



### HOW DOES ALCOHOL AFFECT US?

Most people drink without negative consequences, but three out of ten report risky or excessive drinking (for men – more than 4 drinks a day and more than 14 drinks a week; for women – more than 3 drinks a day and more than 7 drinks a week).

Risky or excessive drinking will increase the risk of many health problems, including the following:

- Cirrhosis of the liver
- Hepatitis
- Osteoporosis
- Hypertension
- Enlarged heart or weakening of the heart muscle
- Cancers of the mouth, throat, esophagus, liver, breast, and colon
- Weakened immune system
- Pneumonia and other infections
- Accidents and injuries
- Committing or being the victim of actions of violence
- Depression, dementia, and other mental disorders
- Suicide

It is safest to avoid alcohol altogether if you are/will be:

- Pregnant or planning to become pregnant
- Driving or operating machinery
- Having a personal history of alcohol or drug dependence
- Taking prescription over the counter medications that interact with alcohol
- Under the legal drinking age (21)

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### CONNECTION BETWEEN DEPRESSION AND ALCOHOL

Numerous researches have revealed the linkage between alcoholism and depression.

On one hand, excessive alcohol use leads to depressed mood. Alcohol inhibits the central nervous system, causing tiredness and sedation. Alcohol disturbs the balance of certain important chemicals in brain, increasing the risks of mood disorder. Heavy drinking brings health problems, dispirited life, family disharmony and financial difficulty into our lives, which all could lead to immense psychological stress and eventual depression.

On the other hand, when a person is depressed, he might use alcohol to relieve the sorrow; however, as time goes by, it tends to make him even more depressed. Drinking can help us stop thinking about the troubles for a while, giving a few hours of consoling to those who are upset. However, habitual drinking as a way to cope with difficulties in life, will soon lead to escalating use of alcohol and subsequent dependence. All those problems in life will not simply go away with drinking, instead they get worse and make us even more depressed.

### WARNING SIGNS

- Regularly use alcohol to cope with anger, frustration, depression, or to stop these feelings.
- Regularly get hangovers.
- Regularly use alcohol to feel confident.
- Make you feel disgusted, angry, or suicidal
- Start drinking earlier in the day.
- Hide your drinking from friends and family.
- Feel shaky and anxious in the morning after drinking the night before.
- Affect our relationships with other people.
- People around/with you look embarrassed or uncomfortable.



### HOW TO REDUCE ALCOHOL INTAKE?

- Set goals for reducing amount of alcohol you drink
- Avoid high-risk drinking situations
- Plan something you can do instead of drinking
- Ask your spouse or friends to set goals with you and monitor your progress

### SAFE DRINKING TIPS – Dos and Don'ts

- Do sip drink slowly – don't gulp it down
- Do space drinks with a non-alcoholic drink in between
- Avoid drinking with an empty stomach
- Don't drink everyday. Have 2-3 alcohol-free days in a week
- Provide interesting non-alcoholic drinks as well as alcohol if having a party
- Ask doctor or pharmacist if it's safe to drink alcohol with any medicine that are prescribed
- Stick to your drinking goal (amount of alcohol/week)
- Don't binge drink – check the diary of alcohol intake

### KEEPING TRACK OF ALCOHOL INTAKE

Most of us underestimate the amount we drink. The current advice is to limit 14 units per week for women and 21 units per week for men, and have drink free days. To keep a diary of your alcohol intake over the course of a week can give you a clearer reflection of your drinking habit.

#### DIARY OF ALCOHOL INTAKE

Day	When	Where	Who with	Alcohol Amount	Unit	Total
Mon.						
Tue.						
Wed.						
Thur.						
Fri.						
Sat.						
Sun.						
Total Units for Week						

### HELPING DESPRESSION AND STOPPING DRINKING

Most drinkers with depression will start to feel fitter and brighter in mood within a few weeks of cutting out alcohol. If feelings of depression do lift, it's likely that they were caused by the drinking.

If the depression is still with you, talk to your health provider about further help. Psychotherapy and/or antidepressant medication may be helpful when your depression seems linked to some crisis in your life.

In either case, you will need to reduce or stay away from alcohol and persist with the treatment for several months.

### GUIDE TO ALCOHOL UNITS

Drink, alcohol concentration	Amount	Volume	Unit
Beer, 4%	One pint	568ml	2.3
Beer, 5%	Small bottle	330ml	1.7
Cider, 4.5%	One pint	568ml	2.6
Wine, 13%	One Glass	175ml	2.3
Champagne, 12%	One Glass	125ml	1.5
Spirits, 40%	One Glass	25ml	1
Alcopops, 4%	One Bottle	275ml	1.1

### FINDING HELP

- Substance Abuse and Mental Health Service Administration (SAMHSA): 1-800-622-HELP (4357)
  - Substance Abuse & Addiction Hotline: 1-844-289-0879
  - National Council on Alcoholism and Drug Dependence, Inc. (NCADD): 1-800-NCA-CALL (622-2255)
  - San Francisco DPH Substance Abuse Services Access: 1-415-503-4703 or 1-888-246-3333
  - San Mateo BHRS Access: 1-800-686-0101
  - Santa Clara County BHSD Call Center: 1-800-488-9919
- Sources:
- Royal College of Psychiatry
  - American Foundation for Suicide Prevention
  - Institute of Mental Health, Castle Peak Hospital

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### 酒精是如何影響我們?

大多數人飲酒不會產生負面影響，但每十個人就有三個有危險或過度飲酒（男性 - 每天 4 杯以上，每週 14 杯以上；女性 - 每天 3 杯以上，每週 7 杯以上）。

危險或過度飲酒會增加許多健康問題的風險，包括：

- 肝硬化
- 肝炎
- 骨質疏鬆症
- 高血壓
- 心臟擴大或心肌減弱
- 口腔癌、喉癌、食道癌、肝癌、乳腺癌和結腸癌
- 免疫系統減弱
- 肺炎和其他感染
- 意外和受傷
- 實施暴力或成為暴力行為的受害者
- 抑鬱、癡呆和其他精神障礙
- 自殺

在以下情況下完全避免飲酒是最安全的：

- 懷孕或計劃懷孕
- 將駕駛或操作機器
- 個人有酒精或藥物依賴史
- 正在服用與酒精相互作用的非處方藥物
- 未達到法定飲酒年齡 (21)

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### 抑鬱症和酒精的關係

種種研究都顯示，飲酒問題與情緒抑鬱大有關係，而這種關係是雙向的。

一方面，飲酒太多太頻密，會令人容易抑鬱。酒精能夠抑制中樞神經，使人感到疲憊，喪失精力。酒精亦會擾亂腦部某些化學物質的水平，增加患上情緒病的機會。飲酒過量，亦可引致種種身體問題，頹廢的生活，家庭失和，工作和財政困難等等，這一切惡果都會帶來很大的精神壓力，自然會令人抑鬱。

另一方面，當感到抑鬱時，有人會借酒消愁，希望藉此減壓，但最後卻令自己比當初更抑鬱。不錯，雖然飲酒可令人暫時忘記煩惱，放鬆心情，克服焦慮和恐懼，這些效果對不开心的人來說，可能帶來數小時的慰藉。但太過習慣以此面對生活的困難和壓力，把飲酒當作所有煩惱的萬靈藥，早晚會演變成日飲夜飲，酒精上癮。非但不會解決實質上的問題，反而令情況比原來更壞，那自然就更抑鬱。

### 警告訊號

- 經常飲酒作為應付憤怒、沮喪、焦慮或抑鬱的方法
- 經常有宿醉
- 定時飲酒促使自己感到有信心
- 飲酒使您感到厭煩、憤怒或想自殺
- 開始在日間較早時分飲酒
- 故意不讓朋友和家人知道您喝酒
- 晚上飲酒後，早上起來感到顫抖和緊張
- 飲酒影響您與別人的關係
- 令您周圍的人很尷尬或不舒服

### 如果飲得太多，怎麼辦?

- 訂下減少飲酒份量的目標
- 避開飲酒的高危處境



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

- 計劃一些可作的事，用以取代飲酒
- 邀請配偶或朋友幫助，他們可跟您訂下目標，並監察您的進展

### 安全飲酒的“應”與“不應”

- 應慢慢地淺嚐，而不應鯨吞牛飲
- 應在兩杯酒之間加入無酒精飲品
- 不應空肚飲酒，應先吃點食物
- 不應每天都飲酒，一星期應有兩三天滴酒不沾
- 在社交聚會，應同時提供沒有酒精的飲品
- 若要服藥，諮詢醫生或藥劑師同時飲酒是否安全
- 應堅守訂下的飲酒目標（一星期多少酒精單位）
- 應每數星期檢視飲酒日誌表，看看飲酒的份量

### 記錄酒精攝入量

大多數人都低估了自己的飲酒量。目前酒精安全限制的建議是：男性每週不超過21個單位，女性每週不超過14個單位，並要設有無酒精日。善用飲酒日誌表，記錄一週的酒精攝入量，可以讓您更清楚地了解自己的飲酒習慣。

#### 飲酒日誌表

日期	何時	何地	與何人	份量	單位	總共
星期一						
星期二						
星期三						
星期四						
星期五						
星期六						
星期日						
該星期之總飲酒量						

### 幫助抑鬱和戒酒

大多數患有抑鬱症的飲酒者在戒酒幾週後，會開始感到更健康、心情更愉快。如果抑鬱情緒確實有所緩解，那很可能是飲酒造成的。

如果您仍然感到抑鬱，要諮詢家庭醫生尋找進一步協助。當您的抑鬱似乎與生活中的某些危機有關時，心理治療和/或抗抑鬱藥物可能會有幫助。

無論哪種方法，您必須減少或遠離酒精，並且繼續數月的治療。

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### 酒精單位指南

飲料，濃度	份量	容量	單位
啤酒，4%	一品脫	568 毫升	2.3
啤酒，5%	一小樽	330 毫升	1.7
蘋果酒，4.5%	一品脫	568 毫升	2.6
葡萄酒，13%	一杯	175 毫升	2.3
香檳酒，12%	一杯	125 毫升	1.5
烈酒，40%	一杯	25 毫升	1
酒精飲料，4%	一樽	275 毫升	1.1

### 求助門路

- 藥物濫用和心理健康服務管理局 (SAMHSA): 1-800-622-4357
- 藥物濫用和成癮熱線 1-844-289-0879
- 全國酒精中毒和藥物依賴委員會 (NCADD): 1-800-622-2255
- 三藩市公共衛生局藥物濫用服務處 1-415-503-4703 或 1-888-246-3333
- 聖馬刁 BHRSA Access: 1-800-686-0101
- 聖塔克拉拉縣 BHSD 接聽中心: 1-800-488-9919

資料來源:

- 英國皇家精神科學院
- 美國預防自殺基金會
- 青山醫院精神健康學院

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