

Information from your Patient Aligned Care Team

Changing your Drinking Habits

What is Low-Risk Drinking?

Low-risk drinking means limiting alcohol use to amounts that usually won't cause harm to yourself or others.

Following these simple rules can reduce the risk to yourself and others:

- On any **DAY**, never drink more than 4 standard drinks (men) or 3 standard drinks (women).
- In a typical **WEEK**, never drink more than 14 standard drinks (men) or 7 standard drinks (women).
- **DO NOT** use any alcohol when you:
 - Drive or operate machinery.
 - Are pregnant or breast feeding.
 - Are taking medications that react with alcohol.
 - Have medical conditions made worse by alcohol.
 - Cannot stop or control your drinking.

What is a Standard Drink?

Low-Risk drinking limits are determined based upon "standard drinks."

		
<p>5 ounces of Wine</p>	<p>12 ounces of Beer</p>	<p>1.5 ounces of Liquor</p>

Changing your Drinking Habits (continued)

Good Reasons for Drinking Less

I will live longer--probably between five and ten years.

I will sleep better.

I will be happier.

I will save a lot of money.

I will be less likely to feel depressed.

I will be less likely to die of heart disease, cancer, liver disease, a car accident, or suicide.

FOR MEN: My sexual performance will probably improve.

FOR WOMEN: There will be less chance that I will have an unplanned pregnancy.

FOR WOMEN: There will be less chance that I will damage my unborn child.