

# H3 Monthly Newsletter



## WHAT IS EXCESSIVE ALCOHOL USE?



## WHAT IS CONSIDERED A "DRINK"?

### U.S. STANDARD DRINK SIZES



### News You Can Use

The "Health Color" for the second Sunday (April 10) is **Red or ZIGSAW** puzzle (multi-colored) in observance of Alcoholism/Drug Abuse & Autism.

Popcorn & A Movie Night,  
2nd Saturday (April 9), @ 6 pm.  
Movie: "Fireproof"

"APRIL is Physical Wellness Month."  
Theme: "Honoring God by Committing to Physical Wellness"  
(1 Corinthians 6: 12-20).

Symposium sessions are planned for each Wednesday in April. A light dinner will be available @ 5:30pm and a timely health topic presented @ 6:30pm. REGISTRATION IS ENCOURAGED!!

## Alcohol Awareness

Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), can lead to increased risk of health problems such as injuries, violence, liver diseases, and cancer. The CDC Alcohol Program works to strengthen the scientific foundation for preventing excessive alcohol use.



## Autism Signs and Symptoms

Autism spectrum disorders (ASD) can vary in severity of symptoms, age of onset, and the presence of various features such as language and intellectual ability. The manifestations of ASD can differ considerably across individuals. Even though there are strong and consistent commonalities, especially in social deficits, there is no single behavior that is always present in every individual with ASD and no behavior that would automatically exclude an individual from diagnosis of ASD.

### How can I tell if someone I know has autism?

Individuals with ASD interact with others differently. They often appear to have difficulty understanding and expressing emotion, and may express attachment in a different manner. Individuals with ASD report that they want to have social relationships with others and build friendships.

Many individuals with ASD do not develop effective spoken language and rely upon other methods of communicating such as pointing to pictures or using a tablet computer with special language applications. Others have echolalia, the repeating of words or phrases over and over. Individuals with ASD often have difficulty understanding the nonverbal aspect of language such as social cues, body language and vocal qualities (pitch, tone and volume).

Individuals with ASD often have a great need for "sameness" which can make them upset if objects in their environment or time schedules change. Children with ASD may not "play" with toys in the same manner as their peers and may become fixated on specific objects. Persons with ASD have a different reaction to sensory stimuli seeing, hearing, feeling or tasting things with more or less intensity than others.

Children with ASD often have a different rate of development especially in the areas of communication, social and cognitive skills. In contrast, motor development may occur at a typical rate. Sometimes skills will appear in children with ASD at the expected rate or time and then disappear.

Autism Spectrum Disorder is a lifelong disability that is generally diagnosed before the age of three years old. However, often children are misdiagnosed or not diagnosed until later in life. The American Academy of Pediatrics suggests parents consider the following questions:

### Does your child...

Not speak as well as his or her peers?

Have poor eye contact?

Not respond selectively to his or her name?

Act as if he or she is in his or her own world?

Seem to "tune others out?"

Not have a social smile?

Seem unable to tell you what he or she wants, preferring to lead you by the hand or get desired objects on his or her own, even at risk of danger?

Have difficulty following simple commands?

Not bring things to you simply to “show” you?  
Not point to interesting objects to direct your attention to objects or events of interest?  
Have unusually long and severe temper tantrums?  
Have repetitive, odd, or stereotypic behaviors?  
Show an unusual attachment to inanimate objects, especially hard ones (e.g., flashlight or a chain vs. teddy bear or blanket)?  
Prefer to play alone?  
Demonstrate an inability to play with toys in the typical way?  
Not engage in pretend play (if older than 2 years)?

### **What to do if you think your child has autism**

Autism Spectrum Disorder affects each individual differently and at varying degrees - this is why early diagnosis is so crucial. ASD is a lifelong condition, but early intervention contributes to lifelong positive outcomes.

**Get a diagnosis.** If you're concerned, see a doctor who's familiar with ASD. Don't assume the child will catch up. The American Academy of Pediatrics offers an online pediatrician referral service, searchable by specialty and location.

**Get help.** Education, intervention and speech therapy are often critical. Contact Easter Seals for services or assistance locating service providers in your area.

**Know your rights.** Children with autism can be eligible for early intervention and special education services that are free starting at age 3. Your health insurance may include coverage for the medical services your child needs. Easter Seals can help you navigate these systems.

### **Understanding Drug Abuse and Addiction**

Many people do not understand why or how other people become addicted to drugs. It is often mistakenly assumed that drug abusers lack moral principles or willpower and that they could stop using drugs simply by choosing to change their behavior. In reality, drug addiction is a complex disease, and quitting takes more than good intentions or a strong will. In fact, because drugs change the brain in ways that foster compulsive drug abuse, quitting is difficult, even for those who are ready to do so. Through scientific advances, we know more about how drugs work in the brain than ever, and we also know that drug addiction can be successfully treated to help people stop abusing drugs and lead productive lives.

Drug abuse and addiction have negative consequences for individuals and for society. Estimates of the total overall costs of substance abuse in the United States, including productivity and health- and crime-related costs, exceed \$600 billion annually. This includes approximately \$193 billion for illicit drugs,<sup>1</sup> \$193 billion for tobacco,<sup>2</sup> and \$235 billion for alcohol.<sup>3</sup> As staggering as these numbers are, they do not fully describe the breadth of destructive public health and safety implications of drug abuse and addiction, such as family disintegration, loss of employment, failure in school, domestic violence, and child abuse.

### **What Is Drug Addiction?**

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse.

Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover.

**\*\*Monthly Message\*\*** Develop better food and lifestyle habits for your body. Learn proper portions (no larger than your palm) and remember to do so for the glory of God. He is able to help you if you allow him to. Be a blessing to others and share this valuable information.

In His service,  
H-3 ministry

*1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God" (NIV)*

**References:** <http://www.eatrightpro.org/resources/media/press-releases/national-nutrition-month>; <https://www.sgna.org/Events/Colorectal-Cancer-Awareness-Month>; <http://www.medicinenet.com/script/main/art.asp?articlekey=16422>; <http://gi.org/wp-content/uploads/2016/02/ACG-2016-CRC-Key-Messages-and-Talking-Points-UPDATE.pdf>