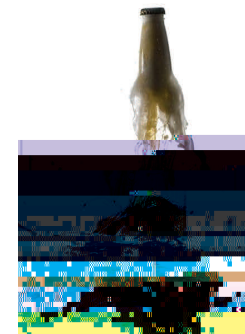
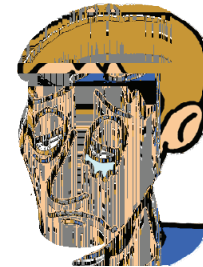


Problem Drinking

You don't have to be an alcoholic to have a drinking problem.

(And you don't have to be desperate to do something



Brought to you by:
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Ways to Reduce Your Risk

The best way to stay in control in any situation is not to drink. But if you choose to drink:

Limit the amount you drink

Sip drinks slowly

Eat before and while drinking

Avoid salty foods (such as peanuts or popcorn) that make you more thirsty

Drink diluted alcoholic beverages—beer, wine, and mixed drinks— rather than “straight shots”

Avoid carbonated mixers or sparkling wines—they speed up alcohol absorption

Use a buddy system

Avoid “spiked” punch and other drinks containing unknown amounts of alcohol

Keep track of your BAC

Avoid pre-gaming, chugging, gulping or