medications that may interact with alcohol • jugivignais taking prescription or over-the-counter

(I.e. depression, anxiety)

• judividuals suffering from mental illness

diabetes, liver disease)

that may be worsened by alcohol (i.e. hypertension, • Judividuals suffering from chronic medical conditions

- judividuals who are aged 21 and under
- Momen who are pregnant or might become pregnant

For some people, any drinking at all is risky

more than 7 drinks per week uo woke tyan 3 akinks on any single day and no • For healthy women ages 2 I + and healthy men 65+,

ou aux siugle day and no more than 14 drinks per week • For healthy men ages 21-65 - no more than 4 drinks

Know the low-risk drinking limits







10HOJJA %21 TUO8H

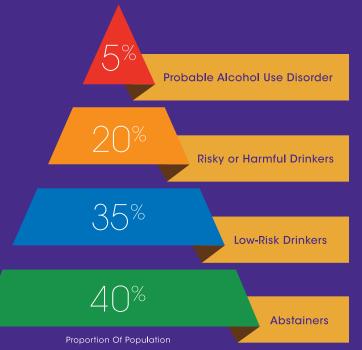




5 fluid oz of table wine

8 – 9 fluid oz of malt liquor

12 fluid oz ot regular beer



For confidential, 24/7 support and referrals call the toll-free OASAS HOPEline at 1-877-846-7369 or visit OOSOS.NY.QOV for more information

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Knowing is Knowledge

Did you know?



of U.S. adults do not consume any alcohol at all.



of U.S. adults stay within low-risk drinking limits.

Know the effects of risky and binge drinking

Increased risk of Type 2 Diabetes Liver damage

Painful nerves
Numb, tingling toes
Impaired sensation
leading to falls

Increased risk of pneumonia Reduced resistance to infection Frequent colds

Risk of fetal alcohol spectrum disorders which include physical, behavioral and learning disabilities

Sexually transmitted diseases Erectile dysfunction

Unintended pregnancy

Stroke
Hypertension
Heart failure
Premature
aging

Depression
Alcohol Use Disorder
Anxiety
Aggressive behavior
Insomnia
Memory loss

Motor vehicle crashes

Violence Violent crimes Legal problems Injury

> Failure to fulfill obligations at work, school or home

Diarrhea Stomach inflammation Malnutrition

Anemia
Blood clotting
Vitamin deficiency
Bleeding

Cancer of the throat and mouth Breast cancer Inflammation of the pancreas OWLED

Only you can decide
the role that alcohol plays in
your life. But it is important to
understand the low-risk drinking
levels and the risks associated
with excessive drinking before
making that decision.

When under the influence of alcohol our motor skills and judgment become impaired, making simple tasks difficult to perform and giving way to dangerous behavior that can lead to harm.

Driving under the influence can cause motor vehicle crashes or pedestrian injuries

Engaging in unprotected sex can result in unintended pregnancy or sexually transmitted diseases

Inability to control emotions can lead to domestic and sexual assaults as well as property crimes and homicide/suicide

Impaired motor skills may cause accidental injuries like falls and drowning or firearm mishaps

Binge drinking can lead to alcohol poisoning or death

Knowing is the Way

You don't have to have an alcohol use disorder in order to experience some negative consequences as a result of your drinking. Knowing the amount of alcohol you consume and the effects of alcohol use gives you the power to make an informed decision. Have a conversation with your doctor today and see how alcohol could be affecting your health.