

# Alcohol - How Much Is Too Much



## 1 (one) drink can be too much when:



- At work or going back to work
- Pregnant or breast-feeding
- Taking some medicines (ask your health care provider)
- Some medical conditions (ask your health care provider)
- Driving or planning to drive (for some people)



## Alcohol and injury

There is a strong relationship between alcohol and car wrecks (motor vehicle collisions). Alcohol is also often the cause of many other injuries such as:

- Falls
- Drownings
- Assaults
- Burns
- Domestic violence
- Pedestrian injuries
- Work injuries
- Sports injuries



## How alcohol affects your health

Heavy drinkers may have long-term health effects such as:



- Damage to the liver, pancreas, brain and heart. They may put themselves at more risk for some kinds of cancers.
- Women who drink when they are pregnant have more risk of having a baby with birth defects.

## What is a standard drink?

A standard drink is . . .



1 shot of liquor such as whiskey, vodka, gin, tequila, etc. (1.5 ounces)



1 regular (12 ounce) beer



1 glass of wine (5 ounces)

## Blood alcohol levels and your body:

- .40+ Coma, death is possible
- .30 Become unconscious
- .20 Staggering, vomiting, "sloppy drunk"
- .15 Loss of physical control, may have blackouts
- .08 Legally drunk, have trouble keeping balance, trouble talking and seeing right
- .05 Feel a "buzz", feel relaxed - social drinking
- .03 No trouble keeping balance, talking, seeing right, may feel a "buzz"
- .00 Sober

(over)

- Even if you do not feel drunk when your blood alcohol level is .08 or higher, the alcohol is still hurting your brain and liver.
- Even if you do not feel drunk when your blood alcohol level is .08 or higher, you are at a high risk for injury (see **Alcohol and injury** on the first page).

<b>Low risk drinking:</b>	Drinks per day	Drinks per week
Men	2	14
Women	1	7
Age 65 or older	1	7

## Where to get help

**NorthSTAR Program:** This is a state funded program for substance abuse and other mental health services for people who meet the income guidelines, and who live in Dallas, Collin, Ellis, Hunt, Kaufman, Navarro and Rockwall counties. To find out more call Value Options at (888) 800-6799.

### Medical detoxification:

#### Inpatient

Homeward Bound  
233 W. 10th Street  
Dallas, TX 75208  
(214) 941-3500

#### Outpatient

Solace Counseling Associates  
2519 Oak Lawn Ave. # 100  
Dallas, TX 75219  
(214) 522-4640



### Residential (Live in) treatment programs:

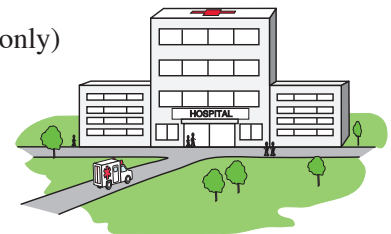
Nexus Recovery Center (Women only)  
8733 La Prada  
Dallas, TX 75228  
(214) 321-0156 ext. 3118

Cenikor (18 month program)  
2209 S. Main Street  
Fort Worth, TX 76110  
(866) 923-3428

Turtle Creek Manor  
2707 Routh Street  
Dallas, TX 75201  
(214) 871-2496

Gateway: Help Is Possible  
723 S Peak Street  
Dallas, TX 75223  
(214) 827-2870 ext. 3717

The Salvation Army ARC (Men only)  
5554 Harry Hines Blvd.  
Dallas, TX 75235  
(214) 630-5611



### Outpatient treatment programs:

First Step Counseling (3 locations)  
13610 Midway Road, #241  
Dallas, TX 75244  
(972) 239-4440

First Step Counseling  
219 B Sunset Avenue, # 101  
Dallas, TX 75208  
(214) 942-8808

First Step Counseling  
900 E. Park Blvd. #153  
Plano, TX 75074  
(972) 633-5544

Nexus (2 locations)  
Women only  
For an appointment call:  
(214) 321-0156

Park Cities Counseling  
3520 Cedar Springs  
Dallas, TX 75219  
(214) 526-3374

Pathway Program  
1425 Pioneer # 245  
Irving, TX 75061  
(972) 259-4025

**Outpatient treatment programs continued:**

Addicare (2 locations)  
1511 Levee, Suite B  
Dallas, TX 75207  
(214) 824-6503

Addicare  
2722 W. Kingsley, # 115  
Garland, TX 75041  
(972) 278-4760

Gateway: Help Is Possible  
723 S Peak Street  
Dallas, TX 75223  
(214) 827-2870

Remedy Addictions (2 locations)  
1400 W. Irving Blvd. # 100  
Irving, TX 75061  
(972) 253-0000

Remedy Addictions  
2353 Gus Thomasson  
Dallas, TX 75228  
(214) 324-5400

**Support groups:**

For personal recovery:

Alcoholics Anonymous: (214) 887-6699 (AA Spanish: (214) 905-0770)

Narcotics Anonymous: (972) 699-9306

Cocaine Anonymous: (800) 347-8998

Nicotine Anonymous: (214) 327-1633

For families and friends of alcoholics and other addicts:

Al-Anon: (214) 363-0461

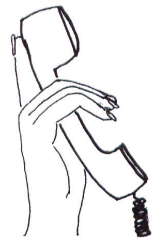
Families Anonymous: (972) 407-4420

Co-dependents Anonymous (CODA): (972) 647-4568

**Other substance abuse resources:**

Tarrant Council on Alcohol and Drug Abuse: (817) 332-6329

Tarrant Commission on Alcohol and Drug Abuse: (800) 832-9623 (state-wide referrals)



**Outpatient psychiatric and other mental health services:**

Dallas Metrocare  
1380 River Bend Drive  
Dallas, TX 75247  
(214) 743-1200

LifePath Systems  
3920 Alma Drive  
Plano, TX 75023  
(972) 422-5939

**Services and shelters for the homeless:**

Day Resource Center  
901 S. Ervay Street  
Dallas, TX 75201  
(214) 670-3043

The Salvation Army Shelter  
5302 Harry Hines Blvd.  
Dallas, TX 75235  
(214) 688-4494

**Help with transportation:**

DART: Main number: (214) 979-1111



Handi-Rides: (214) 515-7272