Drink Up? [1]

Week of:
May 15, 2020

Alcohol habit forming? [2]

Dear Alice,
What kind of alcohol is habit forming?
— Drinker

What kinds of alcohol are best for health? [3]

Dear Alice,
Do any alcohols have any specific benefits? As in, is tequila better than vodka? And is red wine the best choice because of its antioxidants?

Hangover helper and tips for healthy drinking [4]

Dear Alice,
Do you have any tips for avoiding hangovers?
— Hungover
How drinkable is New York City’s tap water? [5]

Dear Alice,

How bad is the water here in New York City? Do you recommend drinking filtered water, or does it really make a difference?

Thirsty

Can I drink alcohol after vaccination? [6]

Dear Alice,

I REALLY could use your help to help me prove that my school's health center is giving out false information to its students. Recently, a friend received the meningitis vaccine. She then called the health center and asked if it would be harmful to drink alcohol after getting the shot. The nurse said, "Yes, yes, don't drink!!" My roommate and I are nursing students; we checked in drug guides, went to governmental websites, everything. Not once does it say it's contraindicated, but it never explicitly states it's ok to drink and receive the vaccine. Personally, because of the very nature of vaccines (attenuated virus) rather than a med., I don't see how it's possible... BUT, can you find out for sure? This is important because it really bothers me that nurses would intentionally give out false info. just because they don't want students to drink in general.

Sincerely,
Nursing Girl