

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

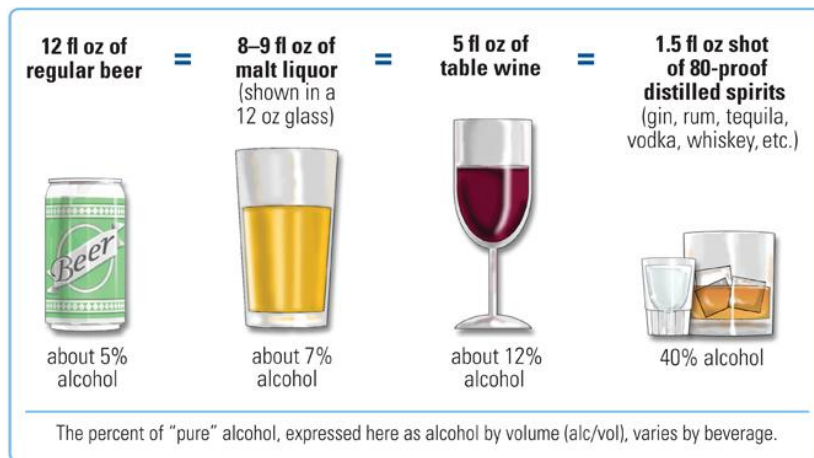
PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Facts About Alcohol:

- Alcoholism is the 3rd leading cause of death in the U.S. that is life-style related
- 88,000 deaths annually are attributed to excessive alcohol use
- In 2013, alcohol-impaired driving fatalities accounted for 10,076 deaths (30.8 percent of overall driving fatalities)
- 1 in every 12 adults suffers from alcohol abuse or dependence
- 5.4 million people ages 12-20 are reported "binge drinkers", defined as 4 drinks for women and 5 for men within 2 hours

## How Much Alcohol Is In Your Drink?



Alcohol Awareness Month

Take a **day off** from **drinking** this week.

healthfinder.gov

## Health Effects:

Excessive alcohol use can lead to numerous health problems such as:

- Dementia
- High Blood Pressure
- Heart Attacks
- Social Problems
- Liver Disease/Cirrhosis
- Anxiety
- Suicide
- Cancer
- Stroke

**Need Help?**

Call **1-800-662-HELP** for alcohol and drug information/treatment referral assistance

Sarah Showalter, PharmD candidate

<https://www.ncadd.org/about-addiction/alcohol>

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

At Pequot Health Care, we are dedicated to maintaining your good health!



PEQUOT PHARMACEUTICAL NETWORK

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1-800-342-5779

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Benefit Services  
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Doctors' Line  
1-888-779-6362

Doctors' FAX Line  
1-888-779-6329

Website  
[www.prxn.com](http://www.prxn.com)

E-Mail  
[pharmacy@mptn.org](mailto:pharmacy@mptn.org)

PEQUOT HEALTH CARE  
Pequot Health Care  
1 Annie George Drive  
Mashantucket,  
CT 06338



Mashantucket Pequot  
Tribal Nation