

INSIDE



A note from Steve
Reading, education are building blocks to help lift our communities.
| PAGE 2



Play ball!
BJC Day at the Ballpark is June 18 this year.
| PAGE 2



BJC Book Brigade
Help local third-graders improve their reading skills.
| PAGE 5



South County welcomes new facility
The Center for Advanced Medicine – South County opens its doors April 19.
| PAGES 12-13

HEADLINE NEWS
| PAGES 2-3

NEWS AROUND BJC
| PAGES 4-5

FOR YOUR BENEFITS
| PAGES 6-8

FOR YOUR HEALTH
| PAGES 9-10, 14-16

BJC PEOPLE
| PAGE 11

WHERE YOU WORK
| PAGES 17-22

ETC.
| PAGE 23

BJC HealthCare

NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

BJC TODAY

APRIL 18, 2016 • VOL. 19, NO. 8

Shiloh welcomes new hospital

| PAGE 24



Newborn David Richard Hanvey, pictured with his mother, Sasha Hanvey, and big brother, Bennett Hanvey, 4, was the first baby born at Memorial Hospital East. The son of Sasha and Brett Hanvey, of Millstadt, Ill., baby David was born at 9:05 a.m. April 12, the day the hospital opened. | Photo by Andy Nicholson

Alcohol and your health

BJC BEHAVIORAL HEALTH ■ April is National Alcohol Awareness Month. About 80,000 deaths are attributed to excessive alcohol use each year in the United States. This makes excessive alcohol use the third leading lifestyle-related cause of death for the nation.

Definitions of patterns of drinking alcohol

Excessive drinking includes heavy drinking, binge drinking and any drinking by pregnant women or underage youth.

- Binge drinking, the most common form of excessive alcohol consumption, is defined as consuming:
 - for women, four or more drinks during a single occasion
 - for men, five or more drinks during a single occasion
- Heavy drinking is defined as consuming:
 - for women, more than one drink per day on average
 - for men, more than two drinks per day on average

Most people who binge drink are not alcoholics or alcohol dependent.

According to the Dietary Guidelines for Americans, if you drink alcoholic beverages, do so in moderation, which is defined as no more than one drink per day for women and no more than two drinks per day for men. However, there are some persons who shouldn't drink any alcohol, including those who are:

- pregnant or trying to become pregnant
- taking prescription or over-the-counter medications that may cause harmful reactions when mixed with alcohol
- younger than age 21
- recovering from an alcohol use disorder or unable to control the amount they drink
- suffering from a medical condition that may be worsened by alcohol
- driving, planning to drive, or participating in other activities requiring skill, coordination and alertness

Immediate health risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions.

These immediate effects are most often the result of binge drinking and include the following:

- unintentional injuries, including traffic injuries, falls, drownings, burns and unintentional firearm injuries
- violence, including intimate partner violence and child maltreatment (about 35 percent of victims report that offenders are under the influence of alcohol)
- risky sexual behaviors, including unprotected sex, sex with multiple partners and increased risk of sexual assault
- miscarriage and stillbirth among pregnant women and a combination of physical and mental birth defects among children that last throughout life
- alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression or death

Long-term health risks

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments and social problems. These include but aren't limited to:

- neurological problems, including dementia, stroke and neuropathy
- cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension
- psychiatric problems, including depression, anxiety and suicide
- social problems, including unemployment, lost productivity and family problems
- cancer of the mouth, throat, esophagus, liver, colon and breast (in general, the risk of cancer increases with increasing amounts of alcohol)
- liver diseases, including alcoholic hepatitis
- cirrhosis, which is among the 15 leading causes of all deaths in the United States
- among persons with hepatitis C virus, worsening of liver function and interference with medications used to treat this condition
- other gastrointestinal problems, including pancreatitis and gastritis ■

How many beers are lurking in that bottle?

by Eric Lemmo, BJC School Outreach and Youth Development school-community health educator

BJC ■ April is Alcohol Awareness Month, but BJC School Outreach and Youth Development provides substance abuse prevention education for middle and high school students throughout the school year. Our four-session Power of Choice program facilitates discussions with youth on the dangers of underage drinking, alcohol use and abuse.

Over the past few years, our conversations with middle school and high school students have changed, as more locally produced, small-batch craft beers have become increasingly popular. There are more breweries than ever before, but has the amount of alcohol in that bottle of beer remained the same?

According to the Centers for Disease Control and Prevention (CDC) a standard 12-ounce serving of beer has 5 percent alcohol by volume (ABV), which equals one drink. Most regular "full-flavor" beer contains 5 percent ABV. But what about craft beers?

A walk down the beer aisle at the store or a stop at the local beer bar shows that craft beers can range in ABV from as low as 2.9 percent all the way up to 19 percent. According to two beer guides, the average ABVs for their respective "top rated" beers were 9.38 percent and 11.46 percent. Using the CDC's guidelines, this translates to 1.88 drinks and 2.29 drinks, assuming someone only has one 12-ounce bottle. The majority of craft brewers in St. Louis package their beer in bottles that contain 22 ounces or more.

As the outdoor temperatures rise, it's important to be mindful of the number of drinks we consume. St. Louis is synonymous with many things — the Arch, Cardinals baseball, Blues hockey, BBQ and, of course, beer. The city boasts a rich beer history, and St. Louis is producing brands that are internationally recognized.

If you enjoy the occasional beer, keep in mind there may be more than one standard drink lurking in your bottle. Some of the larger bottles could easily contain enough alcohol to equal three or more drinks. The current USDA Dietary Guidelines for Americans recommends not exceeding one drink per day for women or two drinks per day for men. If you're unsure what's safe for you, talk with your health care provider.

For more information about the BJC School Outreach and Youth Development substance abuse prevention program, visit bjcschooloutreach.org or call 314-286-0460.

Despite the social norms surrounding alcohol use appearing in pop culture, there is no denying that long-term alcohol abuse can have severe health consequences. If you believe you may have a problem controlling your drinking, BJC's confidential Employee Assistance Program can be reached at 314-747-7490. ■



Alcohol and other drug usage – a personal checklist

Check each of the following statements that describe you:

- I frequently find that my conversation centers on drug or drinking experiences.
- I drink or get high to deal with tension or physical stress.
- Many of my friends or acquaintances are people I drink or get high with.
- I have lost days of school/work because of drinking or other drug use.
- I have had the shakes when going without drinking or using drugs.
- I sometimes get high or take a drink upon awakening, before eating, or while at school/work.
- I have been arrested for Driving Under the Influence (DUI) of a substance.
- I have periods of time that can't be remembered (blackouts).
- Family members think drinking or other drug use is a problem for me.
- I have tried to quit using substances but cannot. (A good test is voluntarily going for six weeks without substances and not experiencing physical or emotional distress.)
- I often double up and/or gulp drinks, or regularly use more drugs than others at parties.

- I often drink or take drugs to "get ready" for a social occasion.

- I have hidden alcohol/drugs from those close to me so they won't know how much I'm using.

- I often drink or get high by myself.

- My drinking or use of drugs has led to conflict with friends or family members.

_____ **Total**

Scoring

- If you noted three or four of the statements, you should be suspicious about the way you use substances.
- If you noted five, you may have the beginnings of a problem and perhaps should start looking for some kind of help.
- If you noted more than five, it probably would be a good idea to talk about your use of substances with a professional counselor.

Note: These checklist items are drawn from the clinical experiences of mental health professionals who have worked with people having alcohol or drug abuse problems. In general, the more items noted, the more likely there is a problem with using substances.