



# Limit Alcohol



APRIL 2012 | *Monthly Topic Page 1*

If you choose to drink alcohol, drink in moderation (on average, women no more than 1 drink a day; men no more than 2 drinks a day). Avoid “binge drinking.” If you are concerned about your drinking, talk to your VA health care team about getting help.

- **Limit Alcohol: A Healthy Living Message**  
[http://www.prevention.va.gov/Limit\\_Alcohol.asp](http://www.prevention.va.gov/Limit_Alcohol.asp)
- **Limit Alcohol: Resource Document**  
[http://www.prevention.va.gov/MPT/2012/April\\_2012\\_Resource\\_Document.pdf](http://www.prevention.va.gov/MPT/2012/April_2012_Resource_Document.pdf)
- **The Facts About Alcohol**  
<http://www.prevention.va.gov/MPT/2012/TheFactsaboutAlcoholApr2012.doc>
- **Drinking Alcohol**  
<http://www.prevention.va.gov/MPT/2012/DrinkingAlcoholApr2012.doc>
- **Alcohol Abuse and Alcohol Dependence!**  
<http://www.prevention.va.gov/MPT/2012/AlcoholAbuseandDependenceFAQApr2012.doc>

## DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **PTSD and Problems with Alcohol Use**  
This site gives information on how PTSD and alcohol affect each other and where to get help.  
<http://www.ptsd.va.gov/public/pages/ptsd-alcohol-use.asp>

- **Alcohol and Hepatitis C**  
Use this interactive guide to learn what you need to know about hepatitis C and alcohol use, including alcohol’s effect on liver scarring, viral load, and response to treatment.  
<http://www.hepatitis.va.gov/patient/alcohol/index.asp>
- **Living with HIV/AIDS—Drugs and Alcohol**  
Use this interactive guide if you are HIV positive to learn what alcohol and other “recreational” drugs will do to your body.  
<http://www.hiv.va.gov/patient/alcohol-drugs/index.asp>

## FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

## US Department of Health & Human Services (HHS) Healthfinder.gov

Topics surrounding alcohol use, including alcohol use and women, self-risk assessments, myths, truths and many more.  
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=16>

## National Institutes of Health

- **Medline Plus: Substance Abuse Problems**  
This site contains information on alcohol and drug abuse, includes specific drugs and information for teenagers and adults.  
<http://www.nlm.nih.gov/medlineplus/substanceabuseproblems.html>



# Limit Alcohol



APRIL 2012 | *Monthly Topic Page 2*

## National Institute on Aging

- **Alcohol Use in Older People**

This short brochure discusses alcohol use in older adults.

<http://www.nia.nih.gov/HealthInformation/Publications/alcohol.htm>

## National Institute on Aging

### National Institute on Aging

- **Home Page**

Find publications, frequently asked questions and other resources.

<http://www.niaaa.nih.gov/>

- **A Family History of Alcoholism**

Are you at risk? This brochure addresses the millions of people in this country who have a parent, grandparent, or other close relative with alcoholism, and may have wondered what your family's history of alcoholism means for you.

<http://www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English/Documents/Family%20History.pdf>

In Spanish

<http://pubs.niaaa.nih.gov/publications/FamilySpanish/famhistspan.htm>

- **Alcohol—A Women's Health Issue**

Alcohol presents yet another health challenge for women. Even in small amounts, alcohol affects women differently than men. With any health issue, accurate information is key.

<http://pubs.niaaa.nih.gov/publications/brochurewomen/women.htm>

- **Drinking and your Pregnancy**

Information about using alcohol for women who are

planning or are pregnant.

[http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy\\_HTML/pregnancy.htm](http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTML/pregnancy.htm)

- **Harmful Interactions: Mixing Alcohol with Medicines**

This pamphlet lists medications that can cause harm when taken with alcohol and describes the effects that can result.

[http://pubs.niaaa.nih.gov/publications/Medicine/Harmful\\_Interactions.pdf](http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf)

- **How to Cut Down Drinking**

Small changes can make a big difference in reducing your chances of having alcohol-related problems. This short brochure lists some strategies to try.

<http://pubs.niaaa.nih.gov/publications/Tips/tips.pdf>

In Spanish

[http://pubs.niaaa.nih.gov/publications/Tips/tips\\_spanish.pdf](http://pubs.niaaa.nih.gov/publications/Tips/tips_spanish.pdf)

- **For Parents**

- Fall Semester—A Time for Parents to Discuss the Risks of College Drinking. Information and tips for parents to talk to and prepare their college-age children about the consequences of excessive drinking.

[http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/NIAAA\\_BacktoCollege\\_Fact\\_Sheet.pdf](http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/NIAAA_BacktoCollege_Fact_Sheet.pdf)

- Make a Difference: Talk to your child about Alcohol. This guide is geared to parents and guardians of young people ages 10 to 14.

[http://pubs.niaaa.nih.gov/publications/MakeADiff\\_HTML/MakeAdiff.pdf](http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/MakeAdiff.pdf)