



Michael Dominguez, M.D.

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Alcohol and Stress Awareness Month

April is both National Alcohol Awareness Month and Stress Awareness Month. Bringing awareness to these topics is essential because they can significantly impact our lives. This article will explore what these months are all about and how they relate.

National Alcohol Awareness Month is a time to bring awareness to the dangers of alcohol abuse. Alcohol is a legal drug found in beer, wine, and liquor. While it's legal for adults over 21 to consume alcohol, it's important to remember that alcohol can be harmful if consumed excessively.

Alcohol abuse can lead to various problems, including health, relationship, and legal issues. Some health issues associated with alcohol abuse include liver disease, high blood pressure, and an increased risk of certain cancers. In addition, relationship problems can arise from alcohol abuse due to changes in behavior, and legal issues can arise from driving under the influence or other alcohol-related offenses.

Stress Awareness Month, on the other hand, is a time to bring awareness to the harmful effects of stress. Stress is a natural response to a perceived threat, but too much stress can harm physical and mental health. Stress can lead to various problems, including anxiety, depression, and physical health issues like heart disease and high blood pressure.

Stress and alcohol abuse are often linked. Many people turn to alcohol as a way to cope with stressors. While alcohol can temporarily relieve stress, it can also make it worse in the long run. Alcohol can disrupt sleep, which can lead to increased stress levels. Additionally, alcohol can cause changes in behavior that can lead to relationship problems, which can cause additional stress.



Suppose you're stressed and considering turning to alcohol as a coping mechanism. In that case, there are healthier ways to manage stress. Here are a few tips:

1. Exercise regularly: Exercise is a great way to reduce stress. Try to get at least 30 minutes of exercise each day.
2. Practice relaxation techniques: Deep breathing, meditation, and yoga are all great ways to reduce stress.
3. Connect with others: Spending time with friends and family can help reduce stress. You can also join a support group or talk to a therapist.
4. Get enough sleep: Getting enough sleep is vital for managing stress. Aim for 7-8 hours of sleep each night.
5. Limit alcohol consumption: If you choose to drink alcohol, it's essential to do so in moderation. Women should have no more than one drink per day, and men should have no more than two drinks daily.

In conclusion, National Alcohol Awareness Month and Stress Awareness Month are critical times to bring awareness to the dangers of alcohol abuse and stress. While alcohol can temporarily relieve stress, it can also make it worse in the long run.

There are healthier ways to manage stress, such as exercise, relaxation techniques, and connecting with others. If you're struggling with alcohol abuse or stress, seeking help from a healthcare professional is essential.

I challenge each of you to try something different during the month of April to help cope with your daily stressors, whether they are family, work, or something else entirely.

15 Stress-Reducing Activities You can do At Home found on the following website

<https://www.stress.org/15-stress-reducing-activities-you-can-do-at-home-according-to-experts>



Exercise



Relaxation



Friendship



Restful Sleep

QPIC Corner

TAKE CHARGE OF YOUR HEALTH

Annual Health Checklist

-  Annual Physical with Primary Care Doctor
(Men & Women)
-  Well Woman Exam
(Women Ages 21-64)
-  Mammograms - Saturdays Available
(Women Ages 50-74)
-  Colorectal Screenings - Saturdays Available
(Men & Women Ages 50-75)
-  Nutritionist - Saturdays Available
(Men & Women)



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Article provided by:
Michael Dominguez, M.D.
Board Certified Family Medicine
Top Doctors in America®
Texas Super Doctors®
Bridges to Excellence®
Best Doctors in San Antonio®
Hablo Español



HealthTexas – Holy Cross
590 N General McMullen
San Antonio, TX 78228
Hours:
M,T, & TH 8:00 am – 5:00 pm
W 10 am – 5 pm
Phone: (210) 249.0212

qpicsa.com



Healthy Recipe

<https://www.loveandlemons.com/jessicas-pistachio-oat-squares/>
Calming Healthy Recipe

Pistachio Oat Squares
By: Jeanine Donofrio &
Jessica Murnane (One Part Plant)

Makes 12 squares

Ingredients:

- 1 cup raw shelled pistachios
- 1 cup rolled oats*
- ½ tsp sea salt
- ¼ cup maple syrup, more for drizzling on top
- 2 tbsp. olive oil
- 1/3 cup unsweetened coconut flakes
- additional handful of chopped pistachios for the topping



Directions:

1. preheat oven to 350 degrees and line an 8-inch square pan with parchment paper.
2. In a food processor with the S blade attached, process the pistachios, oats, and salt for about 30 seconds, until a meal starts to form.
3. Drizzle in the maple syrup and olive oil while the motor is still running and the meal begins to come together into a crumbly, almost-wet dough.
4. Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios.
5. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through. You want the squares to still be a little soft – don't overbake these.
6. Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper.
7. Cut into squares. Drizzle a little maple syrup over the top for extra sweetness, if you like.
8. Store the squares in a sealed container for up to a week.

Notes:

To make these Gluten-free be sure to use Certified Gluten Free Oats

Nutritional Facts:

Per Serving:
148 calories; protein 22.6g; carbohydrates 3.5g; dietary fiber 0.1g; sugars 3g; fat 4.2g; saturated fat 1g; cholesterol 53mg; vitamin a iu 234.5IU; vitamin c 1.4mg; folate 12.6mcg; calcium 49.5mg; iron 0.6mg; magnesium 33.4mg; potassium 434.1mg; sodium 275.5mg; thiamin 0.1mg; added sugar 3g

Source: CleanPlates by: Ariane Resnick, CNC, February 28, 2023

<https://cleanplates.com/recipe-roundup/stress-reducing-recipes/>