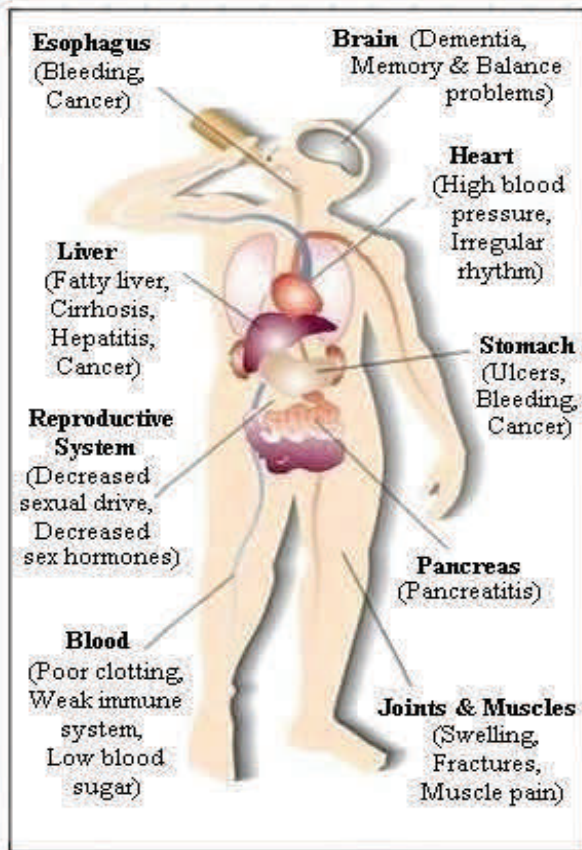


Alcohol Can Damage Many Parts of the Body



Medications that May Interact with Alcohol

- Sleeping pills
- Pain pills
- Nerve/anxiety pills
- Mood pills
- Cough/cold/allergy medicine
- Muscle relaxants

Alcohol and Drug Treatment Resources:

- 1) Baltimore Substance Abuse System (bSAS) - (410) 637 - 1900; www.bsasinc.org**
 - Offers general referrals for all Baltimore city residents and can assist in finding programs that will work with all types of insurance
- 2) Alcohol and Drug Abuse Administration – Maryland (ADAA) (410) 402 - 8600; www.maryland-adaa.org/resource**
 - Resource Directory provides information on inpatient and outpatient treatment programs throughout Maryland.
- 3) Alcohol & Drug Abuse Program (ADAP) - (410) 328 - 0126**
 - Takes: Primary Adult Care (PAC), Medicare, uninsured Baltimore City residents
- 4) Outpatient Addiction Treatment Services (OATS) - (410) 328 - 6600**
 - Takes: Medical Assistance, some Commercial Insurances, Medicare (w/ Medical Assistance)

Useful Treatment Resources

Maryland Smoking Cessation (800) QUIT-NOW www.smokingstopshere.com	
Alcoholics Anonymous www.aa.org	(410) 663-1922
Al-Anon/Al-Ateen www.al-anon.alateen.org	(410) 832-7094
Smart Recovery www.smartrecovery.org	(410) 336-4636




MD3 ♦ Maryland M.D.s
Making a Difference

Alcohol:

How Much
is
Too Much?



What is a "Standard Drink"?

12 oz of regular beer 6-8 oz of malt liquor Malt Liquor: (Steele Reserve, Colt 45, King Cobra, Camo 40, Black Bull, Hurricane, Mickey's, Private Stock)	5 oz of regular wine 3½ oz of FW FW=Fortified Wine (Mad Dog 20/20, MD 20/20, Night Train Express, Richards, Thunderbird)	1½ oz shot of liquor/ distilled spirits Common liquors: (vodka, gin, brandy, cognac, rum, scotch, whiskey, bourbon, tequila)
		
"Double Deuce"= 2 drinks "Quart"= 2 ½ drinks "40" of beer = 3-4 drinks "40" of malt liquor = 6-7 drinks	"Pint"= 2 ½ drinks "Pint" of FW= 4 drinks "Fifth"= 5 drinks "Fifth" of FW= 7 ½ drinks	"Half Pint"= 4 ½ drinks "Pint"= 8 ½ drinks "Fifth"= 17 drinks "Handle"= 40 drinks

If you drink more than this:

Drinks per:	Week	Occasion
Men	14	4
Women	7	3
Age > 65	7	3

You could put yourself at risk for illness or injury.

		BLOOD ALCOHOL CONTENT									
		Body Weight									
Drinks		90 lb	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	240 lb	
1	M	—	.04	.03	.03	.02	.02	.02	.02	.02	
	F	.05	.05	.04	.03	.03	.03	.02	.02	.02	
2	M	—	.08	.06	.05	.05	.04	.04	.03	.03	
	F	.10	.09	.08	.07	.06	.05	.05	.04	.04	
3	M	—	.11	.09	.08	.07	.06	.06	.05	.05	
	F	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	M	—	.15	.12	.11	.09	.08	.08	.07	.06	
	F	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	M	—	.19	.16	.13	.12	.11	.09	.09	.08	
	F	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	M	—	.23	.19	.16	.14	.13	.11	.10	.09	
	F	.30	.27	.23	.19	.17	.15	.14	.12	.11	

Sometimes even 1 drink can be too much! If you:

- are driving or planning to drive
- are at work or returning to work
- are pregnant or breastfeeding
- have certain medical conditions such as:
 - ◊ Pancreatitis
 - ◊ Liver problems (hepatitis)
 - ◊ Ulcers

Alcohol and Injury

Alcohol is a risk for:

- Falls
- Burns
- Drownings
- Work Injuries
- Assaults
- Sports Injuries
- Domestic Violence
- Pedestrian Injuries

Financial Cost of Drinking:

- Consuming 7 drinks per week can cost on average \$50 - \$150 a month or \$600 - \$1800 a year.
- Consuming 14 drinks per week can cost on average \$100 - \$300 a month or \$1200 - \$3600 a year.