

## April is Alcohol Awareness month

According to the National Institute on Alcohol Abuse (NIAAA), nearly 17.6 million Americans — or one in every 12 adults — abuse alcohol or are alcohol dependent. And studies have shown that nearly one-third of adults engage in at-risk drinking patterns and may not even know it. April is Alcohol Awareness Month, an appropriate time to deal with alcohol abuse or at-risk drinking behaviors.

Do you or someone you know have a drinking problem? Nearly one-third of adults engage in at-risk drinking patterns and may not even know it. At-risk drinking is defined by the NIAAA as:

**Women:** More than 7 drinks per week or 3 drinks per occasion

**Men:** More than 14 drinks per week or 4 drinks per occasion

### Strategies for cutting down.

- Keep track of how much you drink.
- Know the standard drink size so you can count your drinks accurately.
- Pace yourself when drinking, sip slowly.
- Never drink on an empty stomach.
- Know what triggers our urge to drink and plan what to do instead of drinking.
- Know how to say “no.”

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