

FOR IMMEDIATE RELEASE
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HOW MUCH IS TOO MUCH?
LEARN HOW ALCOHOL AFFECTS YOUR HEALTH ON
NATIONAL ALCOHOL SCREENING DAY, APRIL 11

CINCINNATI -- "How much is too much?" Trying to figure out the risks and benefits associated with alcohol use is not easy as current research is often confusing and sometimes contradictory. One week alcohol raises your risk of breast cancer -- the next week it doesn't. One week drinking red wine is good for you -- then the results are murky. Drinking helps maintain cognitive ability, but too much hastens dementia. How does the average person know what to do?

In order to help individuals get the facts on alcohol, a free, anonymous education and screening program will be offered in Cincinnati as part of National Alcohol Screening Day on Thursday, April 11th. The free screenings for alcohol problems are available to those ages 16 years and older at three locations in Greater Cincinnati.

The Public Library of Cincinnati and Hamilton County, 800 Vine Street, Room #3B will host screenings from 9 a.m. to 8 p.m. The University of Cincinnati, French Hall will host screenings in the 2nd floor multi-purpose room from 9 a.m. to 5 p.m. and in conference room #2601, from 5 p.m. to 8 p.m. The Mt. Auburn Health Center, 2415 Auburn Avenue, will hold alcohol screenings from 9 a.m. to 6:30 p.m.

As part of the program, participants at the screening sites will hear an educational presentation on alcohol problems, complete a written self-test, and have the opportunity to talk privately with a health professional. Educational materials will be available, as well as referrals to local treatment and support resources for those who need further evaluation.

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Nan Franks Richardson, chief executive officer of the Alcoholism Council of Greater Cincinnati says, "For most adults, moderate alcohol use -- up to two drinks per day for men and one drink per day for women and older people -- causes few if any problems. But if you have a family history of alcohol abuse, are taking certain over-the-counter or prescription medications, are pregnant or trying to become pregnant, or have medical conditions that can be made worse by drinking then any alcohol use may lead to significant health problems and sometimes even death."

"Education, awareness and understanding -- the kind of outreach provided by National Alcohol Screening Day -- are key factors to reducing problem drinking. The screening day program is designed to educate the public about alcohol problems and offer those who may be struggling a way to seek help. Locally, the program aims to help people in a way that is nonthreatening, easily accessible and offers direct connection with treatment resources in the community," said Dr. Sherry Knapp, chief executive officer of the Hamilton County ADAS Board.

National Alcohol Screening Day (NASD), held in April as part of Alcohol Awareness Month, is a program of the nonprofit Screening for Mental Health in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (CSAT) and Center for Substance Abuse Prevention (CSAP). Screenings will be held across the country at approximately 2,000 screening sites. The program is sponsored locally by the Hamilton County Alcohol and Drug Addiction Services (ADAS) Board and the Alcoholism Council of Greater Cincinnati.

For more information about the local Alcohol Screening Day, call Mike Tibbetts at the Alcoholism Council at (513) 281-7880. For additional information about alcohol or the screening program, visit www.mentalhealthscreening.org.

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