



In Good Health Newsletter



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APRIL

Alcohol Awareness Month

Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.

More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.

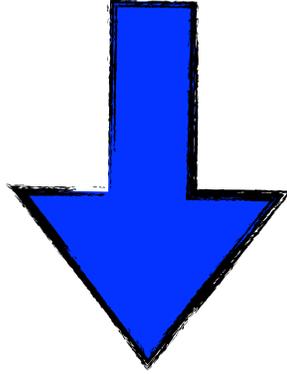


Facts About Alcohol

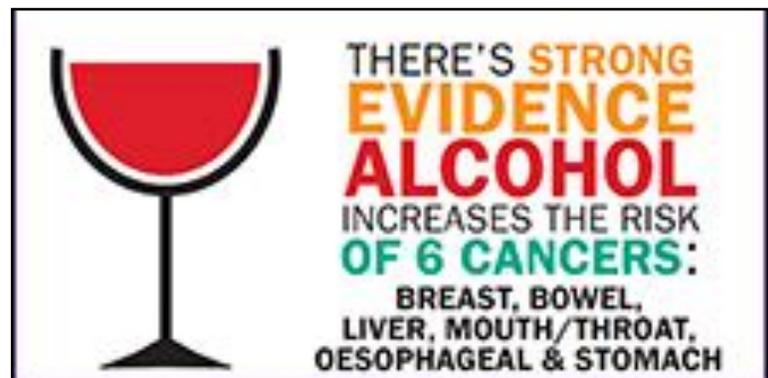
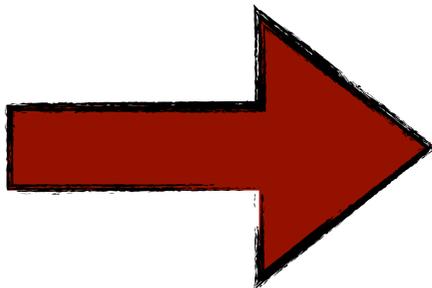
- 88,000 deaths are annually attributed to excessive alcohol use
- Alcoholism is the 3rd leading lifestyle - related cause of death in the nation
- Excessive alcohol use is responsible for 2.5 million years of potential life lost annually, or an average of about 30 years of potential life lost for each death.
- Up to 40% of all hospital beds in the United States (except for those being used by maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption.

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Over time, excessive alcohol use, both in the form of heavy drinking or binge drinking, can lead to numerous health problems, chronic disease, neurological impairments and social problems, including but not limited to:



- Dementia, stroke, and neuropathy
- Cardiovascular problems, including heart attack, cardiomyopathy, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, family problems, violence including child maltreatment, fights, and homicide
- Unintentional injuries, such as motor - vehicle traffic crashes, falls, drowning, burns and firearm injuries.
- Increased risk for many kinds of cancers, including liver, mouth, throat, larynx (voice box) and esophagus
- Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis
- Gastrointestinal problems, including pancreatitis, and gastritis



Did You Know?

Alcoholism has little to do with what kind of alcohol one drinks, how long one has been drinking, or even exactly how much alcohol one consumes. But it has a great deal to do with a person's uncontrollable need for alcohol.

Most alcoholics can't just "use a little willpower" to stop drinking.

The alcoholic is frequently in the grip of a powerful craving for alcohol, a need that can feel as strong as the need for food or water. While some people are able to recover without help, the majority of alcoholics need outside assistance to recover from their disease. Yet, with support and treatment, many are able to stop drinking and reclaim their lives.



Wine For Your Health: Truth & Myth

Wine and Heart Health

- Raises HDL cholesterol (the good cholesterol)
- Reduces the formation of blood clots
- Helps prevent artery damage caused by LDL cholesterol (the bad cholesterol)
- Reduces changes in blood pressure

There are some important limitations to consider:

- Health benefits do not seem to apply to African Americans and some other racial/ethnic groups
- No health benefits for people under 40 years of age
- Drinking pattern is important - cardio-protective effect disappears when light to moderate drinking is mixed with irregular, binge-drinking occasions
- Heavy drinking can lead to serious cardiac problems, including cardiomyopathy



What
is moderation?

Moderation for Health

- 2 drinks or less per day for men - 10 ounces wine
- 1 drink or less per day for women - 5 ounces wine

The greatest cardiovascular benefit of drinking wine for women appears to occur at:

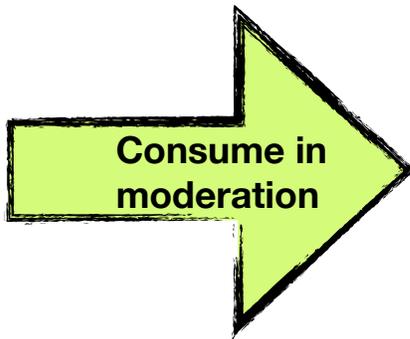
- 1/3 of a serving of wine (about 1.6 oz) per day



Wine: Not an Equal Opportunity Beverage

A woman's increased risk of alcohol-related issues occurs at anything above one drink...Balancing the Risk For Women

- Alcohol has a strong link to breast cancer and some other cancers
- There are 20,000 alcohol-related cancer deaths in the US per year
- 60% of alcohol-related cancer deaths for women are breast cancer deaths (about 6,000)*
- 30% of alcohol-related breast cancers occurred in women drinking less than 1.5 servings per day* **



Wine Consumption Recommendations for Women

- **5 oz of wine (or less) per day is considered low-risk if you:**
- Are not pregnant (or do not plan to become pregnant)
- Don't have an addiction or a family history of addiction
- Are at very low risk for cancers of the breast, head/neck, liver, and colorectum
- Have not had a gastric bypass
- Do not have any other conflicting health conditions or take any conflicting medications
- Currently drink alcohol

Any Amount of Wine Would be Considered High Risk if:

- Are pregnant or of child bearing age
- Have an addiction or are in recovery
- Have a family history of addiction
- Have had gastric bypass
- Have other conflicting health conditions or take any conflicting medications



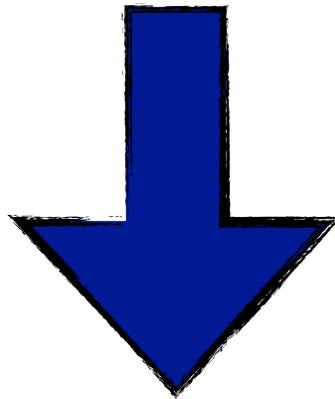
Wine Consumption and Men's Health

While Men Have a Greater Capacity for Alcohol Metabolism, There Are Some Special Risks:

- Some effects on male reproductive system, especially at heavier drinking levels
- “Accumulating” (but not definitive) evidence that alcohol may be risk factor for prostate cancer
- Risk for cirrhosis of the liver with daily drinking
- Greater risks for alcohol-related suicide

As With Women, Drinking is Riskier if You:

- Have an addiction or are in recovery or have a family history of addiction
- Have risk factors for - or a family history of - cancers of the breast, head/neck, liver, and colorectum
- Have a gastric bypass
- Have other conflicting health conditions or take any conflicting medications
-



**All drinking confers some risk For Women & Men – “Less is Better”
Recommended daily limits should NOT be interpreted as a “safe” baseline
from which to range upward**



The Key
May Not be in The Wine at All!

Research shows that most people who drink in true moderation have other protective health indicators (“confounders”):

- More likely to be active regularly
- More likely to eat a healthier diet
- More likely to have established social networks
- More likely to engage in preventive healthcare

And of
course...If you do not currently drink
alcohol, there is no health benefit to starting!

Heart Healthy Foods Are Your Friend

Grapes
Peanuts
Blueberries
Cranberries
Mulberries
Grape Juice
Peanut Butter
Dark Chocolate
Pistachios
Muscadines

Heart Healthy Activities Are Your Friends

Healthy Weight
Exercise
Regular Checkups
Healthy Diet

INFUSED WATER



Despite the trendy name, detox water (also called spa water or infused water) is simply water with a combination of sliced fruit, vegetables, herbs, and spices added to it. Whether the ingredients provide any health benefit is unknown, but what detox water can do is help people drink more fluids by infusing a hint of flavor into [plain water](#). These no- or low-calorie drinks are a great alternative to diet sodas, caffeinated beverages, and powdered drink mixes.

Cucumber, Lemon, Basil Water

- 10 cucumber slices
- 1 lemon slice, cut in half
- 3 basil leaves

Add the ingredients to a glass or mason jar (approximately 16 ounces/500mL), fill it with filtered water, and allow it to sit covered in the refrigerator for approximately 24 hours.



Apple, Fennel, Lemon Water

With the subtle flavor of sweet anise, fennel and apple go well together in this infused water. To make it, add the following to a 8 to 16 ounce glass.

- [apple](#) slices
- fennel slices

Fill the rest of the glass with filtered water, and allow it to sit in the fridge, covered, for 12 to 24 hours. Squeeze the juice from a small lemon wedge into the glass.

Pear, Ginger, Lime Water

- 2 slices of pear, cut into smaller pieces
- 1 slice of lime, cut in half
- 1/4 inch thin slice of ginger If you would like to bring out the gingery taste, try scoring the ginger piece to release the juice. Add the ingredients to a glass and fill it with water. Let it sit for 12-24 hours before drinking it. Use a firm pear, as a ripe pear will get mushy when soaked in water.

Orange Mint Water

To make orange mint water, place the following ingredients to a glass or cup:

- 2 slices of peeled orange
- 2 mint leaves

The pith (the white part under the orange peel) tastes bitter, so be sure to remove it. Fill it with water and put it in the fridge, covered, for 12-24 hours.



Orange, Fennel, Rosemary Water

To make orange, fennel, and rosemary water, add the following ingredients to an 8 to 16 ounce glass:

- 1 slice of orange
- 1 slice of fennel
- small piece of rosemary (about 9 leaves, attached to the stem)

Fill the rest of the glass with filtered water and allow it to sit, covered, for 12 to 24 hours.

Strawberry, Raspberry, Mint Water

Make this delicious flavored water by placing these ingredients in a 8 to 16 ounce glass:

- 3 strawberries, cut in half
- 5 raspberries
- 3 small or 2 regular sized mint leaves

Add filtered water to fill the rest of the glass. Cover it and allow it to sit in the fridge for 12 to 24 hours.