

Prevention Professionals of Northern Middlesex



April 9, 2021

April is **Alcohol Awareness Month** with steps towards a more social life once our COVID response continues to be defined; it may be time to think about alcohol consumption. How has it effected your (or someone you love) overall health and wellness. Has being isolated changed the way you and yours drink? Think about it, the more we know the safer we can be!

Rethinking Drinking!

<https://www.rethinkingdrinking.niaaa.nih.gov/>

It's important to be aware of how much you are drinking, the harm that drinking can cause, and ways to reduce your risks. Alcohol and your health!

What are the Risks?

https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-The-Risks.aspx?utm_source=facebook&utm_medium=social&utm_campaign=apr-2021&fbclid=IwAR2jKFrNSSERH6zJr1Qi7CfDn0Kw01hyfvsoDIAY3f_0LkiS4xXCHBTpb-c

Drinking alcohol comes with risks, including alcohol-related health issues. Research has shown that alcohol misuse increases the risk of liver disease cardiovascular diseases, depression, and stomach bleeding. Learn more about the risks associated with alcohol consumption:

How do I Reduce the Risks?

<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/How-Can-You-Reduce-Your-Risks.aspx>

When it comes to reducing risky drinking the sooner the better. Taking a hard and honest look at your drinking patterns and the patterns of the people around you is the first step. Then what?

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
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Chelmsford—Amanda Glaser
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Alcohol and You, and Interactive Body!

<https://www.collegedrinkingprevention.gov/SpecialFeatures/interactiveBody.aspx>

early every organ system of our body is affected by alcohol. For individuals ages 18 and older, even a serving or two of alcohol per day can increase the risk of certain cancers, and drinking heavily over the years can cause irreversible damage to virtually every organ. Alcohol can also impact brain development. Fortunately, diseases caused by alcohol misuse can be prevented by reducing—or, even better—stopping drinking alcohol. Click on one of the organs in the interactive body to find out more!

College Drinking and Myths!

https://www.collegedrinkingprevention.gov/SpecialFeatures/alcoholmyths.aspx?utm_source=facebook&utm_medium=social&utm_campaign=apr-2021&fbclid=IwAR3H2zX9mwXI9IA-cnz4nakAOWSPjMgM48pDUsa_6ZoUtbdUqAwBfOTmsAI

Think college drinking is a rite-of-passage and is safe? Everyone did it right? Here are 7 myths about how our kids think and react to alcohol at a time in his or her life when risk taken is an art form.

Understanding Substance Use Disorder!

https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder?utm_source=facebook&utm_medium=social&utm_campaign=apr-2021&fbclid=IwAR1EtTOHCFkNpPS8B-DFb3Dxt68EgxeXI4rh5ALbJkBduRbisZfgZOtosA4

Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It encompasses the conditions that some people refer to as alcohol abuse, alcohol dependence, alcohol addiction, and the colloquial term, alcoholism.

Why do Women Face Higher Risks!

[https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Health-Risks-](https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Health-Risks-Women.aspx?utm_source=facebook&utm_medium=social&utm_campaign=mar-2021&fbclid=IwAR2tNznrIeQcS8_PoTd-7-PLVDu0pVMncRZ4OdxQkLHCum3xO2UjufoNaNk)

[Women.aspx?utm_source=facebook&utm_medium=social&utm_campaign=mar-2021&fbclid=IwAR2tNznrIeQcS8_PoTd-7-PLVDu0pVMncRZ4OdxQkLHCum3xO2UjufoNaNk](https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Health-Risks-Women.aspx?utm_source=facebook&utm_medium=social&utm_campaign=mar-2021&fbclid=IwAR2tNznrIeQcS8_PoTd-7-PLVDu0pVMncRZ4OdxQkLHCum3xO2UjufoNaNk)

We can do it all ladies including facing a higher risk to SUD and the consequences of too much alcohol consumption or using it as a coping skill. Studies show that women start to have alcohol-related problems sooner and at lower drinking levels than men do and for multiple reasons. On average, women weigh less than men. Also, alcohol resides predominantly in body water, and pound for pound, women have less water in their bodies than men.

Carrying Narcan saves lives!

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Call Maria Ruggiero 978-640-4385 Ext 352.

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