

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.



PART 1 Subject of the email "Can I get you a drink?"

How would you answer that question? Would you choose an alcoholic or non-alcoholic beverage? Alcohol is a substance that can put someone's health at risk if it is consumed in excess, so we do want to pay attention to how much we consume and whether it is having an impact on our health.

Drinking too much, on a single occasion or over time, can take a serious toll on your health. Here's how alcohol can affect your body:

Brain: Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations, including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation in the pancreas that causes its swelling and pain and impairs its ability to make enzymes and hormones for proper digestion.

Cancer: According to the National Cancer Institute: "There is a strong scientific consensus that alcohol drinking can cause several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on limiting alcohol intake.

JUST ONE THING: Can you go 1 week without an alcoholic beverage? Try it!



PODCAST – Prescription for Life

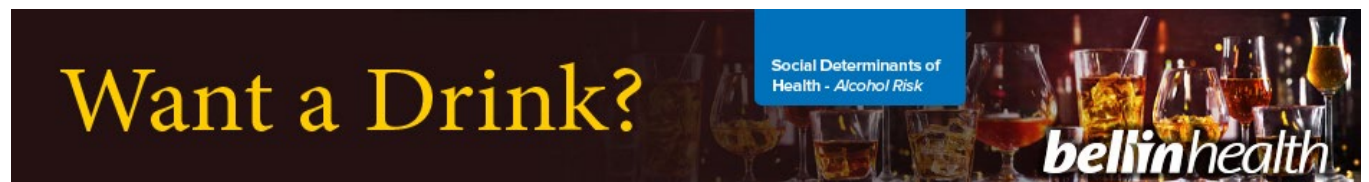
The **Prescription for Life Podcast** features Bellin Health experts sharing content on ways to improve your health and wellbeing in a variety of ways.

This month, Bellin Health Pediatrician, Dr. Caitlin Barr offers up some great information on how we can care for our children especially with all the various illnesses out there right now. **NOW AVAILABLE IN VIDEO.** Listen and watch on



or  and subscribe, like and share!

PART 2 Subject of the email "Ways to limit alcohol intake"



So perhaps you do want to take action and want to consume less alcohol. Here are some tips:

- **Try a mocktail.** Sometimes we order cocktails because we want a fun beverage. There are plenty of recipes for mocktails that can give you something fun but without the alcohol.
- **Find a different way to relax.** A lot of us believe that we need alcohol to relax after a stressful day, but perhaps that glass of beer or wine is just a habit we have established. Try taking a walk or calling a friend for a healthier way to de-stress.
- **Find different ways to socialize.** Drinks often go hand in hand with spending time with those we care about. What if you tried getting together for a round of golf, or doing a hike together and it did not include alcohol? Give it a try and see that it is the people that bring joy to the gathering and not the drinks.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavioral Health Therapist, Hannah Bauer. Hannah shares with us how we can manage stress and not let it negatively impact our health and wellbeing. Listen now and pass along to others who may need help managing stress in their lives. **ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)**

Mental Health Moments podcasts are posted bi-monthly, featuring mental health experts from Bellin.

NEW FOR 2024! Group Coaching

Join Linda Golik, National Board Certified Health and Wellness Coach, for a deeper discussion into this month's topic. Learn how you can apply the material to yourself, you co-workers, and those you care about. Join us **March 28 at noon** for this month's segment. Feel free to pass along to your co-workers, family, and friends.

Microsoft Teams meeting

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Let us know how we can help you or your organization integrate these healthy living tips. You can reach me at wellnessconsultant@bellin.org or at **920.436.8668**. Also, please follow our social media pages for more content throughout the month.



Looking for ways to engage your teams in wellbeing? Reach out to me for a personalized presentation.

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