TRICARE Management Activity

Healthy Living *tips*

DON'T BE

...or GIRL

April is Alcohol Awareness Month

Healthy Living *tips*

TRICARE Management Activity

YOUR BODY SUFFERS…

Alcohol is a depressant

Drinking slows your central nervous system and impairs vision, speech, reaction time, consciousness and motor skills. It also affects your ability to make decisions, like not driving drunk.

Other short term effects:

- Slowed heart and breathing rate
- Dehydration
- Memory loss
- Nausea and vomiting
- Severe headaches and migraines

...so can your relationships...

Alcoholism affects family, friends and peers.

Alcohol use impairs your judgment, which can lead to poor decisions in friendships and romantic and family relationships

Alcohol abuse leads to behavior changes, neglected responsibilities, attitude and mood swings

...and your career or future.

Alcohol use is a significant problem in the military. According to the 2008 Health Related Behaviors Survey, 20 percent of those who responded admitted to heavy drinking (five or more drinks on one occasion, at least once a week).

Heavy drinking and binge drinking are a concern because they're associated with serious consequences for members of the military. Consequences like being passed over for promotion, or arrested or injured under the influence of alcohol.

Civilians suffer similar consequences. Heavy drinking leads to poor performance at work, you risk losing the respect of your peers and colleagues, and you may losing your job.

There are also severe consequences for those who drink underage. Underage drinkers can have their driver's license revoked and suspended, and charges may end up on their arrest record. College students could be expelled from school.

LONG TERM EFFECTS OF ALCOHOL ABUSE

ADDICTION

physical dependence on alcohol

Pancreatitis

LIVER DAMAGE:

hepatitis or inflammation of the liver and cirrhosis

CANCER

Behavioral healthy issues including increased aggression, depression and anxiety

immune deficiency

SEXUAL PROBLEMS & DECREASED FERTILITY

Heart disease, high blood pressure and some forms of stroke

BRAIN DAMAGE

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Help for Today…

How Do I know If I Need Help?

If you think you might have a problem, ask yourself the following questions:

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won't?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

If you answered "yes" once it's possible you may have a problem.

More than one "yes" means it's highly likely there's a problem.

Help for Today…

TRICARE covers substance abuse treatments including detoxification and rehabilitation. For more information contact your regional contractor: www.tricare.mil/contactus

Military OneSource – a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active duty, Reserve and National Guard members and their families, and to deployed civilians and their families. Military OneSource provides help and support for addiction and recovery. www.militaryonesource.com

THAT GUY - TRICARE's award winning campaign dedicated to the reduction of alcohol abuse in the military. www.thatguy.com

Additional Resources

U.S. Army
For more information about the US Army substance abuse program visit the Army Center for Substance Abuse Programs (ACSAP website at www.acsap.army.mil.
For specific substance abuse program questions please contact ACSAP at prevtraingroup@acsap.army.mil.

National Clearinghouse for Alcohol and Drug Information
One-stop resource for information and free materials on substance abuse prevention and treatment
www.health.org
1-800-729-6686 or 1-877-767-8432 (Spanish)

Alcoholics Anonymous
Support, information and services for alcoholics and the
www.aa.org

Al-Anon/Alateen
Support for families and friends of alcoholics
www.al-anon.alateen.org

Source: National Institute on Alcohol Abuse and Alcoholism

Hope for Tomorrow

Alcoholism is a treatable disease, NOT a moral weakness. It is a chronic, progressive disease and can be fatal if untreated. A person can be genetically predisposed to alcoholism depending on family history.

Help reduce the stigma associated with getting help. Seek help yourself, and encourage and support loved ones and friends who need help to get it.

Participate in the National Council on Alcoholism and Drug Dependence Alcohol Free Weekend

April 5 – 7, 2013
www.NCADD.org

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.