

HealthyBy Choice

...One Day at a Time

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April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, Pro-Care Rx encourages you to educate yourself and your loved ones about the danger of drinking too much.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking.

- Limit your drinking to no more than 1 drink/day for women and 2 drinks/day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

This month, the National Council on Alcoholism and Drug Dependence highlights the important public health issue of underage drinking, a problem with devastating individual, family and community consequences.

For the 2015 NCADD Alcohol Awareness Month, NCADD has chosen a theme designed to highlight the pervasive impact that alcohol, alcohol-related problems and alcoholism have on individuals, on families and children, in the workplace and in our communities: **"For the Health of It: Early Education on Alcoholism and Addiction."**

Alcohol use by young people is extremely dangerous — both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors. Annually over 6,500 people under the age of 21 die from alcohol-related accidents and thousands more are injured.

An integral part of NCADD Alcohol Awareness Month is **Alcohol-Free Weekend**, which takes place on the first weekend of April (April 3-5, 2015) to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities.

During this 72-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

For more information about NCADD, underage drinking **NCADD Alcohol Awareness Month and NCADD Alcohol-Free Weekend**, visit the NCADD website at: www.ncadd.org.

Distracted Driving Awareness Month

Hands Free is NOT risk-free

Almost 80% of American drivers believe hands-free devices are safer than handheld devices. **But that is just not the case.** More than 30 studies show hands-free devices are not safer because the brain remains distracted by the conversation. While on a cell phone, drivers can miss up to half of what's around them, such as traffic lights, stop signs and pedestrians.

The ringing of a phone or ping of a text creates irresistible urges for many people to answer the call, read the message or respond.

To avoid these temptations:

- Turn off/silence your cell phone before driving
- Place it in the trunk or glove box to avoid temptation
- Pre-set your navigation system and music play lists before driving
- Schedule stops to check voicemails, emails & texts
- Set special ring tones for important incoming calls & pull off to a safe place to take them
- Tell coworkers, friends and family not to call or text you when they know you are driving
- Install an app on your phone that disables it while your vehicle is in motion
- Ask a passenger to answer incoming calls and to say, "You'll call back when not driving."

Positive side effects of not using a phone while driving:

- More likely to arrive safely at your destination
- Feeling more relaxed; some of our best ideas and solutions come when we are at ease
- Not letting your phone control you
- Being able to have conversations with your passengers
- Avoiding crashes and their associated costs — doctors visits, auto repairs, court fees



Don't Drink...Don't Text...Arrive Safe!



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April is National Donate Life Month

Transplantation is one of the most remarkable success stories in the history of medicine. But despite continuing advances in medicine and technology, the need for organs and tissue is vastly greater than the number available for transplantation. Transplantation gives hope to thousands of people with organ failure and provides many others with active and renewed lives.

Currently, nearly 124,000 men, women and children are awaiting organ transplants in the United States. For specific numbers visit unos.org.

- Approximately 71,219 Multicultural Patients*
- Approximately 1,911 Pediatric Patients *
- 28,953 Organ Transplants performed in 2013
- 14,257 Organ Donors in 2013
- More than 47,000 corneas were transplanted in 2013
- More than 1 million tissue transplants are done each year and the surgical need for tissue has been steadily rising.

**As of January 2015*

Despite continuing efforts at public education, misconceptions and inaccuracies about donation persist. Learn these facts to help you better understand organ, eye and tissue donations:

Fact: Anyone can be a potential donor regardless of age, race or medical history.

Fact: All major religions in the United States support organ, eye and tissue donation and see it as the final act of love and generosity towards others.

Fact: If you are sick or injured and admitted to the hospital, the number one priority is to save your life. Organ, eye and tissue donation can only be considered after you are deceased.



Fact: When you are on the waiting list for an organ, what really counts is the severity of your illness, time spent waiting, blood type, and other important medical information, not your financial status or celebrity status.

Fact: An open casket funeral is possible for organ, eye and tissue donors. Through the entire donation process the body is treated with care, dignity and respect.

Fact: There is no cost to the donor or their family for organ or tissue donation.

Fact: Information about an organ donor is only released to the recipient if the family of the donor request or agrees to it.

For more information about becoming an organ donor, go to: donatelifeamerica@donatelife.net.



Organ Donation...The Never Ending Story.

