



# MICAP RECAP

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*Michigan Council on Alcohol Problems  
Celebrating its 110<sup>th</sup> Anniversary in 2015*

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## Alcohol, Cancer & SBIRT Clinical Training

**By Amy Ann Moore, Certified Prevention  
Specialist, Ingham County Health Department**

As part of my job at the Ingham County Health Department in Lansing, Michigan, I regularly reach out to medical clinics in our community and offer in-service training to staff on how to refer patients to drug-treatment, quit-tobacco and Grief-Support. Our community has been working hard to integrate appropriate medical screenings into our Electronic Health Records through: Screening, Brief Intervention and Referral to Treatment (SBIRT). This means that the patient assessment is electronic and the medical staff cannot move to the next screen until the answer is entered. The Clinical staffs that I interface with across Ingham County are passionate and want to offer appropriate and helpful services to patients when a need is identified. I have been training clinical staff for over 20-years in proper advice to patients, and I have discovered that my job is to ensure to staff that they are making appropriate referrals to kind people who will provide helpful services for recovery, drug treatment or quit-tobacco help. Medical providers appreciate the support, but will only make a referral if they know that it's a good place to send a patient with addiction and recovery needs. A referral becomes an extension of the provider and their reputation. A good referral is always met with gratitude.

I am more successful in capturing the attention of staff, when I introduce a new concept or touch on something new in the drug treatment or recovery field. I am offering the SBIRT training, but I frame it around things that are new, innovative and interesting. That is how I learned that alcohol causes cancer. I learned that I was not being innovative; these findings were published by the World Health Organization (WHO) in 1988! I was behind the times and everyone I talked with was not even aware that alcohol causes cancer. The recent 2014 WHO World Cancer Report concludes: There is no safe level of alcohol consumption. Tell everyone you know!

# Alcohol, Cancer & SBIRT Clinical Training

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Alcohol is a carcinogen. A Carcinogen means that it is known to cause cancer. The cancer-causing elements of alcohol drinks are the ethanol, and twelve other chemical compounds in alcohol. The alcohol type (beer, wine, hard-liquor drinks) do not alter the outcome. There is also a dose-response. A dose-response means that the more alcohol you consume, the higher the risk for cancers caused by alcohol. The cancers that are caused most often relate to where the alcohol touches the body. Here is a list of cancers that are most often caused by alcohol consumption. Imagine the body and see how the intensity relates to where the alcohol touches. Alcohol causes cancer of the: Mouth, oropharynx (throat/soft palate/tongue/tonsil), esophagus (throat to stomach), liver, colon, rectum, pancreas, and breast (caused by the hormones released when alcohol is consumed). Cancer of the kidney is also suspected.

I often feel concerned about the prominence and support for alcohol consumption in our communities, but I was surprised when the information on alcohol and cancer was presented in a medical clinic and I was periodically met with strong opposition. Learn more about that experience by viewing this archived webinar linked at The National Council for Behavioral Health: Cancer - What's Alcohol use got to do with It? <https://www.thenationalcouncil.org/webinars/cancer-whats-alcohol-use-got/>

I also had to be prepared to discuss the US Dietary Guidelines with clinical staff. The US Dietary Guidelines recommend daily alcohol consumption for heart-health. The research that was used to add daily red wine consumption to the US Dietary Guidelines were based on studies that looked at food intake and cardiovascular health, not long-term cancer risk. The largest study, the Copenhagen Study followed participants' living in Denmark based on their food consumption and heart-health. The study did not consider education or control for other health behaviors such as exercise. All participants regularly consumed a Mediterranean diet high in fruits, vegetables, fish and olive oil. The study results concluded that daily red wine consumption with meals improved heart-health. The study did not look at cancer risk or consider how diet improved overall health outcomes.

I have utilized the American Cancer Society: Alcohol and Cancer information pages as well as the resources from the NIAAA: Helping Patients Who Drink Too Much: <http://www.niaaa.nih.gov/publications/clinical-guides-and-manuals>

I encourage you to consider how you can raise awareness by sharing the fact that alcohol is a carcinogen and no level is safe. There are resources available and when you are met with resistance, consider that the person you are supporting, may feel threatened or concerned about their own alcohol consumption. Please help me spread the word that alcohol is known to cause cancer, and there is no safe level of consumption.

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*Wishing all MICAP supporters  
safe and alcohol-free travels during  
this holiday season!*

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# **A MICAP SUCCESS STORY**

## **The Road to Banning Powdered Alcohol in Michigan**

**by Rev. W. J. (Bill) Amundsen, Retired**

Our State Legislature, on October 28th, adopted Public Act No. 165 in a regular session of 2015. That Bill effectively bans “the use, the offer for use, possess, sell, or offer for sale powdered alcohol.”<sup>1</sup> Lieutenant Governor Brian Calley signed the Bill into law a couple days later.

The above is a culmination of a lot of effort by a lot of people, MICAP representatives included. That route is similar for most Bills which come through the Legislature of the State of Michigan. In our case, we contacted a Michigan Senator friendly to our cause: “Better Public Policy for Beverage Alcohol in Michigan.” Senator Rick Jones affirmed his stance with ours regarding Powdered Alcohol (PALCOHOL). In fact, he had already introduced Senate Bill 0240 of 2015 calling for that ban. He promised to keep us apprised as it moved through the Legislative process and immediately got co-sponsors for his Bill. He knew, also, that Representative Dianda had introduced a House Version of the same Bill.

Soon, we were told that there would be a hearing on the Bill (a public comment). I testified at that hearing about Senate Bill 0240, and testified against the need for Powdered Alcohol in Michigan; and also about the poor content on the manufacturer’s website at that time. Another member of the MICAP Board of Directors also testified. Other persons who testified for the ban of PALCOHOL came from law enforcement, the medical community, education, as well as MICAP sister organizations with whom we work. All but one person at that hearing testified against PALCOHOL. That person was a representative of the Manufacturer. The Committee overseeing the hearing sent the Bill to the Senate Chamber unanimously. It was adopted by the full Senate on May 10, 2015.

Following that, the Michigan House of Representatives used their process to bring the Bill to a vote. It passed the House on October 13, 2015. In the meantime, Senator Jones called some of the Representatives to help move the House version along. When the House Bill was finally adopted, the Senate agreed with the House Version of the Bill and sent it to the Governor’s office to sign. As said above, Lt. Governor Brian Calley signed it on October 28, 2015. It will go into effect on January 26, 2016.

Like turning back the age of majority for beverage alcohol to 21, banning caffeinated beverage alcohol over the standard beer content, and maintaining the 2 AM closing (preventing the 4 AM closing) of sales for on-premise and off-premise bars and stores, this was another small victory for MICAP, for our supporters, and for the people of Michigan. We shall keep doing it. Thank you, readers, for all of your support.

1. Paragraph 1 of Senate Bill No. 240 as passed the Senate on May 20, 2015.





# **MICAP/AADIF**

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## **Our Speaker's Bureau**

If your group or church or class/school would like to hear something more about MICAP, or Alcohol Problems in Michigan or the USA, please contact Rev. Bill Amundsen at (517) 323-2445. Please leave a message if no one answers. He will return your call to arrange a mutually convenient time. We are a temperance organization concerned with under-age and abusive drinking. We work with the State Legislature to encourage a better social policy on beverage alcohol.

## **Year End Donation to MICAP Would be Wonderful**

MICAP is a small non-profit organization with a mission to provide information about the consequences of alcohol abuse, and to promote public policies that address these issues. It is a big task, and we are committed to doing our part.

For this work, MICAP depends 100% on gifts from people like you. A large share of gifts and bequests are made near the end of the calendar year, in November and December. Our work year-around depends directly on these gifts. MICAP could not do its work without your financial support, which truly makes a difference in this important work.

MICAP is a non-profit 501(c)(3) organization. Your gift to MICAP is tax deductible to the extent allowed by the tax code. Please use the enclosed envelope, or send your check to: MICAP, P.O. Box 10212, Lansing, MI 48901. From the bottom of our heart, we thank you.