



Cancer Warning Labels: The World Health Organization (WHO) declared alcohol a Class 1 carcinogen 30 years ago and it is now firmly established that alcohol consumption increases cancer risk in a dose-response fashion with no risk-free level and with causal associations established for breast cancer and various cancers of the digestive tract (e.g., mouth, throat, larynx, esophagus, colon). The U.S. Centers for Disease Control and Prevention also cites evidence that alcohol causes cancer of the prostate with dose-response associations between alcohol use and risk of some 20 cancer types. *Journal of Studies on Alcohol and Drugs*, 81(2), 284–292 (2020). Volume 81, Issue 2 .

Should We Be Drinking Less? Scientists helping to update the latest edition of the Dietary Guidelines for Americans are taking a harder stance on alcohol. Scientists updating the latest edition of the Dietary Guidelines for Americans said that it plans to recommend that men and women who drink limit themselves to a single serving of wine, beer, or liquor per day. Do not drink because you think it will make you healthier, the committee says: It won't. The new recommendation would make the United States the latest country to issue stricter guidelines on alcohol consumption, following Britain, Australia, France and other countries where new guidelines lower the recommended limit - **even one drink a day increases cancer risk**. *New York Times*. Anahad O'Connor July 10, 2020



The Arrogance of Power: Alcohol Industry Interference With Warning Label Research.

- Alcohol warning labels, when implemented in a clear and visible way, communicate important health information to consumers and discourage them from purchasing alcohol.
- Enhanced alcohol labels are noticed and may be an effective population-level strategy for increasing awareness and knowledge of cancer risks and national drinking guidelines, including the kinds of brief intervention messages that health professionals are now expected to communicate to their hazardous drinking patients.
- Additional cancer label intervention studies are needed to refine the messages and study their impact in research programs that are not compromised by industry interference.

Thomas F. Babor , Ph.D., M.P.H. *Journal of Studies on Alcohol and Drugs*, 81(2), 222–224 (2020).

Binge Drinking The gender difference on binge drinking is declining rapidly, with traumatic childhood experiences (sexual abuse for women and physical abuse for men) being early predictors of binge drinking. Life-endangering effects of binge drinking includes:

- Various forms of cancers in the oral cavity, pharynx, esophagus, liver, colon and rectum, pancreas.
- 33% increase in risk of breast cancer for women.
- Higher risks of hypertension, atrial fibrillation and stroke, liver diseases, damage to the brain, particularly for adolescents.
- Sexual assaults and to intimate partner violence.

Richard W. Wilsnack, Sharon C. Wilsnack, Gerhard Gmel, and Lori Wolfgang
Kantor Alcohol Research Alcohol Research: Current Reviews, Vol 39(1), 2018, 57-76.

Sheltering at Home Can Be Hell for Children with an Addicted Parent. Dr. Timmen Cermak, past President of the California Society of Addiction Medicine, presented an essay on the experience a child in an alcoholic family, employing parallels with the current pandemic public health confinements. Available at www.psychologytoday.com/us/blog/healing-addiction/202004/sheltering-home-can-be-dangerous-children-addicted-parents. William Haning, MD, DFAPA, DFASAM | May 4, 2020, **American Society of Addiction Medicine**

Evidence continues to mount demonstrating a strong correlation between adverse childhood experiences (ACEs) and substance use disorders in adulthood. *“Simply put, exposure to trauma in childhood can have a tremendous, lasting impact on our health and the quality of our lives. As a person's ACE score increases on a scale of zero-10, so does the potential for developing physical, behavioral and mental health disease. The increased risk for substance use disorders is dramatic. Compared with people who have zero ACEs, individuals with at least one ACE are two to four times more likely to start using alcohol or other drugs at an early age. A person with an ACE score of five or higher is seven to 10 times more likely to experience addiction than someone who hasn't experienced childhood trauma. Increased risks for depression, suicide and all types of chronic illness are likewise substantial. An ACE score of six or more is associated with a 20-year reduction in life expectancy.”*



We have growing evidence that exposure to trauma can alter the structure and function of the developing brain and can lead to reduced or delayed development of the brain's prefrontal cortex where judgement and emotional regulation are controlled. Changes in the brain's limbic regions associated with addiction and psychiatric illnesses have also been noted. Evidence shows that the experience of childhood trauma can alter the immune system, affect stress-response functions and even change biochemical processes at the DNA level. You can see how this evidence has major implications in understanding the origins of disease in terms of nature-versus-nurture. We're not looking at an either/or scenario anymore. Our newest inquiries explore how both nature and nurture are involved.” Stephen Delisi, MD, Hazelden Betty Ford Foundation.

<https://www.acesconnection.com/blog/attachment-trauma-and-the-neurobiology-of-opioid-use-disorders>

For more information on **Connecting the Brain to the Rest of the Body** see: Early Childhood Development and Lifelong Health, Working Paper 15 by Harvard Center on the Developing Child and **Supporting Brain Development in Traumatized Children & Youth** refer to <https://www.childwelfare.gov/pubPDFs/braindevtrauma.pdf>



Raise a Resilient Kid:

1. **Embrace them!**: This is first, second, third and last! *“Let them explore and even fail sometimes.”* The key: reward the effort.
2. Let kids **process negative feelings**: Allow them to experience and work through tough emotions which helps them develop the ability to tolerate these emotions later in life.
3. **Encourage kids to help others**. Developing social skills early is crucial to being able to ask for help we will all need at some point.

Sarah Digiulio. Prevention.com. May 2020

What Makes Families Resilient? Family resilience is the family's ability to “withstand and rebound both strengthened and more resourceful from disruptive life challenges,”. What is important?

Shared Beliefs: helping family members find meaning in adversity, cultivate hope and a positive outlook.

Organization: a mutually supportive and connected family structure.

Communication: open and clear communication, which is tolerant and encouraging.

[https://www.psychologytoday.com/us/blog/between-cultures/201710/what-makes-families-resilient#:~:text=Nurturing%20strength%20amid%20adversity.&text=Family%20resilience%20has%20been%20defined,%2C%202011%2C%20p%20149\).&text=It's%20about%20enriching%20relationships%20and,at%20coping%20with%20future%20stresses.](https://www.psychologytoday.com/us/blog/between-cultures/201710/what-makes-families-resilient#:~:text=Nurturing%20strength%20amid%20adversity.&text=Family%20resilience%20has%20been%20defined,%2C%202011%2C%20p%20149).&text=It's%20about%20enriching%20relationships%20and,at%20coping%20with%20future%20stresses.)

Celebrating Families!™ and **¡Celebrando Familias!** are programs of NACoA (National Association for Children of Addiction) offering curriculum materials, technical assistance and training services.

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In other states: www.celebratingfamilies.net