

American Drug Testing

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DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

Website Offers Tools to Assess and Address Drinking Risks

The [National Institute of Alcohol Abuse and Alcoholism](http://www.niaaa.nih.gov) (NIAAA) has created a new website called "[Rethinking Drinking](http://rethinkingdrinking.niaaa.nih.gov)," (<http://rethinkingdrinking.niaaa.nih.gov>) designed to help users define their drinking patterns and develop strategies and options for dealing with alcohol-related problems.



"Most people don't know what 'drink responsibly' means -- they think it means not getting tanked," says Mark Willenbring, director of treatment and recovery research at NIAAA. The new website is part of a broader effort to increase understanding of the array of alcohol-related disorders and re-

fine the way terms like "abuse" and "dependence" are used. The website utilizes an in-

teractive form that allows users to enter daily and weekly drinking amounts to determine how their consumption compares with national averages. The site has a drink-size chart and a content calculator to aid in determining what comprises

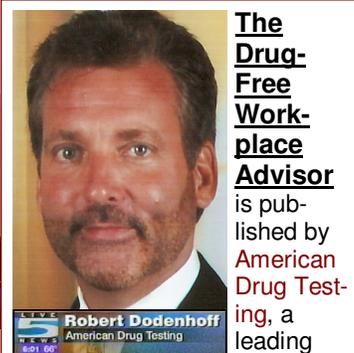
a "standard" drink. The NIAAA considers the consumption of no more than four standard-size alcoholic drinks a day for a man or no more than three for a woman as placing individuals at low risk for serious alcohol problems. The weekly "low-risk" limit is no more than 14 drinks for a man or seven for a woman. More daily or weekly consumption creates a higher risk of abuse or dependence. Very few Americans exceed the weekly limits without exceeding the daily limita-

rounding the urge to drink, along with a section on "refusal skills" for coping with social situations. The site also features a downloadable print version that Willenbring said will serve as a resource for those who counsel people concerned about their drinking habits. For more information, call American Drug Testing at 843-747-4111. For additional tips, see the "client area" at www.AmericanDrugTesting.net.

provoke drinking). The site uses an "urge tracker" to monitor events sur-



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The Drug-Free Workplace Advisor is published by American Drug Testing, a leading drug-free

workplace administrator and testing company. Call (843) 747-4111.

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tions, Willenbring said.

"Rethinking Drinking" presents options and strategies to the user -- from "space and pace" (no more than one drink per hour) strategies to "avoiding triggers" (understanding the external situations that may

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