



News you can use...from your EAP

Recommendations for an alcohol-safe holiday season

The holiday season is filled with fun, friends, family and festivity. It is also a time of holiday celebrations, and alcohol consumption tends to increase significantly. According to the American Psychiatric Association (APA), 60% of males and 30% of females in the U.S. have had one or more alcohol-related adverse life events. The APA offers the following recommendations for an alcohol-safe holiday season.

Tips for holiday alcohol consumption

-- **Pregnant women or women trying to get pregnant** should not drink alcohol at all. Alcohol consumption interferes with growth and development of the fetus, causing reduced birth weight, birth defects, learning and behavior disorders, and newborn distress.

-- **Do not drink and drive, use heavy machinery, or combine with other medications.** Alcohol impairs the ability to react, causes drowsiness, and affects judgment. The National Highway Traffic Safety Administration reports that about 3 in 10 Americans will be involved in an alcohol-related car accident at some time in their lives. Never drive after you've been drinking...even after one drink. If you must drive, wait at least an hour before driving for each drink you've had (equivalent to one beer or one ounce of whiskey).

People with a family history of alcoholism, or prior history of alcohol abuse, are at increased risk of alcoholism. People in recovery from an alcohol-related disorder should not drink. More than one-half of adult Americans have direct family experience with alcohol problems, which cost Americans more than 100,000 lives each year. For individuals in recovery from alcohol abuse or dependence, small amounts of alcohol typically lead to relapse. People who are younger than the legal drinking age should not consume alcohol.

“But I thought alcohol was good for my heart?” While there is evidence that moderate amounts of alcohol (no more than two standard drinks in a day for a man or one for a woman) may cause a reduction of risk in developing coronary heart disease in some people, other variables – age, gender, health status and other medications consumed – can influence alcohol's effect on an individual.

Your EAP is here to help

Your EAP is always available to help you or your immediate family members with any type of personal, family or work-related concern. To utilize counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com