

# Facts About Alcohol



## ***Is alcohol a drug?***

Yes. It is a sedative that depresses your normal body functions.



## ***What are the effects of drinking alcohol?***

Alcohol tends to calm most people down, but in some people even a small amount can reduce self-control and lead to loud, aggressive actions. As a general rule, the more alcohol a person drinks, the more harmful it is to the mind and body. Alcohol can hurt your vision, memory, muscular coordination, and ability to make decisions. Drinking a large amount of alcohol at one time can cause a person to pass out, have trouble breathing, go into a coma and even die. Heavy drinking for many years can damage the heart, liver and brain and also cause death.

## ***What is social drinking?***

Social drinking is defined as no more than one standard drink an hour and no more than three drinks a day, but not every day. Examples of a standard drink include a 12-oz. beer, a 5-oz. glass of wine and 1-oz. of 100 proof liquor.

## ***Is social drinking dangerous?***

Drinking can hurt everyone to some degree. This is especially true when you are pregnant, abusing drugs, taking

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medicine, under the age of 21, or operating a vehicle, boat or airplane. In fact, as few as one or two drinks can reduce a driver's ability to drive well and result in a crash. Almost 50% of all auto deaths are alcohol related.

## ***Is alcohol addictive?***

Yes. Dependency occurs when alcohol is always used to escape life's problems and stresses, when the drinker's body needs alcohol to function and when more and more alcohol is needed to achieve the same effect.

## ***What is alcoholism?***

Alcoholism is a disease that affects all ages. In general, people are said to have a problem with alcohol or be alcoholic when they can't control their drinking and when their drinking has a bad impact on their physical or mental health, families, friends, jobs and finances.

## ***Can alcohol cause death?***

Yes. Long-term, heavy drinking can cause fatal illnesses such as heart and liver disease. Death can also result from alcohol-related injuries, an alcohol/drug overdose, and failure to breathe caused by drinking too much alcohol at once.

**If you need help, contact a care manager, your nearest network provider or call ValueOptions of Kansas at:**

**1-866-645-8216**

<http://www.valueoptions.com/kansas>



## **Resources:**

### **U.S. Department of Health & Human Services**

#### **National Institutes of Health**

301-496-4000

TTY 301-402-9612

[NIHinfo@od.nih.gov](mailto:NIHinfo@od.nih.gov)

Contáctenos en Español

<http://www.nih.gov/health/infoline.htm>

toll-free health lines

[http://health.nih.gov/search.asp?category\\_id=21&terms=substance%20abuse&pagetrack=search](http://health.nih.gov/search.asp?category_id=21&terms=substance%20abuse&pagetrack=search)

### **National Institute on Drug Abuse**

<http://www.nida.nih.gov/NIDAHome.html>

### **Kansas SRS**

#### **(Social and Rehabilitation Services)**

Alcohol and Drug Abuse Services

**1-800-586-3690**

24 hours a day

<http://www.srskansas.org/hcp/AAPSPublicHome.htm>

For more information on  
Prevention, Education and Outreach, or  
for benefit information, call:

**1-866-645-8216**

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