

CONTROL YOUR WEIGHT



January 2010

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Healthy Weight Week is in January. Being overweight increases your risk for high blood pressure, high blood cholesterol, heart disease, stroke, diabetes, certain types of cancer, arthritis, and breathing problems.

Taking in more calories than you use up is like using a credit card and not paying off the balance. With excess calories, the “interest” is in the form of body fat! The more it collects, the harder it is to pay off. To tip the scales in your favor:

- Take in fewer calories than you use up.
- Expend more energy in activity.
- Eat less *and* exercise more.

Control Portion Sizes

3 oz. meat = size of a computer mouse



1/2 cup rice, pasta, etc. = size of a tennis ball



1 cup cereal = size of two hands, cupped



1 oz. cheese = size of a domino



1 Tbsp. salad dressing or peanut butter = size of one thumb



Ways to Control Your Weight

- » Choose healthy foods for your calories. These include: Whole-grains; fruits; vegetables; nonfat and low-fat dairy foods; and lean meat, fish, and poultry.
- » Limit fat and foods with fat.
- » Read food labels to guide your choices.
- » Choose water and unsweetened beverages over sweetened ones.
- » Limit alcohol.
- » Find out how many servings of foods to eat to meet your calorie needs from www.mypyramid.gov and www.mypyramid.gov/kids.
- » Talk to your health care provider about eating and physical activity plans that are right for you.
- » Follow healthy eating behaviors:
 - Eat at regular times.
 - Eat slowly. Take at least 20 minutes to eat.
 - Eat when you are truly hungry, not as a response to emotions.



Get More Information from:
Weight-control Information Network (WIN)
www.niddk.nih.gov

BE PHYSICALLY ACTIVE



February 2010

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February is American Heart Health Awareness Month. Physical activity is good for your heart. It helps control blood pressure, manage weight, and raise HDL (good) cholesterol. It also helps build healthy bones, muscles, and joints and lowers your risk for type 2 diabetes and colon cancer. Physical activity increases fitness and helps you look and feel better.

Physical Activity Guidelines

Each week, adults should do at least 2 hours and 30 minutes of moderate-intensity (or 1 hour and 15 minutes of vigorous-intensity) physical activity. Additional physical activity may be needed to lose weight and prevent weight gain. Children and teens should do at least 60 minutes of physical activity every day. Start slowly. Build up gradually. This gives your body time to adjust to exercise. It also helps you avoid soreness and injury.

Target Heart Rate

Age Beats Per 10 Seconds

20	20 to 27
25	19 to 26
30	19 to 25
35	18 to 25
40	18 to 24
45	17 to 23
50	17 to 23
55	16 to 22
60	16 to 21
65+	15 to 20

This is the heart rate you should aim for during the aerobic phase of your activity.

Three Steps of Aerobic Exercises

Aerobic exercise improves heart and lung function. It uses large muscles of the lower body (the legs and buttocks). Walking, swimming, jumping rope, and jogging are types of aerobic exercise.

- 1. Warm Up.** Spend 5 to 10 minutes stretching or doing the aerobic activity at a slower pace.
- 2. Aerobic Activity.** To be aerobic, the activity you choose should:
 - Be steady and nonstop.
 - Last a minimum of 20 minutes. You can start out for shorter periods of time, many times a day. For example, start with 5 minutes, 4 times a day. Try to do more minutes each time.
 - Allow you to speak without gasping for breath.
 - Result in your target heart rate. See Target Heart Rate above.
- 3. Cool Down.** Cool down slowly. Choose a slower pace of the activity you were doing. For example, if you were walking briskly, walk slowly. Or, stretch for about 5 minutes.



Get More Information from:

U.S. Department of Health & Human Services
www.health.gov/paguidelines

EAT FOR GOOD HEALTH

March 2010

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March is Nutrition Awareness Month. Healthy eating means getting enough (but not too much) of the nutrients you need for good health. These are protein, carbohydrates, fat, vitamins, and minerals.

Use My Pyramid - Steps to a Healthier You

To find out about this, call 888.7.PYRAMID (779.7264) or go to www.mypyramid.gov. In the "MyPyramid Plan" box, fill in your age, sex, and physical activity level. At this site you will learn:

- » How many calories you should eat each day.
- » How much to eat from food groups to meet your calorie needs. Serving sizes are given in common measures.
- » How to keep track of the foods and beverages you eat and drink and the activities you do.
- » Tips for physical activity, eating out, a sample menu, and more.

Keep Foods Safe to Eat

- » Separate raw, cooked, and ready-to-eat foods when you shop, prepare, or store them.
- » Wash your hands and food prep surfaces and utensils before and after preparing food.
- » Cook and keep foods at safe temperatures.
- » Keep hot foods higher than 140°F and cold foods at 40°F or below. Do not eat these foods when kept for more than 2 hours between 40°F and 140°F.

Healthy Eating Choices

Strive for 5-7 or more fruits and vegetables daily. Choose ones of different colors to get a variety of vitamins, minerals, and healthy plant chemicals.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

- » Read food labels.
 - Choose foods low in calories, total fat, and saturated fat.
 - Strictly limit foods with *trans* fats.
 - Look at the nutrients per serving and Percent Daily Value (%DV). In general, 5% DV or less is low in a nutrient; 20% or more is high in a nutrient. Look for foods that give dietary fiber; vitamins A and C; calcium; and iron.
- » Choose and prepare foods and beverages with little added sugars and caloric sweeteners.
- » Choose and prepare foods with less salt and sodium. Try to limit sodium intake to less than 2,300 mg. per day.
- » Choose water, unsweetened beverages, and nonfat milk over beverages high in sugars, such as soft drinks and fruitades.
- » If you drink alcohol, do so in moderation. This means no more than 2 drinks a day for men; no more than 1 drink a day for women and persons age 65 years and older.

Get More Information from:
Healthier US.Gov
www.healthierus.gov/dietaryguidelines

MANAGE STRESS

April 2010

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April is Stress Awareness Month. Stress is the body's response to changes and increased demands. Left unchecked, stress can lead to or worsen health problems.

Emotional Symptoms of Stress

- » Excessive worry, anxiety, or nervousness
- » Crying spells
- » Feeling of hopelessness
- » Sleep problems
- » Withdrawal from friends, coworkers, and relatives
- » Anger outbursts
- » Seek professional help if you have one or more of these problems caused by stress.

Physical Symptoms of Stress

- » Breathing and heart rate speed up.
- » Muscles tense.
- » Sweating occurs.
- » Heartburn
- » Back or neck pain
- » Headaches

Ways to Manage Stress

Do Stress Rehearsals

1. Write or state what you want to happen in the present tense.
2. Take a deep, relaxing breath. Create a picture of the event in detail (what you see, feel, smell, hear, and touch).
3. Picture the results you desire.
4. Pair positive emotions like joy or pride with your created, desired image.

- » Maintain good health habits. Eat healthy. Get enough sleep.
- » Do regular exercise for physical fitness and emotional well-being.
- » Don't let your emotions get "bottled up." Share your feelings.
- » Set goals you can achieve.
- » Manage your time. Rank order tasks you need to do.
- » Avoid unnecessary arguments.
- » Minimize your exposure to things that cause distress.
- » Practice a relaxation technique daily.
- » Spend time helping others.
- » Balance work, family, and personal life.
- » Do activities you enjoy and look forward to. Discover the "elf" in yourself. Learn to have fun and laugh.
- » Accept the things you cannot change in yourself or others.
- » Forgive yourself for mistakes.
- » Be satisfied with what you have done. Don't dwell on what you can't do.
- » Develop and maintain a positive attitude.
- » Surround yourself with cheerful people. Avoid stress-carriers.



Get More Information from:

The National Institute for Occupational Safety and Health
800.CDC.INFO (232.4636) • www.cdc.gov/niosh/topics/stress

HEALTHY SLEEP HABITS

May 2010

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May is Better Sleep Month. Getting enough, quality sleep is as vital to good health and long life as are healthy eating and regular exercise.

After experiencing a traumatic event, it is not unusual to have sleep problems for several weeks. Once you fall asleep, you may have bad dreams related to the event. Mood also affects sleep patterns. When you're depressed, it's harder to get a good night's sleep. To promote sleep, follow the treatment plan from your health care provider. Take medicines as advised.

Tips to Help Get a Good Night's Sleep

Check with your health care provider before you take over-the-counter medicines or supplements that promote sleep. If insomnia lasts for three weeks or longer, see him or her.

- » As soon as you wake up, get exposure to bright light.
- » If you nap, do so for less than 1 hour and before 3:00 p.m.
- » Do regular exercise daily, but not within a few hours of bedtime.
- » Follow a regular daily schedule for meals and snacks. Choose larger meals at breakfast and lunch than at dinner.
- » Avoid caffeine for 8 hours before bed. Limit it to 300 mgs. a day.
- » Don't smoke or use other tobacco products. Avoid secondhand smoke.
- » Limit alcohol to 1 drink with or after dinner. Ask your health care provider if you should have any alcohol with medications you take.
- » Dim the lights in the house 1-2 hours before you go to bed.
- » Do relaxation exercises, such as yoga and deep breathing.
- » Have a light bedtime snack.
- » Before bedtime, take a warm bath or read a book. Avoid things that hold your attention, such as watching a suspense movie.
- » Follow a bedtime routine. Use your bed for sleep and sexual activity.
- » Keep your bedroom quiet, dark, and comfortable.
- » Listen to recordings that help promote sleep or try using a low rhythmic sound, such as a fan set on low.
- » If you wake up in the middle of the night and can't get back to sleep or can't fall asleep in the first place, get out of bed. Read a relaxing book or sit quietly in the dark. In about 20 minutes, go back to bed. Do this as many times as needed.

Get More Information from:
National Sleep Foundation
www.sleepfoundation.org

HOME SAFETY CHECKLIST

June 2010

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June is Home Safety Awareness Month. Home and recreation-related injuries account for about one-third of all injury-related emergency department visits. Injuries at home and at play can be prevented.

Light the Way!

- » Keep flashlights handy.
- » Have extra batteries, too.
- » Use night lights.
- » Keep stair areas well lit.

Bathroom Safety Tips

- » Supervise young children.
- » Use safety mats or nonskid tape in your tub and shower.
- » Install grab bars in the shower, tub, and next to the toilet.
- » If you use a shower bench, use one with rubber tips on its legs.
- » Before getting in the tub, test the bath water. Make sure it is not too hot.

Home Safety Checklist

Monitor your medication use. Let your doctor know if medication(s) affect your vision, balance, etc. If prescribed sedatives or tranquilizers, be careful when you take them. They can increase the risk of falls.



- » Use a peephole in the front door.
- » If you live alone, arrange for daily contact with a neighbor or relative.
- » Clearly post emergency numbers. Teach children how to call 9-1-1 for help.
- » Stock first-aid supplies. In case of accidental poisoning, call the Poison Control Center (800.222.1222) for advice.
- » Install smoke alarms and a carbon monoxide detector. Check them every 6 months. Keep a fire extinguisher handy.
- » If you use a space heater, make sure it has an emergency shut off.
- » Plan an escape route in case of fire. Practice it with all household members every couple of months.
- » Have snow and icy patches cleared from the sidewalk and steps.
- » Be careful (or stay home) if it is icy or slippery outside.
- » Don't get up too quickly after lying down, resting, or eating a meal. Low blood pressure can cause dizziness.
- » Wear nonslip, snug-fitting shoes and slippers.
- » Use a cane or walker, if you need to.
- » Install handrails on both sides of the stairs. Keep clutter off stairs.
- » Arrange furniture so there is a clear path for walking. Test if furniture is sturdy enough to lean on.
- » Use a step stool with a safety rail.
- » Be alert to spills or wet floors.
- » To pick up things, bend at your knees and keep your back straight.

Get More Information from:

Home Safety Council

202.330.4900 • www.homesafetycouncil.org

HEALTHY TRAVEL CHECKLIST

July 2010

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Are you planning to fly in July? Whether you travel for work or for pleasure, plan for your safety.

Walk at night with others and in well-lit, safe areas. Ask hotel staff for advice. Also, do not look like a tourist.

Wear plain clothes and little, if any, jewelry.

Before You Go

- » Find out about health concerns where you are going and if immunizations are needed.
- » Carry all needed prescriptions (in their original containers) and supplies with you. Get a letter from your doctor, for taking a controlled substance, injectable medicines, notice for having a pacemaker, artificial joint, etc.
- » Find out what your health insurance plan covers and if you need extra insurance.
- » Arrange for any special needs.

Tips for Air Travel

- » To reduce the risk for blood clots in the legs, extend your feet and flex your ankles several times while sitting. Get up and walk every hour or so.
- » To avoid ear pain, chew gum, suck on hard candy, or yawn during take-offs and landings.
- » Before and during the flight, drink water, not alcoholic or caffeinated beverages.

For Motion Sickness

*Before you travel,
talk to your doctor.
Find out if you need
to adjust medicine
dosages and activity
schedules.*

- » Get plenty of rest before the trip.
- » Take an OTC medication, such as Dramamine® 30 minutes before travel begins.
- » If traveling by airplane, request a seat over a wing. Open the overhead vents and direct air at your face.
- » On a cruise ship, get a cabin near the middle and close to the waterline. Spend as much time as you can on deck in the fresh air.
- » When traveling by car or train, gaze straight ahead, not to the side.
- » If you feel sick, breathe slowly and deeply. Avoid smoke and food odors. Eat crackers.

To Help Prevent Jet Lag

- » Three nights before you leave, change your bedtime. If traveling east, go to bed 1 hour earlier for each time zone you cross; if traveling west, go to bed 1 hour later for each time zone.
- » Once on the plane, change your watch and activity to match the time where you are going. If it is daytime there, stay awake; if nighttime, sleep on the plane.

Get More Information from:
**International Association for Medical Assistance to
Travellers • 716.754.4883 • www.iamat.org**

GET NEEDED VACCINES

August 2010

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August is Immunization Awareness Month. It is better to prevent a disease than to treat it. Vaccines protect you, your children, and entire communities from getting many infectious diseases.

What vaccines do you need?

Get a complete list of recommended vaccines for children, adolescents, and adults from the Centers for Disease and Control & Prevention (CDC) the Web site www.cdc.gov/vaccines. Click on "Immunization Schedules." Discuss what vaccines you and your children should get with your health care providers.

Most children have received all the recommended vaccines by 2 years of age, but many children have not had all the vaccines they need. Many adolescents and adults are under-immunized, too. This makes it possible for outbreaks of flu, measles, pneumonia, hepatitis B, and other infectious diseases.

Keep a record of vaccines given.

Start a shot record when your child gets his or her first vaccine(s). List symptoms or problems that occur with vaccines, too. You can get forms to keep records of vaccines and information about vaccines from www.immunize.org/printmaterials/toppicks.asp.

Possible Side Effects of Vaccines

Like any medicine, there may be minor side effects. This is normal and should not be a cause for alarm. Depending on the vaccine, these can include:

- » A slight fever
- » A rash, or soreness at the site of injection
- » Slight discomfort

These side effects can often be controlled by taking acetaminophen before or after getting the vaccine(s).

- » Very rarely, people have an allergic reaction after getting a vaccine. Be sure to tell your health care provider if you have health problems or known allergies to medications or food.
- » Egg protein is found in influenza and yellow fever vaccines. These are prepared using chicken eggs. Usually, persons who are able to eat eggs or egg products can safely receive these vaccines.
- » Serious reactions to vaccines are extremely rare.
- » Report a health problem that followed vaccination. You or your provider should call the Vaccine Adverse Event Reporting System (VAERS) at 1-800-822-7967.



Get More Information from:
The CDC Contact Center
800.232.4636 • www.cdc.gov/vaccines

CONTROL YOUR CHOLESTEROL

September 2010

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September is Cholesterol Education Month. Unhealthy cholesterol levels are a risk factor for heart disease and stroke.

Know Your Cholesterol Numbers

Target Blood Fats (Lipids)*

Total cholesterol	< 200 mg/dL
LDL (Bad) cholesterol (Helps deposit cholesterol in artery walls)	< 100 mg/dL
HDL (good) cholesterol	> 40mg/dL for men > 50 mg/dL for women
Triglycerides	< 100 mg/dL

*Ask your physician what your target levels are.
Target levels are based on all of your heart disease risk factors.

Too much cholesterol in the blood can collect with calcium and other substances to form plaque. This can clog the walls of the arteries and slow down or block blood flow to the heart or brain. Lowering your cholesterol level can lower your chance for having a heart attack and stroke and may also slow down, reduce, or even stop plaque from building up.

Ways to Control Cholesterol

- » Take medications, if prescribed.
- » Limit foods with saturated fats. Strictly limit *trans* fats. These are hydrogenated oils in foods, such as stick margarine and snack foods.
- » Use salad dressings and margarines made with plant sterols and stanols, such as Benecol and Take Control brands.
- » Choose lean beef, pork, lamb, chicken, and turkey. Limit serving sizes.
- » Eat a variety of fruits and vegetables (5-7 or more daily servings) and whole-grain products (6 or more daily servings).
- » Get 20-35 grams of dietary fiber a day.
- » Eat fish 2-3 times a week (especially ones that are high in omega-3 fatty acids, such as salmon).
- » Use nonfat and low-fat dairy products.
- » If you drink alcohol, do so in moderation.

Get More Information from:
National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

BE TOBACCO-FREE

October 2010

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October is Healthy Lung Month. Tobacco use is a top preventable cause of illness and premature death in the U.S. Each year, over 400,000 people in the U.S. die from tobacco-related illnesses.

Reasons to Be Tobacco-Free

Not using tobacco (smoking, chewing, etc.) is one of the best things you can do for your health. Why? Using tobacco products is linked to many serious illnesses. These include:

- » Cancers of the lungs, mouth, throat, bladder, cervix, kidney, and stomach, as well as a certain type of leukemia
- » Heart disease, emphysema, pneumonia, and abdominal aortic aneurysm
- » Cataracts, gum disease, and tooth decay

Ways to Quit Using Tobacco

- » Use an OTC nicotine replacement product, such as a patch, gum, or lozenges. Use as directed.
- » Talk to your health care provider about prescribed medicines. Some have nicotine. Others do not have nicotine, but alter brain chemistry to help reduce cravings.
- » Take part in a class or online program that can help you quit.

Behavior Change Techniques

Find out how much you spend on cigarettes from www.cancer.org. Search for "calculate the cost of smoking." The chart below, shows how much it costs to smoke based on \$6.00 per pack of cigarettes. The totals don't include the money spent on lighters, mouthwash, and extra medical and dental care.

The Cost of Smoking		
	Number of Packs a Day	
	1	2
Day	\$6	\$12
Week	\$42	\$84
Month	\$180	\$360
Year	\$2,190	\$4,380
10 Years	\$21,900	\$43,800
20 Years	\$43,800	\$87,600
30 Years	\$65,700	\$131,400
40 Years	\$87,600	\$175,200

- » Throw away all your cigarettes, cigars, etc. Hide all smoking items like matches, lighters, ashtrays, etc.
- » Whenever you have an urge to smoke, dip, or chew, take a deep breath through your mouth. Slowly exhale through pursed lips. Repeat 5 to 10 times.
- » Get rid of familiar tobacco triggers. Change your daily routine. Do things you don't associate with tobacco use.
- » In place of cigarettes, snuff, etc., use other things that will give oral gratification, such as sugarless gum, mints, and toothpicks.
- » Create a "ciggy bank." Put the money you used to spend on cigarettes, cigars, etc. in a jar. Buy yourself a reward.
- » Place a rubber band on your wrist. Snap it when you get an urge to smoke, dip, or chew.
- » Talk to a nonsmoking friend for support.
- » Make a list of good things you've noticed since you quit.
- » Each day, renew your commitment to not use tobacco products.

Get More Information from:

American Lung Association • www.lungusa.org/tobacco
Smokefree.gov • www.smokefree.gov

CONTROL YOUR BLOOD SUGAR

November 2010

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November is Diabetes Awareness Month. Diabetes can be a very serious disease. If it is not controlled, it can lead to heart disease, stroke, kidney damage, and blindness. About 24% of people with diabetes do not know they have it. Diagnosis and treatment for diabetes can help prevent the serious problems that can result from it.

How do you know if you have diabetes?

Follow your health care provider's advice for diabetes screening tests. One test to diagnose diabetes is a fasting blood glucose test.

Fasting Blood Glucose Test Results

99 mg/dL and below	Normal
100 to 125 mg/dL	Pre-diabetes* (impaired fasting glucose)
126 mg/dL and above	Diabetes. This is confirmed by repeating the test on a different day.
*Many people with pre-diabetes develop type 2 diabetes within 10 years. Some persons can prevent diabetes by: Losing weight; exercising for 30 minutes, 5 days a week; and eating a low-fat, reduced calorie diet.	

Signs & Symptoms of Diabetes

- » Passing urine often
- » Excessive thirst
- » Extreme hunger
- » Increased fatigue
- » Being irritable
- » Unusual weight loss
- » Blurry vision

Ways to Help Keep Your Blood Sugar Controlled

Target Blood Glucose Levels for Adults*		
Before Meals	2 Hours After Meals	A1c
70-130 mg/dL	< 180 mg/dL	< 7

* Follow the target goals as advised by your health care provider.

- » Lose weight if you are overweight. Maintain a healthy weight.
- » Do regular exercise. When you exercise, carry a carbohydrate source, such as 4 oz. of fruit juice, 6 hard candies, or 3-4 Glucose tablets.
- » Eat meals and snacks at regular times. Follow the meal plan for breakfast, lunch, dinner and snacks, as advised by your health care provider.
- » Read food labels to guide your choices.
- » Strictly limit saturated fats. Eliminate *trans* fats.
- » Limit alcohol, as advised by your health care provider.
- » Take medications, as prescribed.
- » Do home testing of your blood glucose and keep track of results, as directed. Share results with your provider.
- » Follow sick-day plans worked out ahead of time with your health care provider for:
 - Self-testing of blood sugar
 - What to eat and drink
 - How to adjust medications

Diabetes has no cure, but can be controlled.

Get More Information from:
American Diabetes Association
 800.232.3472 • www.diabetes.org

USE ALCOHOL WISELY

December 2010

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December is Drunk & Drugged Driving Awareness Month. Most alcoholics deny or don't see that they have a disease. Alcoholism is a serious condition that is treatable. If you suspect a drinking problem in you, a family member, or a friend, seek advice.

Persons Who Should Not Drink

- » Children and teenagers
- » Women who may become pregnant or who are pregnant or breast-feeding
- » Persons who can't restrict drinking to moderate levels
- » Persons who plan to drive or take part in other activities that require attention, skill, or coordination

Use Alcohol Wisely

- » If you drink, do so in moderation. This means no more than 2 drinks a day for males; 1 drink if you are female or are age 65 years and older. One drink=12 oz. of regular beer; 4 to 5 oz. of wine; or 1-1/2 oz. of 80-proof liquor.
- » Drink slowly. You are apt to drink less.
- » After you have 1 or 2 drinks with alcohol, have drinks that do not contain alcohol.
- » Eat when you drink. Food helps to slow alcohol absorption.
- » Don't drink and drive. Designate a driver who will not be drinking.
- » Coffee or fresh air cannot make you sober. To get sober, stop drinking.
- » Know your limit and stick to it. You may decide it is better not to drink at all.

Questions to Detect an Alcohol Problem

Ask your doctor how much, if any, alcohol you can have with your medical conditions and/or medications you take. This includes over-the-counter medicines, too.

Answer the questions that follow. A key word in each of these 4 questions spells **CAGE**.

- » Have you ever felt you should **C**ut down on your drinking?
- » Have people **A**nnoyed you by criticizing your drinking?
- » Have you ever felt bad or **G**uilty about your drinking?
- » Have you ever had a drink to steady your nerves or to get rid of a hangover (**E**ye opener)?

One "Yes" answer means there might be an alcohol problem. Two or more "Yes" answers means it is highly likely that you may have an alcohol problem. In either case, contact your doctor or other health care provider to discuss your responses to these questions. You may have answered "No" to all four CAGE questions, but there could still be a problem. Some men say, "But I only drink beer." This doesn't mean they don't have an alcohol problem.

Get More Information from:

Center for Substance Abuse Treatment (CSAT)

800.662.HELP (662.4357) • <http://findtreatment.samhsa.gov>