

Unsafe Alcohol Use

Binge Drinking - According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.

Heavy Drinking - Heavy drinking is typically defined as consuming 15 drinks or more per week for men or 8 drinks or more per week for women.

Problem Drinking - Drinking is a problem if it causes trouble in your work or ministry, relationships, social activities, or in how you think and feel. If you are concerned that you or someone you know might have a drinking problem, you have options to check out your concerns:

- Call your personal health care provider.
- Contact the National Drug and Alcohol Treatment Referral Routing Service at 1.800.662.HELP.
- Clergy and Religious can call the Saint John Vianney Center 24/7 (888.993.8885) with questions or concerns.

Addictions/Co-Occurring Disorder Program

The Saint John Vianney Center provides a comprehensive and individualized residential treatment program for Clergy and Consecrated Men and Women Religious for alcoholism, drug dependency, compulsive use of the internet, compulsive eating, compulsive gambling, chronic anxiety, chronic rage, and depression. We also assist with the planning, preparation, training and facilitation of an intervention. Contact us to learn more about our Addictions and Co-Occurring Disorder Program and Services.

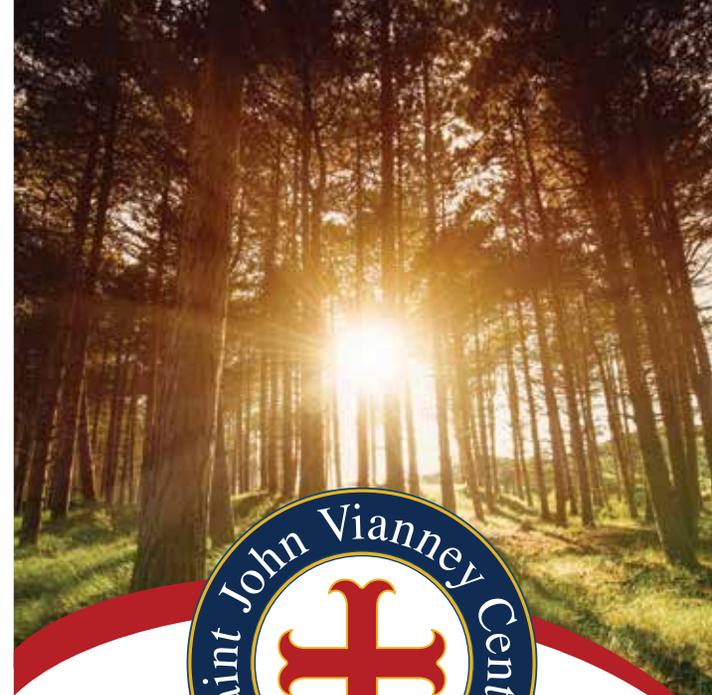
10 Warning Signs of a Drinking Problem

1. Repeatedly neglecting responsibilities at home, work, or school due to drinking.
2. Using alcohol in physically dangerous situations (ie. drinking and driving).
3. Incurring legal consequences due to a pattern of alcohol use.
4. Continuing to drink despite alcohol use causing problems in relationships.
5. Relying on alcohol to relieve emotional pain, to relax or de-stress.
6. Unable to quit or experiencing withdrawal symptoms (ie. anxiety, trembling, sweating, irritability, etc.).
7. Increased tolerance. Needing to drink more alcohol to achieve desired impact.
8. Losing control over drinking (ie. drinking more than intended).
9. Giving up other activities because of alcohol use.
10. Alcohol is becoming a major source of energy and focus.



Saint John Vianney Center

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How to Maintain a Healthy Lifestyle

“The LORD is my strength and my shield, in whom my heart trusts. I am helped, so my heart rejoices; with my song, I praise him.”

PSALM 28:7



Maintain a Healthy Lifestyle

Alcohol is everywhere - in social settings, at celebrations or gatherings of family and friends, at sporting events and more. Because the risks of drinking alcohol outweigh the benefits, it is best not to drink at all. More importantly, some individuals should never drink. But, if you are one who can drink, drink in moderation. Knowing the facts and staying safe are critical.

When people drink excessively, it is usually a sign that something else is wrong. If you are drinking to relieve sadness or stress, or to numb feelings, alcohol will actually make you feel worse in the end because your feelings and underlying issues will still be there.

What is excessive and how do we know when we are in trouble? We hope this information is helpful. Please know that whatever your concerns, you are not alone and help is available.

How does alcohol affect a person?

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount at a time, leaving the excess to circulate throughout the body.

Why do some people react differently than others?

Individual reactions to alcohol vary and are influenced by many factors such as:

- Age
- Gender
- Race or ethnicity
- Physical condition (weight, fitness level, etc.)
- Amount of food consumed before drinking.
- How quickly the alcohol was consumed.
- Use of drugs or prescription medicines.
- Family history of alcohol problems.

What is a standard drink in the United States?

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount is found in:

- 12 oz. of beer (5% alcohol content).
- 8 oz. of malt liquor (7% alcohol content).
- 5 oz. of wine (12% alcohol content).
- 1.5 oz. or a “shot” of 80-proof (40% alcohol content) distilled spirits or liquor (i.e. gin, rum, vodka, whiskey).

Is beer or wine safer to drink than liquor?

No. One 12 oz. beer has about the same amount of alcohol as one 5 oz. glass of wine, or 1.5 oz. shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

What is moderate drinking?

Moderate alcohol consumption is defined as having up to 1 drink/day for women and up to 2 drinks/day for men. This is referring to the amount consumed on any single day and not as an average over several days.

What is the legal limit for drinking?

Legal limits are typically defined by state law, and may vary based on individual characteristics such as age and occupation. All states in the U.S. have adopted 0.08% (80 mg/dL) as the legal limit for operating a motor vehicle. *Note: Impairment due to alcohol use begins to occur at levels well below the legal limit.*

What is the difference between alcoholism and alcohol abuse?

Dependency on alcohol, also known as alcoholism or alcohol addiction is a chronic disease. The signs and symptoms of alcohol dependence include a strong craving for alcohol, continued use despite repeated physical, psychological, or interpersonal problems, reliance on alcohol to relieve emotional pain, and the inability to limit drinking.

Alcohol abuse is a pattern of drinking that results in harm to one’s health, interpersonal relationships, or ability to work. Alcohol abuse may manifest in a variety of ways and can turn into alcohol dependence.

Who should not drink at all?

Some individuals should not drink alcoholic beverages at all, including:

- Individuals taking certain prescription or over the counter medications.
- Individuals with certain medical conditions.
- Individuals recovering from alcoholism or who are unable to control the amount they drink.

(2015-2020 Dietary Guidelines for Americans)

