

## Let us know if you'd like help cutting down

If you are drinking more than the recommended limits, you can work on reducing your drinking using the tips in the "Rethinking Drinking" website:

[www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)

If you have trouble staying within the limits, or are worried about having an alcohol use disorder, stopping drinking may be a better goal. AUD is a chronic disease of the brain affecting learning, stress, decision making and self-control—not simply a choice or personal failing. Most people can successfully quit or cut back by choosing from proven treatment options:

- Individual or couples counseling
- Group counseling
- Mutual support groups (AA or SMART Recovery)
- Medications to reduce craving and risk of relapse

**Your primary care provider can help—please talk to them about your concerns.**

### Watch a 10 minute video about alcohol and health:



A ReThink of the Way we Drink  
<https://youtu.be/tbKbq2lytC4>

Learn more about treatment options:  
[www.d-h.org/alcohol\\_drug.html](http://www.d-h.org/alcohol_drug.html)



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# Alcohol and your health



## Do you enjoy a drink now and then? Many of us do, often when socializing with friends and family.

However, it is important to know that drinking can be harmful. Your age, overall health, and how much you consume all impact how drinking can affect you.

Because drinking can cause problems for anyone, we screen for alcohol issues and are working to educate everyone about alcohol use.

### Drinking above these limits can hurt your health:






#### Short Term Risks

- Injuries: car crashes, drowning, etc.
- Violence toward yourself or others
- Alcohol poisoning
- Risky sexual behaviors, unintended pregnancy, sexually transmitted diseases- including HIV
- Miscarriage or birth defects, if pregnant

#### Long Term Risks

- Liver disease, ulcer, heartburn, pancreatitis
- High blood pressure, stroke, heart disease
- Cancers: breast, prostate, colon, etc.
- Weight gain
- Sexual health
- Learning and memory problems, dementia
- Depression, anxiety, insomnia
- Alcohol Use Disorder
- Social problems: poor work performance, damaged relationships, legal issues, etc.

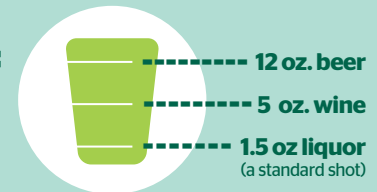
### What are the recommended low-risk drinking limits?

	On any single day	AND	Per week
	No more than <b>4</b> 		No more than <b>14</b> 
	No more than <b>3</b> 		No more than <b>7</b> 

To stay low risk, keep within BOTH the single-day and weekly limits.

People over 65 are more sensitive to the harms of alcohol, and should drink less

**1 Drink =**



### For your health, we recommend that all adults stay within the low-risk drinking limits.

Experts recommend no alcohol use for women who are pregnant, people who have liver disease, or people who have an alcohol use disorder (AUD).

Some who drink over the recommend limits develop an AUD and find it hard to simply cut back or stop. Symptoms of AUD include:

- Craving
- Loss of control of amount or frequency of drink
- Compulsion to drink
- Use despite consequences

If you don't have symptoms, then staying within the low-risk drinking limits will reduce your chances of having problems in the future. If you do have symptoms, then alcohol may already be a cause for concern and it may be safest to quit.