

ALCOHOL USE AND ALCOHOL USE DISORDER

This handout has information about how alcohol can affect your health, and ways to cut down or stop drinking if you're interested.



BENEFITS OF DRINKING LESS

People stop drinking for many reasons including better health, more energy, improved mood, more restful sleep, and saving money. Not drinking also decreases your risk of diseases such as cancer, liver damage, dementia and memory loss, high blood pressure, heart disease, falls and accidents—as well as your overall risk of death.

ALCOHOL AND MEDICATIONS

Drinking alcohol and using medications such as opioids, benzodiazepines, and sleep aids (even when prescribed) can increase risk of overdose and accidents



HOW MUCH IS TOO MUCH?

Health care providers recommend **NO MORE THAN 14 drinks per week** or **4 drinks in a single day** for men, and **7 drinks per week** and **3 per day** for women. A standard "drink" is 12oz beer, 5oz wine, or 1.5oz (1 shot) liquor.



AUD is drinking even when it causes problems, such as conflicts with family, low mood, or difficulties at work. People may have difficulty controlling how much or how often they drink, or have withdrawal symptoms when they try to stop or cut down. Daily drinking and binge drinking can also cause health problems.

WHEN STOPPING OR CUTTING BACK

If you are unable to cut down or stop drinking on your own, or are experiencing withdrawal symptoms, talk to a health care provider (see other side of this handout for contact information).

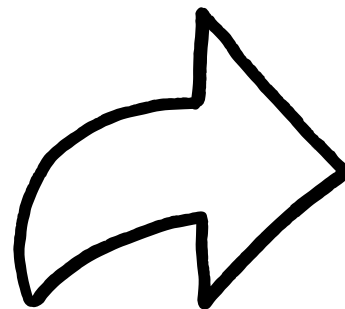


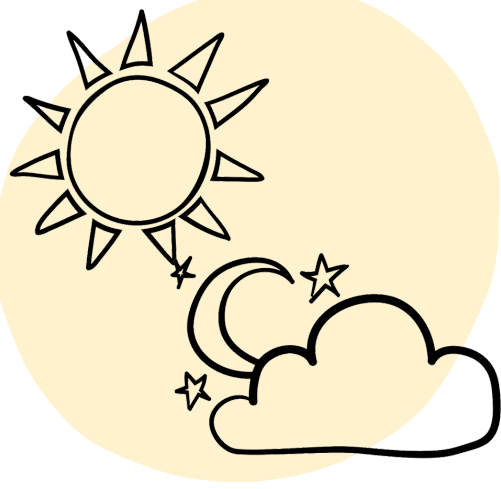
TIPS FOR DECREASING DRINKING

Set a GOAL such as: Have a glass of water before every drink. Drink only with food.

TRY other activities: Plan to meet friends at a park instead of a bar. Take a walk instead of having a drink when stressed.

ASK yourself: What are MY reasons to cut down on drinking? **HOW MANY** drinks did I have today? When do I want to drink? Do I need more help?





INPATIENT TREATMENT

RECOVERY VILLAGE CHERRY HILL AT COOPER

761 Cuthbert Boulevard, Cherry Hill, NJ 08002

CALL TO SCHEDULE: 856.890.9449

CLINICAL SERVICES INCLUDE: inpatient MAT;
daytime recovery support programs

OUTPATIENT TREATMENT

CAMDEN WALK-IN CLINIC

3 Cooper Plaza, Suite 220, Camden, NJ 08103

WALK-IN HOURS: Mondays to Fridays 1:30pm to 4:30pm

NOTE: Walk-in patients are seen in order of arrival

BRIDGEVIEW BUILDING

800 Cooper Street, 4th Floor, Camden, NJ 08102

SCHEDULED APPOINTMENT HOURS: Mondays,
Wednesdays, Thursdays, Fridays 9:00am to 5:00pm
Tuesdays 9:00am to 7:00pm

CALL TO SCHEDULE: 856.342.3040

CLINICAL SERVICES INCLUDE: outpatient MAT; full coverage
services for substance use disorder and mental health for
uninsured and underinsured patients; Empowering Mothers to
Parent and Overcome with Resilience (EMPOWR)

PEER SUPPORT

SELF-MANAGEMENT AND RECOVERY TRAINING (SMART RECOVERY)

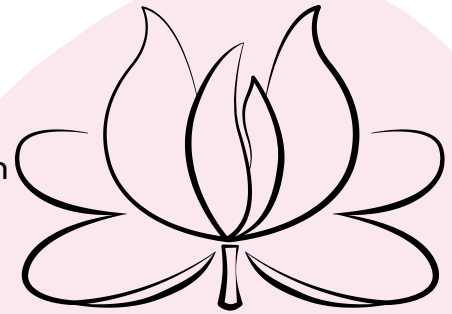
FREE: online and in-person mutual support meetings
and specialized support for veterans, loved ones, etc.

VISIT: smartrecovery.org

MEDICATION ASSISTED RECOVERY ANONYMOUS (MARA)

FREE: online and in-person mutual support groups for
people with AUD and/or other substance use, with
medication-supportive recovery meetings

VISIT: mara-international.org



AT THE CENTER FOR HEALING
WE WILL ALWAYS TREAT YOU
WITH COMPASSION,
DIGNITY, AND RESPECT

