

<p>General Health Guidelines:</p>	<ul style="list-style-type: none"> Excessive alcohol use is the third leading lifestyle-related cause of death of the nation. Alcohol affects all body systems. Learn the risk and health effects of alcohol consumption
<p>Green Flags – All Clear 🚩</p>	
<p>If you:</p> <ul style="list-style-type: none"> Do not drink or if you do, drink in moderation. 	<p>What this means:</p> <ul style="list-style-type: none"> You are taking steps in taking care of your health
<p>Keep up the great work!</p>	
<p>Yellow Flags – Caution 🚩</p>	
<p>If you:</p> <ul style="list-style-type: none"> Drink heavily and are frequently intoxicated Engage in risky behaviors e.g. driving after drinking Loss of appetite Regularly lose control over your alcohol intake, drink to cope with difficulties, or to avoid feeling bad. A need to drink to relieve or avoid withdrawal symptoms 	<p>What this means:</p> <ul style="list-style-type: none"> You are at increased risk for accidents and injuries You are at increased risk for health complications You may benefit from counseling You may benefit from alcohol treatment <div style="background-color: #D3D3D3; padding: 5px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	
<p>Red Flags—Stop and Think 🚩</p>	
<p>If you:</p> <ul style="list-style-type: none"> Black out (have little or no memory of events before passing out) Shake or have tremors in your hands and legs, or have a seizure Have hallucinations Have nausea, vomiting, abdominal pain, and dehydration. Vomit blood Have confusion, agitation, sweating, rapid heart rate and high blood pressure indicating delirium tremens (“DTs”) Have loss of consciousness or fainting Feel suicidal 	<p>What this means:</p> <ul style="list-style-type: none"> You need to be evaluated by a healthcare provider <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> <p>In an emergency situation: Call 911</p> </div>
<p>If you notice a Red Flag, call your physician immediately.</p>	



Alcohol Use & Liver Disease Self-Management Plan

Alcohol Fast Facts

- Alcoholism, also known as “alcohol dependence” is a disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems, such as losing a job or getting into trouble with the law. Approximately 80,000 deaths are attributed to excessive alcohol use each year in the United States.
- **Alcohol affects all body systems.** It acts as a depressant and slows reaction time that leads to impaired judgment and decreased coordination. High intake of alcohol can cause mood swings, behavior changes, and problems with your ability to walk. Other side effects include dilation of blood vessels and increased stomach acid.
- Moderate drinking is defined as up to four alcoholic drinks for men and three for women in any single day.
- Heavy drinkers suffer a variety of alcohol-related problems including damage to the brain, (including strokes), stomach, heart disease (high blood pressure, an enlarged heart and/or irregular heartbeat and heart attacks), elevated cholesterol levels, as well as diseases of the liver and pancreas. They are also ten times more likely to get cancer than those who drink moderately or not at all. Cancer of the mouth, throat, esophagus, liver, colon, and breast are increased.
- Your liver can only metabolize about one drink per hour, so drinking more than that causes intoxication and impairment.
- Binge drinking is generally defined as the consumption of 5 or more drinks on 1 occasion.
- Each year, thousands of people choke on their own vomit while intoxicated.
- Alcohol poisoning, a medical emergency results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.

What can you do?

- Talk openly to your health care provider. There is help out there for you, if you are interested.
- Avoid mixing alcohol and over the counter or prescription medicines
- Avoid alcohol if you have had a previous hemorrhagic stroke, have heart failure, or if you have been told you have weak heart or an enlarged heart
- Avoid alcohol if you have liver or pancreatic disease

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

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Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—kcinfo@klickitatcounty.org

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