

# The Pulse

Keeping a pulse on healthcare integration at RBH



Alcohol use disorder affects approximately 15 million adults in the United States. Every year over 88,000 deaths are attributed to excessive alcohol use, and alcoholism is the 3rd leading lifestyle-related cause of death in the United States. **Alcohol use disorder is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences.** According to the National Institute on Alcohol Abuse and Alcoholism, the definition of a standard drink includes 12 ounces of regular beer, 8 ounces of malt liquor, 5 ounces of unfortified wine, and 1.5 ounces of 80-proof hard liquor. Alcohol use disorder can affect all aspects of a person's life. **Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, friends and community.** Over time, excessive alcohol use can lead to numerous health problems including diabetes complications, eye problems, weakened immune system, birth defects, dementia, stroke, and cardiovascular problems. It can also increased risk for various types of cancers as well as liver diseases. **Excessive alcohol use can also cause psychiatric problems, including depression, anxiety, and suicide.** Risk factors for alcohol use disorder include but are not limited to: steady drinking over time, starting at an early age, history of trauma, and family history. Unintentional injuries caused by alcohol include motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries.

For more information visit the National Institute on Alcohol Abuse and Alcoholism (NIAAA) website at <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

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# Alcohol Use and Your Health

## What is considered a "drink"?

US Standard Drink Sizes



12 ounces  
5% ABV beer



8 ounces  
7% ABV malt liquor



5 ounces  
12% ABV wine



1.5 ounces  
40% (80 proof) ABV distilled spirits (examples: gin, rum, vodka, whiskey)

ABV = Alcohol by Volume



### Binge Drinking

For women, 4 or more drinks consumed on an occasion

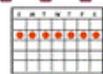


For men, 5 or more drinks consumed on an occasion



### Heavy Drinking

For women, 8 or more drinks per week



For men, 15 or more drinks per week



### Any alcohol use by pregnant women



### Any alcohol use by people younger than 21



Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

## Short-term health risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders



## Long-term health risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon and rectum
- Esophagus
- Voice box

# W h a t y o u n e e d t o k n o w a b o u t

# O B O T

- *OBOT stands for the Office-Based Opioid Treatment*
- *The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid Use Disorder*
- *Participants must be a RBHA client and participate regularly in weekly counseling sessions*
- *It provides Medication Assisted Treatment in order to assist clients in abstaining from the use of opiates*
- *Approximately 275 RICH Recovery Clinic clients receive services from the OBOT program*
- *Must submit a referral to Substance Use Disorder (SUD) services to be admitted in the OBOT program*



# Don't Forget!

The RICH Recovery Clinic provides a wide range of immunizations for its patients including: HPV, Hepatitis A & B, Influenza/Flu, and COVID 19!

To make an appointment have your Case Manager email Chandra McMillan at [mcmillanc@rbha.org](mailto:mcmillanc@rbha.org) or Inga Robinson at [inga.robinson@rbha.org](mailto:inga.robinson@rbha.org).

