

*Think drinking alcohol is safe in moderation? Science says otherwise.*

## **I Can't See the Forest With All These Damn Trees In the Way - The Health Consequences of Alcohol Use**

by Scott Stevens

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SCOTT STEVENS  
*Award-winning author of Every Silver Lining Has a Cloud*

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Also by Scott Stevens: *What the Early Worm Gets* (2010), *Every Silver Lining Has a Cloud* (2012), *Adding Fire to the Fuel* (2015), the Alcoholology app for Android devices (2015), and 2016's *The A-Files: Alcohol A-Z* educational DVD series.

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This book was printed on acid-free paper.



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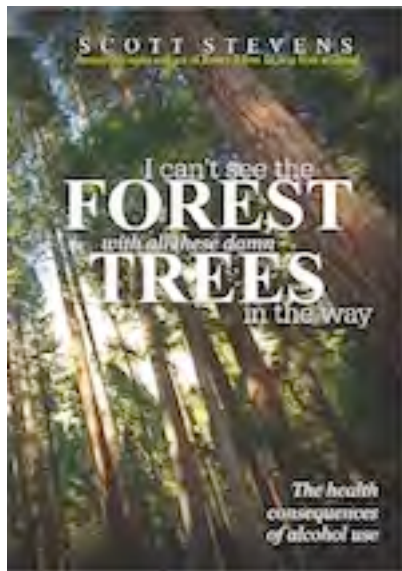
# INTRODUCTION

In 2016 I penned an Alcoholology white paper on alcohol and health entitled “Six signs the next 10 years for the alcohol biz will be like the last 20 for tobacco.” It’s Appendix A if you’re curious. In synopsis, it points that alcohol use is a cost driver for the health system because more long-term health consequences from drinking are coming to light... while more ‘benefits’ of drinking are being debunked. I’ve championed this theme since my first book in 2010 and in each of the two books that followed.

Americans love affair with tobacco changed when we began to talk about what it does TO you rather than what it does FOR you. The unabashed support of alcohol consumption WILL change when the dialogue switches to what it does – long and short-term – to otherwise healthy tissue.

The unprecedented November 17, 2016 report by the United States Surgeon General on Alcohol, Drugs, and Health wasn’t a surprise to me as it, too, pointed out the toll of drinking a toxin and known carcinogen – even moderately. The “landmark” report was the first time the government appointee challenged the most readily available but costliest and deadliest drug in America. It legitimately signals a shift in alcohol policy for the first time since Prohibition was repealed. It wasn’t an I-Told-You-So moment though. It was a disturbing moment actually: Any media outlet deciding to publicize the report sort of neglected to mention the drug ‘alcohol’ and instead focused on what the publication could mean for the availability/accessibility of drug treatment.

They're seeing the forest.  
Not the trees.



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