short-Term & Long-Term Effects

To smoke or not to smoke?

a A healthy lung

b A smoker's lung permeated with deposits of tar

Treatment

- Different treatments work for different people!
  - Counseling – individual, group, over the phone
  - Medication
  - Combination of counseling + medication
- Similarly to alcohol, some turn to tobacco use to cope with life's challenges.
- Instead of turning to tobacco as a means of coping with life's challenges, try other activities!
  - Mindful breathing
  - Meditation
  - Exercise
  - Repeat positive affirmations
  - Journaling
  - Channel energy into helping others
  - Seek support from friends and/or family
  - Seek professional help

Benefits of Quitting

- Heart rate and blood pressure begin to return to normal
- Within a few hours of quitting, the level of carbon monoxide (which reduces the blood's ability to carry oxygen) in the blood begins to decline.
- Improved circulation
- Improved lung function
- Lower risks of cancer, heart disease, and other chronic diseases
- Regardless of their age, people who quit smoking have substantial gains in life expectancy, compared with those who continue to smoke.
  - Smokers who quit before age 40 reduce their chance of dying prematurely from smoking-related diseases by about 90%, and those who quit by age 45-54 reduce their chance of dying prematurely by about 67%.

Avoid Toxic Substances

- The overconsumption of alcohol increases the risk of many chronic diseases and even death.

- Tobacco use in the United States has led the death of nearly 500,000 Americans annually due to tobacco-related diseases.

- Limiting or avoiding toxic substances such as alcohol and tobacco can significantly improve your health and minimize the risk of preventable health complications.

- Take steps towards making progress...