

Drinking Alcohol:

Alcohol is consumed to relax, socialize or celebrate. Wine, beers and hard liquor are the drinks of choice.

It can also be consumed to deal with anxiety, depression, stress and other overwhelming feelings.

Over consumption of alcohol can have negative consequences on the individual.

NIAA Guidelines:

Men

- No more than 4 drinks per day.
- No more than 14 drinks in total per

Women

- No more than 3 drinks per day.
- No more than 7 drinks in total per week

A Standard Drink:

- 12 fl oz of beer
- 4-5 fl oz of wine
- 1.5 fl oz of hard liquor



Negative effects...

Long term

- Serious organ damage (cancer, pancreatitis, liver disease, brain damage)
- Memory problems
- Worsening of depression
- Suicide
- Financial and career consequences
- Relationship consequences

Say No!



Negative effects...

Short term

- Change in mood
- Decreased inhibition
- Hangover (dehydration, fogginess, headache and nausea)

Positive effects...

According to Mayo Clinic:

- Possibly reduce risk of developing and dying from heart disease
- Possibly reduce risk of ischemic stroke
- Possibly reduce risk of diabetes

Types of Drinking Explained...

Moderate Drinking: involves 1 drink per day for women and 2 drinks per day for men.

Heavy Drinking: More than 1 drink per day for women and more than 2 drinks per day for men.

Binge Drinking: 4 or more drinks for women and 5 or more drinks for men within two hours.

Excessive Drinking/ Alcoholism: An uncontrollable urge to drink, inability to stop drinking, need to drink more and more to feel the effects (tolerance) and withdrawal.

Types of Problem Drinking

- Heavy Drinking
- Binge Drinking
- Excessive Drinking/ Alcoholism