

Jamison: Patient Education and Wellness

HANDOUT 17.7: SAFE ALCOHOL USE

Step 1: Be aware of the consequences of alcohol abuse

Physical
Socioeconomic
Emotional

See Handout 17.5

Step 2: Be aware of safe drinking limits

Males

No more than 40 g or four standard drinks per day
Fewer than 28 standard drinks in any one week

Females

No more than 20 g or two standard drinks per day
Fewer than 14 standard drinks in any one week

See <http://www.revolutionhealth.com/calculators/blood-alcohol-estimator>

Step 3: Be familiar with the rules of safe social drinking behaviour

(Handout 17.1)

Step 4: Detect problem drinking early

Be aware of the 'red flags' of alcohol abuse (Handout 17.3)
Ascertain potential problem drinking during adolescence (Handout 17.4)
Perform a self-screen (Handout 17.2)

Step 5: Be aware of sources to help with a drinking problem

Alcoholics Anonymous See <http://www.aa.org/?Media=PlayFlash>
National Council on Alcoholism See <http://www.ncadd.org/>
Mothers Against Drink-Driving See <http://www.madd.org>

See

<http://www.webmd.com/mental-health/alcohol-abuse/self-test-for-breath-alcohol#aa81728>
<http://www.webmd.com/mental-health/alcohol-abuse/alcohol-abuse-and-dependence-home-treatment>