

# the RED CUP Q&A

separating alcohol fact from fiction

## wildfact

Beer commercials on TV don't show people actually drinking the beer, due to long-standing policies of the broadcasting networks.

# What's the best hangover cure?

**Simply put? Water and time.** Friends and Google might advise you to drink coffee, eat menudo, or even take another drink of alcohol. You can try all the "cures" you'd like, but the only proven way to avoid hangovers is to prevent them in the first place. The two best life hacks for drinkers are 1) drink plenty of water (or another non-alcoholic beverage) while you party, and 2) limit the number of alcoholic drinks you have. If you ever wake up feeling hungover, try these tips:

**Manage hangovers with healthy fluid replacement.** Drinking leads to dehydration because alcohol is a diuretic – it increases the rate of urination. The more you drink, the more you will experience dehydration's ill effects the next day, such as headache, dry mouth and fatigue. Pour some water or grab a sports drink – they have the added benefit of glucose (sugar) and electrolytes (minerals).

**Treat headaches with pain relievers. Avoid acetaminophen.** After a night

of drinking, make sure you don't take Tylenol, Excedrin, or other pain relievers with acetaminophen. The combination of alcohol and acetaminophen can seriously hurt your liver. If you want some pain relief, take aspirin, ibuprofen (Advil) or naproxen (Aleve).

**Don't waste money on hangover pills.** Most of them instruct you to wash down their products with large amounts of water. If they help, it's because of all the extra water easing your dehydration – not the magic pills (which are usually just aspirin and caffeine). Save your money: drink water or sports drinks and take an aspirin if you must. While some caffeine might help you feel more alert, it won't get the alcohol out of you faster.

**Want more alcohol info?** The UA Campus Health Service has a range of programs: eCHECKUP TO GO, The Buzz, SHADE, individual counseling, and more. For more information, call (520) 621-5700.

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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HEALTH**

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