

The Hidden Dangers of Alcohol

Even moderate alcohol consumption can have negative effects. In honor of Alcohol Awareness Month in April, Gateway illustrates the hidden dangers of drinking alcohol.

Negative Effects on the Brain

Daily alcohol intake may impact the ability of adults to produce and retain new cells, **reducing new brain cell production by nearly**

40%↓



Heavy alcohol consumption has long been associated with brain damage. Studies clearly indicate that **alcohol is neurotoxic**, with direct effects on nerve cells.

Binge Drinking is not Always Recognized

According to the NIAAA, binge drinking is defined as:



For women:



on one occasion*



For men:



on one occasion*

* Defined as one 2-3 hour period

Want To Learn More?

Watch Gateway's
Alcohol Awareness Month
Video Series at

RecoverGateway.org/AAM

Underage Drinking is a Serious Public Health Issue



About **7.7 million**

underage Americans reported drinking alcohol in the past month.

According to the NIAAA, people who start drinking before the age of 15 are 4 times more likely to meet the criteria for alcohol use disorder at some point in their lives.

Many Have A Problem With Alcohol Use But Few Ever Seek Treatment

Over **17 million** Americans have a serious problem with alcohol, but only **2.3 million** ever seek out any kind of help.



Treatment for Alcohol Use Disorder

Like other chronic diseases, alcohol use can be managed successfully, but no single treatment is appropriate for everyone. Gateway's highly-qualified clinicians provide individualized treatment based on the nature and extent of a person's alcohol use.

To learn about treatment options, insurance coverage or a confidential consultation call our 24/7 Helpline at 877-505-HOPE (4673).