

**RESPONSIBLE
ALCOHOL USE**



KNOW WHEN TO STOP



Enrollee Newsletter

April 2019

Volume 4, Issue 2

April is Alcohol Awareness Month

Community Care Plan, 'the health plan with a heart'

86.4% of people ages 18 and older reported they drank alcohol in their life according to a 2015 National Survey on Drug Use and Health. It is estimated that 88,000 people die each year in the US from alcohol related causes. Alcohol is the third leading preventable cause of death in the US.

Levels of alcohol use:

1. Low Risk for Developing Alcohol Use Disorder (AUD): 3 drinks on one day and no more than 7 drinks a week for women, and 4 drinks on one day and only 14 drinks a week for men.
2. Moderate: 1 drink a day for women, 2 drinks a day for men.
3. Binge: 4 or more drinks at the same occasion for women, 5 or more drinks at the same occasion for men.
4. Heavy: 5 or more days of binge drinking.

Alcohol Use Disorder (AUD)

AUD is defined as causing distress and harm. A person with AUD may have either alcoholism or alcohol abuse. Alcoholism causes a need to drink, not being able to stop drinking once started, withdrawal when not drinking, and the need to drink more to cause the same effect. Alcohol abuse does not cause a physical addiction, but could lead to problems in your daily life.

Drinking a lot increases your risk of the following:

- Fatal car accidents
- Fatal burns
- Drowning
- Suicide
- Liver Disease
- Heart Disease
- Stroke
- Some Cancers
- Contracting Sexually Transmitted Infections
- Birth Defects
- Alcohol Use Disorder (AUD)



Think you might need help managing your alcohol intake? CCP can help. Please call 1-866-899-4828.

Source: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>
<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>
<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-The-Risks.aspx>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Fetal Alcohol Spectrum Disorders

There is no safe amount of alcohol to drink while pregnant.

Fetal Alcohol Spectrum Disorders (FASDs) are caused by drinking during pregnancy. Using alcohol during pregnancy can lead to lifetime problems for your baby.

Some problems that FASDs cause include:

- A small head
- Delays in speech
- Learning disabilities
- Hyperactivity
- Problems with vision and hearing

Fetal Alcohol Syndrome (FAS), the most severe type of FASD, causes facial and nervous system abnormalities, as well as growth problems.

There is no cure for FASD but there are some things that can help. These include, a safe home environment, a diagnosis before age 6, and special social and educational services. To prevent FASD you should not drink while pregnant.



**If you are or think you may be pregnant, CCP has someone to help you.
Please call 1-866-899-4828 to let us know you are pregnant.
An OB nurse case manager can help you along the way.**



If You are Pregnant or Have Kids up to 1 year old:



Come to our Free Baby Shower. Learn about Baby Safety, Baby Spacing, and How to Manage Stress.

There will be Prizes and Lunch!

Friday, April 5th, 2019

9:30AM – 12:30PM

South Regional/Broward College Library, 7300 Pines Blvd, Pembroke Pines

To attend, you must register: Call (954) 622-3256

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