

Low-risk drinking limits

	Drinks per week	Drinks per day
Men	14	4
Women	7	3
All ages >65	7	3
Pregnancy	0	0



12 oz.
beer

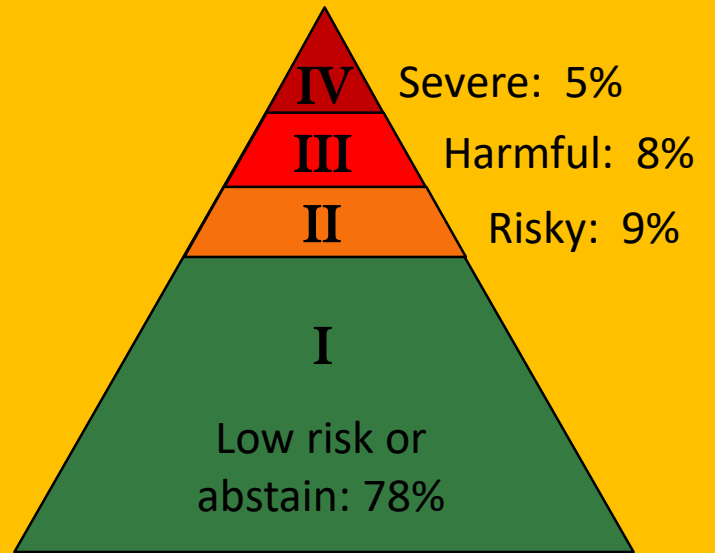


5 oz.
glass of
wine



1.5 oz
(shot) of
liquor

Drinking among adult primary care patients



Some risks of unhealthy drinking

Depression. Anxiety.
Aggressive behavior.

Cancer of the
throat and mouth.

Frequent colds, reduced
resistance to infection,
Increased risk of pneumonia.

Liver damage.

Pregnancy: Birth defects,
miscarriage, premature birth,
low birth weight.

Sexually transmitted diseases.
Men: erectile dysfunction.

Painful nerves. Numb, tingling toes.

Alcohol use disorder.
Insomnia. Memory loss.

Premature aging.

Hypertension. Heart failure.
Anemia. Blood clotting.
Breast cancer.

Vitamin deficiency. Bleeding.
Stomach inflammation.
Diarrhea. Malnutrition.

Inflammation of the pancreas.

Impaired sensation leading to falls.

Failure to fulfill obligations at work, school,
or home. Car accidents. Legal problems.



Readiness ruler

