

Controlling your risk: Alcohol can help or hurt!

A small amount of alcohol may help decrease your risk of heart disease and strokes. A serving of alcohol is

- 1 ounce of hard liquor
- 6 ounces of wine
- 12 ounces of beer



Limit servings to...

- 1 or fewer a day for a woman
- 2 or fewer a day for a man

Too much alcohol increases your risk for cancers, liver disease, stroke, and alcohol dependence. What can you do if you have questions about alcohol?

- Talk to your medical provider.
- Talk to your clergy.
- Talk to a substance abuse counselor or other mental health professional.
- Call Alcoholics Anonymous 1 (800) 737-6237.
- Call to Al-Anon. 1(800) 498-1844. It is a free program for family of friends of problem drinkers.

Who is at risk for alcohol dependence?

Examples of possible problem drinking, anyone who makes excuses to drink ...

- for relaxation.
- to have fun.
- to feel brave or daring.
- to be more popular.
- to escape worries.
- to forget.

Problem drinking of alcohol may cause

- missed appointments, work or school.
- owing too much money because it was spent on alcohol.
- frequent hangovers.
- blackouts.
- behaviors like anger, arguments, hitting, or hurting.
- legal problems like arrest or losing a drivers license.

What can you do if you or someone you love has a problem with alcohol?



Get help!

