

WE ASK EVERYONE

Drinking too much alcohol can cause health problems or make some problems worse. About 25% of adults drink at levels that could harm their health or put themselves at risk of harming others, but they do not have a severe problem with alcohol.

To provide the best care possible, we ask everyone about alcohol.

Negative Effects of Heavy and Binge Drinking

-  Depression • Anxiety • Aggressive behavior • Insomnia • Memory loss
-  Stroke • Hypertension • Heart failure • Premature aging
Alcohol poisoning or overdose
-  Cancer of the throat and mouth • Breast cancer • Colon cancer • Other cancers
-  Anemia • Blood clotting • Vitamin deficiency • Bleeding
-  Frequent colds • Reduced resistance to infection • Increased risk of pneumonia
-  Type 2 Diabetes • Liver damage • Inflammation of the pancreas
-  Stomach Inflammation • Diarrhea • Malnutrition
-  Painful nerves • Numb, tingling toes • Impaired sensation leading to falls
-  Risk of fetal alcohol spectrum disorders which include physical, behavioral, and learning disabilities
-  Risks related to sex: Unsafe sex • Unintended pregnancy • Erectile dysfunction
Sexually transmitted infections
-  Failure to fulfill obligations at work, school, or home • Financial problems
-  Motor vehicle crashes • Injury • Violence • Legal problems

Adapted from WHO AUDIT Manual. http://apps.who.int/iris/bitstream/10665/67205/1/WHO_MSD_MSB_01.6a.pdf and SBIRT Oregon Reference Sheet. <http://www.sbirtoregon.org/resources/SBIRT-reference-sheet.pdf>

What is one drink?

It's easy to underestimate how much one drink is.



Beer
12 oz



Wine
5 oz



Liquor
1.5 oz

Craft beers may contain (or often contain) a higher level of alcohol (ABV) than regular beer.

AVOID ALCOHOL IF YOU:

- Take medications that interact with alcohol
- Have a health condition made worse by alcohol
- Plan to drive a vehicle or operate machinery
- Are under 21 years of age
- Are pregnant or trying to become pregnant

Lower Risk Drink Limits

	No more than...	
	PER DAY	PER WEEK
WOMEN	3	and 7
MEN	4	and 14
MEN (OVER 65)	3	and 7
LESS IS BETTER		

Assess your risk

Talk to your health care provider or assess your own risk at:



screeningtools.peerassistanceservices.org