

## Did you know?

Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!

- It can cause a drop in heart rate and breathing
- It can increase risk of overdose and death

**BINGE DRINKING** happens when men consume 5 or more drinks or women 4 or more drinks in about 2 hours...thus likely exceeding legal Blood Alcohol Content of 0.08.

## What to expect when cutting back or quitting:

- Change takes time. Relapse happens.
- Medication is available; oral & injectable naltrexone.
- You will need support and perhaps counseling, groups, or classes.
- You may have some withdrawal symptoms and/or cravings/urges.
- Contact your provider if you are having any medical concerns.

## Where can I learn more?

[www.drugabuse.org](http://www.drugabuse.org)  
[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.niaa.nih.gov](http://www.niaa.nih.gov)

## Community Resources:

AA in Las Cruces  
<http://www.nmdistrict4aa.com/>

### SMART Recovery Meetings

#430 at MMC  
[becca0459@gmail.com](mailto:becca0459@gmail.com)

#4897 at AHC Annex  
[ray.stewart@amadorhealthcenter.org](mailto:ray.stewart@amadorhealthcenter.org)

Your Recovery Solutions  
<https://www.yourrecoveryolutions.com>

NM Crisis Line  
1.855.662.7474

**Phone number: ARP HELPLINE  
575.395.6953 mobile text/voicemail**

## Recovery Support Specialist:

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# AMADOR RECOVERY PROJECT

## ALCOHOL



*Know Your Risk  
Take Control*



999 W. Amador Ave., Suite D  
Las Cruces, NM 88005  
Office Tel 575.556.9681

## What is a considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured



is 12 ounces of beer, 1.5 ounces of liquor or 5 ounces of wine.

Follow this chart to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use/misuse.

### Men

No more than 4 drinks on any day

No more than 14 drinks per week

### Women

No more than 3 drinks on any day

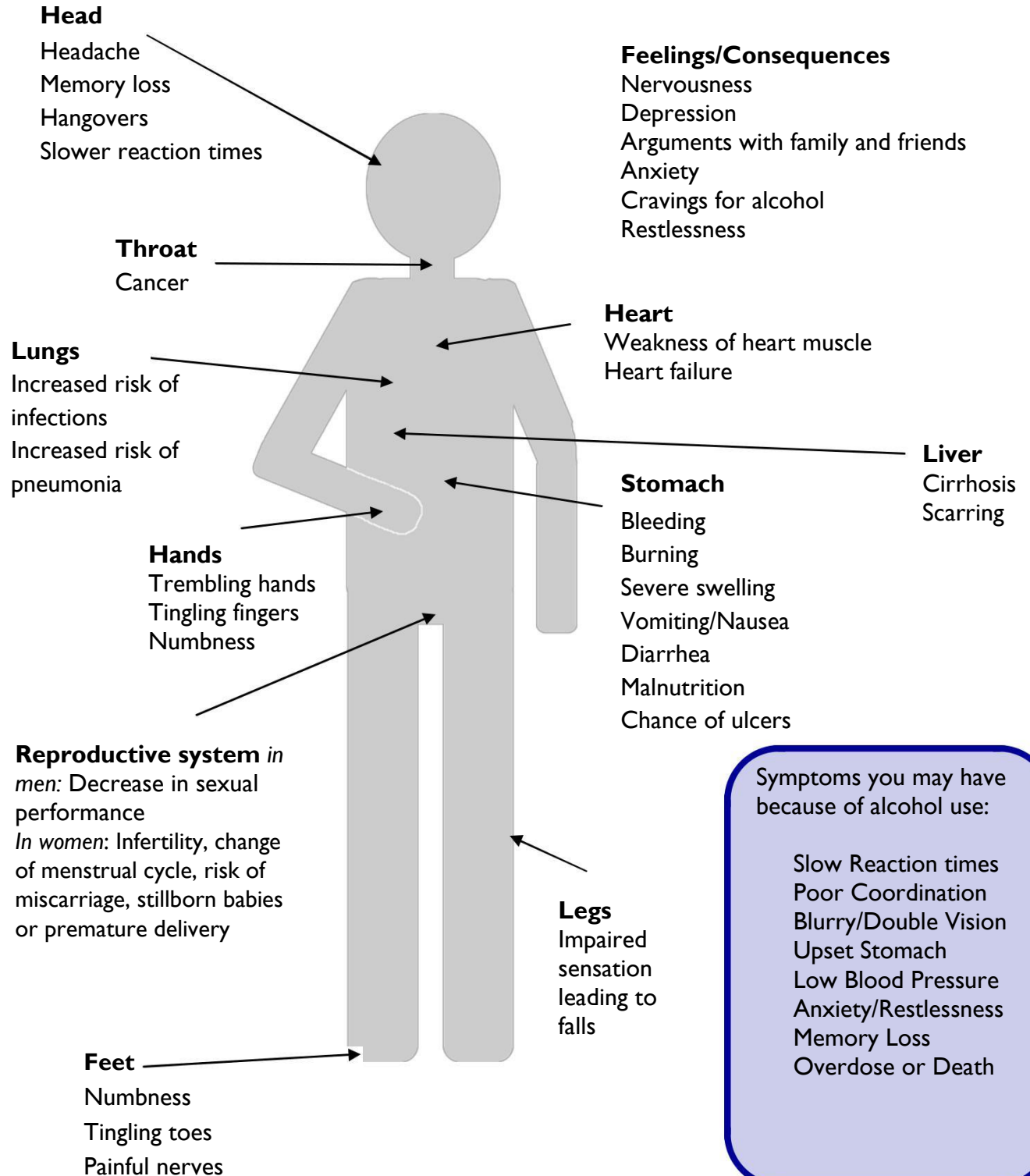
No more than 7 drinks per week

**Chronic heavy drinking** is 5 or more drinks for men (4 for women) on 5 or more days in a month.

### Some people should not drink at all:

- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and/or motor coordination
- People taking certain medications
- People with some medical conditions
- Anyone under age of 21

## Effects of Alcohol



Symptoms you may have because of alcohol use:

Slow Reaction times  
Poor Coordination  
Blurry/Double Vision  
Upset Stomach  
Low Blood Pressure  
Anxiety/Restlessness  
Memory Loss  
Overdose or Death