

Is Alcohol Affecting Your Health? (Sample)

Presenter:

Organization:

Logo of the
presenter's
organization



Introductions



Why is getting the facts about aging and alcohol important?

- You become more sensitive to alcohol as you get older.
- Heavy drinking can make some health problems worse.
- Medications and alcohol do not mix.



What are some metabolic changes in older adults?

- Increased sensitivity and lower tolerance
- Less amount of water in body (dehydration)
- Lower ability to metabolize alcohol in the stomach



How much is too much?

More than one drink per day for an individual 60 years and older.

What's a standard drink?

1 standard drink=

1 can of ordinary
beer or ale
(12oz)



A single shot of
spirits—whiskey,
gin, vodka, etc.
(1.5oz)



A glass
of wine
(5oz)



A small glass
of sherry
(4oz)



A small glass
of liqueur or
aperitif
(4oz)



A standard drink equals 12 grams of alcohol
(e.g., 12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits).



Keep in mind...

Alcohol misuse:

- can happen unintentionally
- can happen to anyone



How can overuse of alcohol affect my health?

- Increased high blood pressure
- Increased stroke
- Decreased bone density
- Increased risk of falls
- Weakened immune system
- Depression and Anxiety



What are some signs of alcohol overconsumption?

- Memory loss
- Depression
- Anxiety
- Poor appetite
- Unexplained bruises



Is alcohol use different for older men and women?

Older women:

- are more likely to outlive their spouses
- face other losses that may lead to loneliness and depression
- experience menopause
- may experience empty nest syndrome
- have less body weight than men



Are you over-using alcohol?

- How many days a week do you drink?
- How many drinks on those days you do drink?
- What's the most you drink in a day?



If you think you have a drinking problem here are some things you can do.

- Talk to someone you trust
- Talk to health care professional
- Visit a trained counselor
- Join a 12 step program



Resources

- Alcohol and Drug Help Line
- The Aging & Disability Resource Connection (ADRC)
 - No wrong door
 - Family engagement
 - Referral to behavioral health services
 - Evidence based health promotion services (senior centers)
 - ADRC Mental Health Initiatives
 - For example, PEARLS, Healing Pathways





Image courtesy of Pixabay



Special thanks to:

Consultant:

Valerie Warden, CADCI, Multnomah County, Older Adult Behavioral Health Investment, Addictions Specialist



Acknowledgments

PowerPoint, companion guide, and additional materials were developed by the Institute on Aging, Portland State University.

Researchers include:

- Litxia Barrett
- Lu Pang
- Linda Dreyer

