

The Facts About Alcohol

Moderate alcohol use

For adult women and men over the age of 65, moderate alcohol use is no more than 1 drink a day. For adult men younger than 65, it is no more than 2 drinks per day.

A standard drink is

- 12 ounces of regular beer
- 8 to 9 ounces of malt liquor
- 5 ounces of table wine or
- 1.5 ounces of 80-proof spirits

Drinking and driving

You don't need to drink much to have an effect on your driving ability. As little as 1 drink can increase your risk of a crash.



Medications

Drinking alcohol and taking medicines can cause problems. These include prescription medicines for anxiety, depression and pain. You should not drink alcohol if you are taking over-the-counter medicines for colds and allergies.

Social and work issues

The potential for problems increases with the amount you drink. Alcohol use can cause problems at home, with friends and at work. It can cause strained relationships, absence or lateness to work which can lead to other problems.

Alcohol related birth defects

Drinking alcohol when you are pregnant or trying to get pregnant can cause problems for your unborn baby. These problems will last a lifetime. They include problems with learning and behavior.

Long term health problems

Many health problems can result from drinking over a long period of time. Women tend to develop alcohol related health problems earlier than men. Nearly 2 million Americans have liver disease as a result of drinking. The risk for heart disease, high blood pressure and some types of stroke increases. There is a strong link between colorectal cancer and cancer of the esophagus, mouth, throat, larynx, and drinking. The long-term drinking of alcohol can lead to inflammation of the pancreas. The pancreas produces insulin. Insulin helps to regulate blood sugar.

If you need help to stop drinking, talk to your health care team about getting help.