

Health Tip: Alcohol Safety

Yearly on March 17th, people around the world celebrate St. Patrick's Day. This holiday is known for wearing green, food, parades, dancing, and especially drinking green beer. While it is important to have fun and enjoy the holiday there are many things to consider when drinking a large amount of alcohol...



Alcohol is the second most widely used substance in the United States, after tobacco. Alcohol is one of the most addictive substances consumed worldwide. Unfortunately, alcohol results in three million deaths each year throughout the world. When looking into how to reduce health risks associated with drinking alcohol it is important to consider biological, physiological, and environmental factors. Age, weight, use of other drugs, mental and physical health status, genetic influences, and gender are all factors that contribute to how an individual will react to alcohol.

Drinking responsibly relies on an individual's awareness on how much can be consumed without becoming impaired.

Alcohol affects:

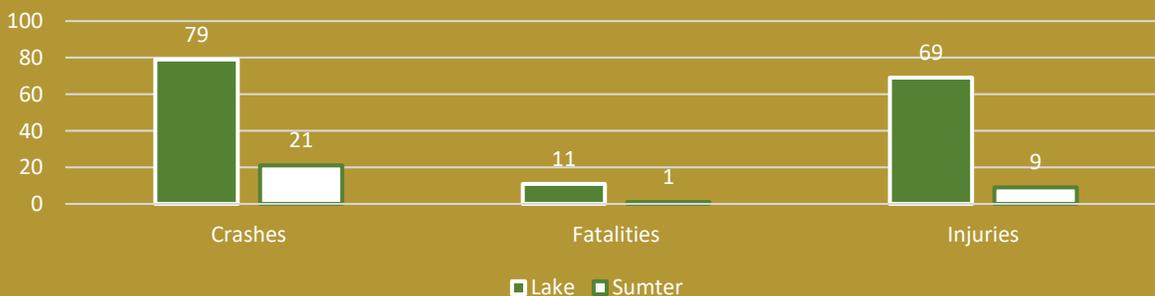
- ♣ Brain- changes how it looks and works, can cause mood and behavior changes, and make it harder to think clearly.
- ♣ Heart- can cause irregular heartbeats, stroke, high blood pressure, and can cause drooping of heart muscle.
- ♣ Liver- can cause a fatty liver, alcohol hepatitis, fibrosis, and cirrhosis.
- ♣ Pancreas- can lead to pancreatitis, dangerous inflammation, and swelling of blood vessels in pancreas that prevent digestion.

Tips to help keep you safe:

- ♣ Keep an eye on your friends.
- ♣ Have a backup plan.
- ♣ Know what you are drinking.
- ♣ Trust your instincts.
- ♣ Do not leave a drink unattended.
- ♣ Do not accept drinks from people you do not know.
- ♣ Check in with yourself.
- ♣ Be aware of sudden changes in the way your body feels.



Alcohol Confirmed Crashes, Fatalities, & Injuries in Lake and Sumter County (2019)



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