The Effects of Abusive Drinking

Most people, and young people in particular, are not aware that just one occasion of severe alcohol intoxication can cause very serious problems, including gastrointestinal bleeding, abnormal heart rhythm (arrhythmia), stroke (cerebrovascular accident or CVA) and respiratory depression that can lead to death. Furthermore, alcohol causes a host of social problems – accidents, fights, unprotected sexual relations, etc. – that have their own medical consequences, which are often misunderstood or underestimated.

Some facts to remember:

✓ Alcohol is an irritant for the entire digestive tract, including the mouth, throat, esophagus, stomach and intestines. Alcohol also affects the valves that control the passage of food from the mouth to the intestines.

✓ Alcohol is a food and the liver is responsible for digesting it. The liver is a little factory capable of breaking down, approximately 15 grams of pure alcohol an hour. That’s about:

  One bottle of beer (5% alcohol)
  One glass of wine (12% alcohol)
  One shot of spirits (40% alcohol)

When the liver is overloaded or damaged, it reacts by storing fat, which affects the normal functioning that is so critical to human life.

✓ Alcohol affects the heart and blood vessels, even though it has a certain protective effect in the arteries and promotes the production of “good” cholesterol. Alcoholics may have diseased hearts, but their arteries will be fat free.

✓ Alcohol affects the brain and the nervous system, in particular the nerves in the legs. Alcohol is a neurotoxin that affects, among other things, memory, balance and the ability to anticipate things.

Source: Alcohol and Health: The Effects of Abusive Drinking, Éducalcool.

If you want to order a copy of this document, please e-mail info@fnhssrc.ca or phone 450-638-3199.
Program Updates

NDDN

NNADAP's Pilot Project on Prescription Drug Abuse Prevention Program
Launching was on June 18th, 2008.

La Romaine

There was a men's gathering in Unamen Shipu from June 22nd to the 27th, and there were registrations from other communities who came to take part in this gathering.

We organized a diabetes prevention week from June 9th to the 13th, there were many activities: a rally, plays and testimonies from the Innu who have diabetes. There was great community participation. The employees of the health centre organized the diabetes prevention week and congratulations to the team who gave of their time, as well as the community who took part.

Kahnawake

The prevention team is promoting an Anti-Drinking and Driving campaign: “Operation Lookout”, Server Training, and Safer Celebrations. The team is working on a display of a wrecked car that will go up in the area of the Community Services building for the Drinking and Driving campaign.

New DVD’s

Alcohol

Under the Influence
Making of a Hangover
Women and Alcohol
Here’s to my choice: A campaign
Celebrating Responsible Behavior

Drinking and driving

Drawing the Line

Drugs

Messing with Heads: Marijuana and Mental Illness

FAS

Fetal Alcohol Syndrome and Effect

graphic: www.otispregnancy.org/pdf/fas_booklet.pdf
Gambling
The Big Poker Gamble

Mental Health
Battling Eating Disorders
Go of Stress

Parenting
Where do the children play?

Recovery
What Do I Say to My Kids?
Stages if Family Recovery

Sexual Abuse
Date Rape: A Violation of Trust

Sexuality
Sexual Stereotypes in the Media
Teen Sex
Deadly Desires
Buying into Sexy: The Sexing Up of Tweens

Tobacco
Smoking out the truth: Teens and Tobacco

For a detailed description of audio-visuals, log on to our website at www.fnhssrc.ca.

New Resources
- The Effects of Abusive Drinking
- Eating Disorders
- Post Partum Depression
- Violence and Mental Illness
- Prom Safety
- Reflections on youth Suicide

Health Calendar

July:
July 11 World Population Day
July 12&13 Kahnawake Pow Wow
www.kahnawakepowwow.com

August:
World Breast-feeding Week
August 1-7, 2008

August 9 International Day of the World’s Indigenous People
August 12 International Youth Day

September:
National Arthritis Month
Ovarian Cancer Month

Sept. 9 Fetal Alcohol Syndrome (FAS) Awareness Day
Sept. 14-21 Aids walk for Life
Sept. 16 International Day for the Preservation of the Ozone layer
Sept. 16 Terry Fox Run
Sept. 19-25 Prostate Cancer Awareness Week
Sept. 21 World Alzheimer’s Day
Sept. 21 International Day of Peace
Sept. 28 Terry Fox National School Run
Sept. 28 World Heart Day

For more detailed information on awareness months, please go to www.hc-sc.gc.ca and click on health related days.

Please call 450-638-3199 for copies or contact by e-mail andreab@fnhssrc.ca.
Conferences

**July 13-17, 2008**
49th Annual Institute on Addiction Studies
Barrie, ON
[www.addictionstudies.ca/](http://www.addictionstudies.ca/)
E-mail: [info@addictionstudies.ca](mailto:info@addictionstudies.ca)
Tel: 1.866.278.3568 Linda Hood
Fax: 1.888.998.8033

**August 14-16, 2008**
Aboriginal Nurses Association of Canada Conference
Halifax, NS
[www.anac.on.ca](http://www.anac.on.ca)

**September 9, 2008**
9th Annual Fetal Alcohol Canadian Expertise (FACE) Research Roundtable
Montreal, QC
[www.motherisk.org/FAR/econtent_conferences.jsp#5](http://www.motherisk.org/FAR/econtent_conferences.jsp#5)
E-mail: [susan.santiago@sickkids.ca](mailto:susan.santiago@sickkids.ca)
Tel: (416) 813-8084
Fax: (416) 813-7904

**September 11-13, 2008**
EDGEOOD's New Perspectives Conference on Addiction
Nanaimo, BC
[http://www.edgewood.ca/](http://www.edgewood.ca/)
E-mail: [marketing@edgewood.ca](mailto:marketing@edgewood.ca)
Tel: 1-800-683-0111 Fax: 250-751-2758

**Sept. 14-17, 2008**
International Conference on Special Needs Offenders
Niagara Falls, ON
[www.specialneedsoffenders.org](http://www.specialneedsoffenders.org)
tel: 416-694-9713
Fax: 416-694-9726

**September 24th - 26th, 2008**
Health and Wellbeing in Persons with Intellectual/Developmental Disabilities
Children, Youth and Adults
Vancouver, BC

**Sept. 29 – Oct. 1, 2008**
8th World Indigenous Women & Wellness Conference
Calgary, AB
[www.awotaan.org](http://www.awotaan.org)
Fax: 403-531-1977

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**October 22-24, 2008**
Premier colloque francophone sur le traitement de la dépendance aux opioïdes
E-mail: [info@txsubstitution.info](mailto:info@txsubstitution.info)
Tel: 418-423-4157 Eric Fabrès
Fax: 514-284-6868

**October 26-29, 2008**
Les multiples facettes de la dépendance
Trois Rivières, QC
[www.aiq.com/](http://www.aiq.com/)
E-mail: [info@aiq.com](mailto:info@aiq.com)
Tel.: 450 646-3271 Carmen Trottier
Fax: 450 646-3275

First Nations Health and Social Services Resource Center Newsletter publishes a bilingual, quarterly newsletter for the National Native Alcohol and Drug Abuse Prevention Program (NNADAP) projects in the Quebec region.

Our purpose is to provide information on new videos, pamphlets, and other resource materials as well as updates from other NNADAP projects. We encourage NNADAP projects to submit any project updates. All questions concerning this newsletter should be directed to:

**Andrea Brisebois**
F.N.H.S.S.R.C.  
P.O. Box 1440  
Kahnawake, Quebec J0L 1B0  
Tel: 450 638-3199 or (1-800-363-3199)  
Fax: 450 635-1019  
Email: [info@fnhssrc.ca](mailto:info@fnhssrc.ca)  
Website: [www.fnhssrc.ca](http://www.fnhssrc.ca)

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Layout and design: Luke McGregor  
Executive Publisher: Keith Leclaire

Contributors:  
Michael Beaupré  
Marie-Marthe Mark  
Christine Taylor

This newsletter is intended to complement, not replace the advice of your health care provider. Before starting any new health regimen, please see your doctor.