



Alcohol Awareness Month

According to the Surgeon General, 217 million people (81.0%) aged 12 or older have used alcohol in their lifetime.

Addictions/Substance Use Disorders are defined as occurring when the recurrent use of alcohol and/or drugs causes significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. Addiction can cause many serious health problems, as well as negatively effect your relationships with family, friends & co-workers.

HIGH BLOOD PRESSURE

Drinking too much alcohol can raise blood pressure to unhealthy levels. Having more than three drinks in one sitting temporarily increases your blood pressure, but repeated binge drinking can lead to long-term increases.

CANCER

Alcohol is a carcinogen-that means it causes cancer. Alcohol is converted into our bodies into a toxic chemical called acetaldehyde. This can cause cancer by damaging our DNA and stopping cells from repairing the damage. Alcohol can also increase the levels of some hormones, such as estrogen, which particularly increases the risk of breast cancer.

Types of cancer are caused by alcohol:

- Mouth
- Upper Throat
- Larynx
- Liver
- Breast
- Bowel
- Esophagus

ALCOHOL IN THE WORKPLACE

Substance use disorder is very common in industries like food service, construction, mining and drilling, and excavation. These high stress jobs, combined with a work culture that normalizes “unwinding” with substances, can contribute to substance use disorder.

We understand that substance use disorder is a health issue, not a personal choice. **If you are struggling and need help, please call the Drug and Alcohol hotline at 800.622.2255.**



Sources: Facing Addiction with NCADD, Surgeon General,

HEALTH MYTH BUSTERS

1

Alcohol isn't as harmful as other drugs.

Alcohol increases your risk for many deadly diseases, such as cancer. Drinking too much alcohol too quickly can lead to alcohol poisoning, which can kill you.

2

Beer and wine are safer than liquor.

Alcohol is alcohol, no matter how you consume it. One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half a cup) has as much alcohol as a 1.5 ounce shot of liquor. Mixed drinks often contain more alcohol than beer.

3

Alcohol is a way to relax and reduce stress.

We may feel more relaxed when we drink alcohol, but alcohol increases the level of stress that is placed on the body.



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SUCCESS STORY

MEMBER

49 Year Old Female

GOALS

To get stress levels under control so that it doesn't affect her family life.

SUCCESS

As member and her coach worked together, they were able to establish a meaningful rapport through mindful listening and open-ended inquiry.

OUTCOMES

Member established weekly physical activities with her children. She started to meditate and speaks with her priest weekly. She has been exploring YouTube videos and listening to positive affirmations as part of her morning routine. Member said that even her children and co-workers are responding to her positive changes.

IN HER OWN WORDS

"My practices have really impacted my life and how I view my environment."

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).

GRILLED SALMON WITH GREEK SALAD

Ingredients - Serves 4

- 6-oz. low fat Greek yogurt
- 2 tbsp. fresh lemon juice
- Kosher salt
- Black pepper
- 2 tbsp. chopped fresh mint
- 1 tbsp. chopped fresh dill
- 1-1/4 lb. skinless salmon fillet, cut into 4 pieces
- 2 tbsp. red wine vinegar
- 1 tbsp. olive oil
- 1/2 tsp. dry oregano
- 1-1/2 lb. tomatoes, cut into small wedges
- 1 cucumber, cut into 1/2" pieces
- 1/4 red onion, thinly sliced

Directions

1. In a small bowl, mix together yogurt, lemon juice, and 1/4 teaspoon pepper; fold in mint and dill.
2. Heat grill to medium-high. Season the salmon with 1/4 teaspoon each salt and pepper. Grill until opaque throughout, 3 to 5 minutes per side; transfer to plates.
3. In a large bowl, whisk together vinegar, oil, oregano, and 1/4 teaspoon each salt and pepper. Toss with tomatoes, cucumber, and onion. Serve with the salmon and tzatziki.



Click [here](#) for more healthy recipes.