



Health and Wellness Tip of the Week - Week 26

Monthly Topic

This month features *Men's Health Week* so focus on healthy lifestyle and an annual checkup for men.







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Outpouring of Support

Have you or someone you know ever felt you should cut down on your drinking? If so, it's possibly a sign of a drinking problem. Alcohol abuse can lead to brain damage, heart failure, irregular heartbeat, high blood pressure and stroke, and can contribute to impotence.

If you think you have a drinking problem or know someone else who does, you can get help from the following resources:

-  Al-anon and Alateen
-  Alcoholics Anonymous (AA)
-  National Association for Children of Alcoholics (NACOA)
-  National Clearinghouse for Alcohol and Drug Information (NACADI)

If alcohol is a problem, see a doctor or other health care provider right away.

Source: U.S. Department of Health and Human Services