



FOR IMMEDIATE RELEASE

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WHERE DO YOU DRAW THE LINE?

Learn how alcohol affects your health on National Alcohol Screening Day, April 10, 2003

CINCINNATI—“My husband and I want to start a family, and I enjoy an occasional glass of wine with dinner. Will this affect my chances of becoming pregnant?” “I take an over the counter pain medication for my bad back. Does this mean I shouldn’t drink alcohol?” “My 75-year-old father has recently been diagnosed with high blood pressure. Can drinking make his hypertension worse?”

For most adults, moderate alcohol use causes few, if any, problems. But for some, any alcohol use may lead to significant health problems. Trying to figure out the risks associated with alcohol use is not easy because alcohol affects your body differently at different times. To protect yourself, it is important to figure out where you should draw the line when consuming alcohol. Where do you draw the line as you get older, if you are trying to get pregnant, if you have a family history of alcohol abuse, if you develop a medical condition, or if you take certain medications?

To help determine *where you should draw the line*, the Hamilton County Alcohol and Drug Addiction Services (ADAS) Board, the Alcoholism Council of the Cincinnati Area, and other area alcohol and drug treatment services are providing free, anonymous education and screening programs as part of National Alcohol Screening Day, Thursday, April 10. The free screenings will be held from 9 AM to 6 PM at four facilities within Greater Cincinnati. Those facilities are: 1) Mt. Auburn Health Center, 2415 Auburn Avenue, 2) University of Cincinnati, 3) Xavier University, and 4) The Public Library of Cincinnati, 800 Vine Street. Directions and other details are available from **Mike Tibbets at 281-7880** or **mtibbett@alcoholismcouncil.org**.

As part of the program, participants will hear an educational presentation on alcohol problems, complete a written self-test, and have the opportunity to talk privately with a health professional, all for free. An educational video, pamphlets, brochures and flyers will be available, as well as referrals to local treatment and support resources for those who need further evaluation.

Sherry Knapp, Ph.D., Chief Executive Officer of the ADAS Board, says, “Although most individuals who drink do so safely, many people are unaware of the negative effects alcohol can have on health. The goal of National Alcohol Screening Day is to educate the public about the potential risks associated with drinking. Through education, awareness and understanding, individuals can make informed decisions about their drinking behaviors.”

National Alcohol Screening Day (NASD), held in April as part of Alcohol Awareness Month, is a program of the nonprofit organization Screening for Mental Health, Inc., in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA). Screenings will be held across the country at approximately 5,000 screening sites, including hospitals, addiction treatment centers, primary care offices, and colleges.

For additional information about alcohol or the screening program, visit www.NationalAlcoholScreeningDay.org.

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