

B^{better} Breathing

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Alcohol- A deadly drink

Six Americans die each day, on average, from drinking too much alcohol and, over a full year, the toll from fatal intoxications passes 2,220 [CDC Report 2015]

Binge drinking accounts for most of those lethal benders. But what's most surprising about the death rate: The vast majority of cases don't involve college-aged young adults, the group most often associated with binge drinking. It is middle-aged males, the Centers for Disease Control and Prevention reports.

The CDC found that more than 75 percent of those 2,220 alcohol poisoning deaths occur among adults between the ages of 35 and 64. More than 75 percent of people who die from alcohol poisoning deaths are men.

"Most previous studies have looked at college kids and young people, but the problem is bigger than that", said Dr Robert Brewer, who heads the alcohol program at C.D.C. "It is surprising that the number of deaths found was so concentrated among middle- age adults."

When large amounts of alcohol are consumed in a short period of time, blood- alcohol levels rise sharply, overwhelming the body's ability to respond. Excessive alcohol intake can shut down parts of the brain that control breathing, body temperature and heart rate.

Such deaths are typically the result of binge drinking at high intensity.

American pop culture, via hit movies like "The Hangover" series, has often poked fun at binge drinking, including among the very subset of Americans who are most at risk to die. To that point, the researchers urged that all U.S. residents be more aware



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Breathe California service highlights :

- **Ash Kickers Smoking Cessation Program**

Ash Kickers is a six-session smoking cessation program based on the trans-theoretical model of behavior modification.

- **CPAP Program**

Breathe California conducts a popular program in which we accept donated CPAP and BiPAP machines and redistribute them free of charge on a first-come, first-served basis.

For more information please contact Nidhi Badiyani at 408-998-5865 or email at nidhi@lungsrus.org

C O N T E N T S

Alcohol- A deadly drink pg1

Binge Drinking pg2

Laughter the Best Medicine pg3

Upcoming Meetings pg3

continued on page 2

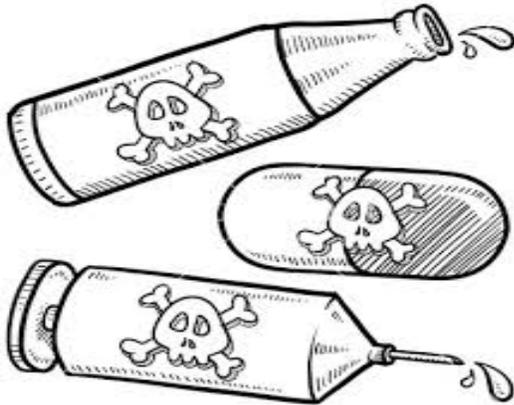
continued from page 1

that even one night of alcohol overindulgence can turn deadly. Too much alcohol in the body suppresses breathing.

Binge drinking is defined as drinking enough to bring the blood alcohol level to 0.08 percent, which puts drivers past the limit in all 50 states. "Once one gets above that level of consumption, the risk of death from alcohol poisoning really goes up," said Dr. Robert Brewer

Geographically, clear patterns emerged from the numbers illustrating what might be called America's binging belt.

Among the 10 states with the highest average annual number of alcohol deaths; eight are in



the West: Alaska (46.5), New Mexico (32.7), Arizona (18.7), Wyoming (17.7), South Dakota (17.0), Utah (16.7), Colorado (14.4) and Oregon (12.7), the CDC found. In some areas, binge drinking behavior is strongly influenced by state and local laws governing the price and availability of alcohol, as well as other cultural and religious factors.

Policies that boost prices and cut the clusters of retailers that make alcoholic beverages more available and accessible have been shown to reduce binge drinking in states, other studies have suggested. In addition, "living in geographically isolated rural areas might increase the likelihood that a person with alcohol poisoning will not be found before death or that timely emergency medical services will not be available," the CDC said.

More than 38 million American adults report they engage in binge drinking, on average, four times per month and guzzle an average of eight drinks per spree, according to the CDC.

Most of the alcohol overdoses examined involved people for whom alcohol dependence was not listed as a contributing cause, the report noted. That falls in line with previously known binge-drinking patterns.

Roughly two-thirds of people who admitted binge-drinking 10 or more times per month were not alcohol dependent.

Excerpted from: NBC NEWS

Binge Drinking

The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. The drinks may include shots of liquor, glasses of wine or cans of beer.

Health effects of Binge drinking

Binge drinking is associated with many health problems, including—

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with Fetal Alcohol Spectrum Disorders

continued on page 3

- High blood pressure, stroke, and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction and poor control of diabetes.

Binge drinking costs everyone

- Drinking too much, including binge drinking, cost the United States \$249 billion in 2010, or \$2.05 a drink, from losses in productivity, health care, crime, and other expenses. Binge drinking was responsible for 77% of these costs, or \$191 billion.

Evidence-based interventions to prevent binge drinking and related harm include:

- Increasing alcoholic beverage costs and excise taxes.
- Limiting the number of retail alcohol outlets that sell alcoholic beverages in a given area.
- Holding alcohol retailers responsible for the harms caused by their underage or intoxicated patrons (dram shop liability).
- Restricting access to alcohol by maintaining limits on the days and hours of alcohol retail sales.



- Consistent enforcement of laws against underage drinking and alcohol-impaired driving.
- Maintaining government controls on alcohol sales (avoiding privatization).
- Screening and counseling for alcohol misuse.

Excerpted from CDC-Alcohol fact sheets

Laughter The Best Medicine

- Two husbands were having a conversation, First guy (proudly): “My wife’s an angel !” Second guy, “ You’re lucky, mine’s still alive.”
- Why do couples hold hands during their wedding day? Simple, it is just a formality like 2 boxers shaking hands before the fight begins.
- What do you get from a pampered cow? Spoilt Milk.
- Why is it that when someone tells you that there are over a billion stars in the universe, you believe them, but if they tell you there is a wet paint somewhere, you have to touch it to make sure.



Upcoming Better Breathers Club Meetings

Palo Alto - 3rd Wednesday of each month

Avenidas Senior Center, 450 Bryant Street, Palo Alto, 94301

Wednesday, April 20, 2016

10:30 am to 11:30 am

Morgan Hill - 2nd Wednesday every other month

Centennial Recreation Senior Center 171 W. Edmunson Ave. Morgan Hill, 95037

Wednesday, May 11, 2016

10:30 am to 11:30 am

Breathe California of the Bay Area

1469 Park Avenue

San Jose, CA 95126

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RETURN SERVICE REQUESTED

Better Breathing Newsletter

San Jose - Last Monday of every month

Breathe California office, 1469 Park Avenue, San Jose 95126

Monday, April 25, 2016

1:30 pm to 2:30 pm

A Look Ahead: Upcoming BBC Meetings

San Jose – Monday, May 23, 2016

Palo Alto – Wednesday, May 18, 2016

Morgan Hill - Wednesday, May 11, 2016