

## 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 BAC of 0.08.

### What to expect when cutting back or quitting your drinking:

- Your healthcare provider or Recovery Specialist can help you set up a plan.
- Change takes time. Relapse happens. Medication like naltrexone/Vivitrol is available.
- You will need support and perhaps counseling.
- You may have some withdrawal symptoms 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)

### Something to try:

- Measure what you drink
- Monitor how often/ much you drink
- Set goals to reduce drinking: smart, small steps for moderation or abstinence. Prepare for setbacks.
- Seek support from others: online, mobile apps, groups, classes
- Increase internal/external sources of motivation: relaxation, visualization, positive talk, sponsors, advocates
- Avoid triggers/cues for excessive drinking (people, places, events)
- Know how to handle urges/ cravings with distractions & substitutions
- Learn to manage daily stressors and negative thoughts or irrational beliefs
- Engage in healthy habits regarding nutrition, exercise, sleep, moods
- Consider professional counseling and prescribed medication to drink less

### Community Resources:

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

SMART Recovery Meetings in Las Cruces  
Call Helpline for Days/Hours Schedule

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

### Recovery Support Specialist:

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**Phone number: HELPLINE**  
**575.323.2266 mobile text/voicemail**

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## AMADOR RECOVERY PROJECT

# WE ASK EVERYONE!

KNOW YOUR RISK  
TAKE CONTROL



## Alcohol



ANNEX

999 W. Amador Ave., Suite D  
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## 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

