

Recognizing the harmful effects of excessive drinking

HOW MUCH IS TOO MUCH?

FOR AN ADULT MALE*



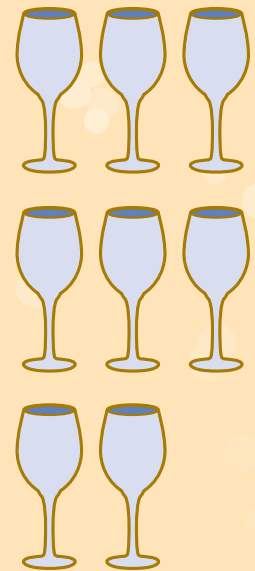
Too much is ...

15

OR MORE

PER WEEK¹

FOR AN ADULT FEMALE*



Too much is ...

8

OR MORE

PER WEEK¹

**Men and women over 65 should not have more than seven drinks per week.*

SOME PEOPLE SHOULD NOT DRINK¹



Under 21 years old



Drivers



Pregnant women

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WHAT HAPPENS TO YOU?^{2,3}

- Aggressive, irrational behavior
- Arguments
- Violence
- Depression
- Nervousness

Cancer of throat and mouth

- Frequent colds
- Reduced resistance to infection
- Increased risk of pneumonia

Liver damage

Ulcers

- Trembling hands
- Tingling fingers
- Numbness
- Painful nerves

Men:

Impaired sexual performance

Impaired sensation leading to falls

- Numb, tingling toes
- Painful nerves

SHORT-TERM HEALTH RISKS

INJURIES

- Motor vehicle crashes, falls, drownings, burns

VIOLENCE

- Homicide, suicide, sexual assault, intimate partner violence

ALCOHOL POISONING

REPRODUCTIVE HEALTH

- Risky sexual behaviors, unintended pregnancy, sexually transmitted diseases including HIV, miscarriage, stillbirth, fetal alcohol spectrum disorders (FASDs)

LONG-TERM HEALTH RISKS

CHRONIC DISEASES

- High blood pressure, heart disease, stroke, liver disease, digestive problems

CANCERS

- Breast, mouth and throat, liver, colon

LEARNING AND MEMORY PROBLEMS

- Dementia, poor school performance

MENTAL HEALTH

- Depression, anxiety

SOCIAL PROBLEMS

- Lost productivity, family problems, unemployment

ALCOHOL DEPENDENCE

- Alcohol dependence
- Memory loss

Premature aging

- Weakness of heart muscle
 - Heart failure
 - Anemia
- Impaired blood clotting
 - Breast cancer

- Vitamin deficiency
- Bleeding of the stomach
- Severe inflammation of the stomach
 - Vomiting
 - Diarrhea
 - Malnutrition

Inflammation of the pancreas

Women:

Risk of birth defects, developmentally-challenged or low-birthweight babies

For more information, visit preventionworksar.org



REFERENCES:

1. CDC VITAL SIGNS: ALCOHOL SCREENING AND COUNSELING, JANUARY 2014.
2. WORLD HEALTH ORGANIZATION AUDIT: THE ALCOHOL USE DISORDERS IDENTIFICATION TEST GUIDELINES FOR USE IN PRIMARY CARE, SECOND EDITION.
3. CDC FACT SHEETS — ALCOHOL USE AND YOUR HEALTH, NOVEMBER 2014.