

**Healthy 'Spirit' Use:
Getting into the Holiday
Spirit**




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Faculty Disclosure Information


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Learning Objectives

1. Discuss changing patterns of alcohol use over the holiday season.
2. Describe the consequences of increasing alcohol use including the effects and health risks on the body.
3. Propose strategies that can lead to healthy alcohol use and prevention measures to reduce associated peaks.









How Does Alcohol Use Change?

- Alcohol Sales Spike Near Major Holidays
 - Sales can increase by 250%
- Increase in Traffic Fatalities Involving Alcohol
 - 40% Alcohol involved vs 28% at other times
- Increase in Driving Under the Influence Charges
 - 155% increase in violations for DUI Offenders on NYE
- More Opportunities That Are Closer Together



Why Does Alcohol Use Change?

- Holiday Celebrations
- Holiday Stress (Finances,
 - Strained Family R/Ps, Too Much)
- Holiday Depression (Missing a family Member, being alone)
- Advertising – It's what is expected



What is Normal Alcohol Use



Centers for Disease Control and Prevention
Alcohol Use and Your Health. Available at <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.shtml>



HOW HOLIDAY TOASTS CAN TURN TRAGIC

Blood Alcohol Concentration (BAC) Level

| | |
|------------------------|--------------|
| Mild Impairment | 0.00 - 0.05% |
| Increased Impairment | 0.06 - 0.08% |
| Significant Impairment | 0.09 - 0.15% |
| Severe Impairment | 0.16 - 0.30% |
| Life Threatening | 0.31 - 0.45% |

Drinking Beyond Your Limits

Women - 3/Day & 7/W
& Men ≥ 65

Men < 65 - 4/Day & 14/Wk

Source: NIAAA, funded by the centers for alcohol research, 2016.
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How Does Alcohol Affect Mind/Body

Critical Decision-Making Abilities

Driving-Related Skills
Show up long before we feel the alcohol effects!

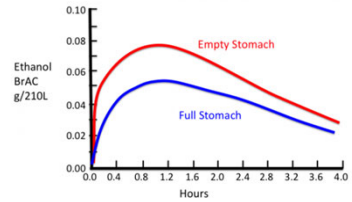
Reckless Decisions
Decreased Inhibition
Impaired Judgement







How Does Alcohol Affect Mind/Body




Ethanol BAC g/210L

Hours

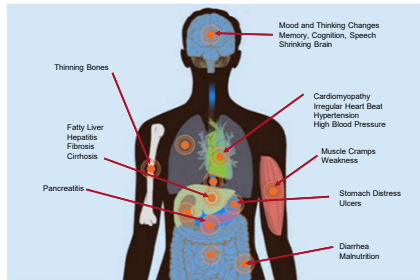
Empty Stomach

Full Stomach

Adapted from: Watkins RL et al. 1993



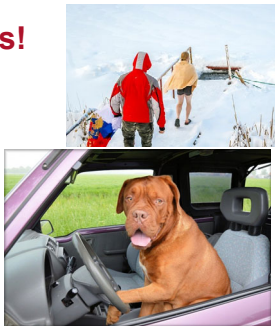
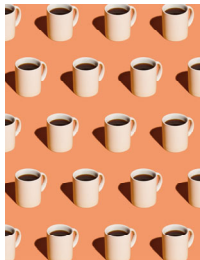
How Does Alcohol Affect Mind/Body



NAAA: Understanding the impact of alcohol on human health and well-being



Dispel the Myths!



Enjoy a Safe Holiday Celebration

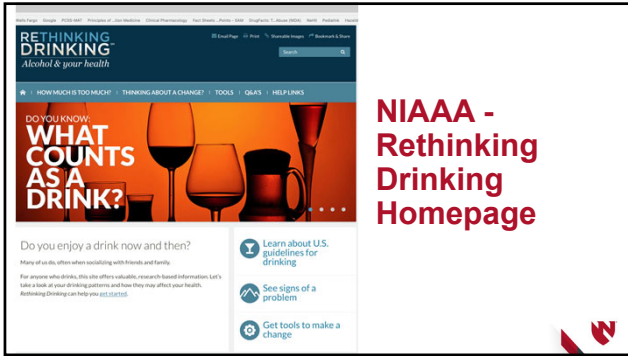
- Abstain- Alcohol is not necessary for joy!
- Pace your drinking – Know Alcohol Content
 - One drink per hour – 1 drink then 1 glass of water
- Avoid Unknown Alcohol Content
 - Or mixing alcohol with energy drinks
- Don't Forget to Eat
- Designated Driver
 - 100% Sober – Not the one that drank the least

DRINKING IN MODERATION:

| | |
|------------------------------------|-----------------------------------|
| 1 drink or less in a day for women | 2 drinks or less in a day for men |
|------------------------------------|-----------------------------------|

or nondrinking





NIAAA - Rethinking Drinking Homepage



Alcohol Use Disorder

NIAAA ALCOHOL TREATMENT NAVIGATOR

Treatment for Alcohol Problems: Finding and Getting Help



#WHOS DRIVING HOME

Drive Safe • Drive Sober

buzed driving is drunk
Nebraska Department of Transportation
Highway Safety Office

