



Limit Alcohol



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If you choose to drink alcohol, drink in moderation (on average, women no more than 1 drink a day; men no more than 2 drinks a day). Avoid “binge drinking.” If you are concerned about your drinking, talk to your VA health care team about getting help.

- **Limit Alcohol. A Healthy Living Message**
http://www.prevention.va.gov/Healthy_Living/Limit_Alcohol.asp
- **The Facts about Alcohol**
http://www.prevention.va.gov/MPT/2014/docs/TheFactsaboutAlcohol_Apr_2014.doc
- **Drinking Alcohol**
http://www.prevention.va.gov/MPT/2014/docs/DrinkingAlcohol_Apr_2014.doc
- **Alcohol Abuse and Alcohol Dependence FAQs**
http://www.prevention.va.gov/MPT/2013/docs/AlcoholDependence_FAQ_Apr_2014.doc

DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **PTSD and Problems with Alcohol Use**
This site gives information on how PTSD and alcohol affect each other and where to get help.
<http://www.ptsd.va.gov/public/problems/ptsd-alcohol-use.asp>
- **Alcohol and Hepatitis C**
Use this interactive guide to learn what you need to know about hepatitis C and alcohol use, including

alcohol’s effect on liver scarring, viral load, and response to treatment.

<http://www.hepatitis.va.gov/patient/daily/alcohol/resources.asp>

- **Living with HIV/AIDS – Drugs and Alcohol**

Use this interactive guide if you are HIV positive to learn what alcohol and other “recreational” drugs will do to your body.

<http://www.hiv.va.gov/patient/daily/alcohol-drugs/index.asp>

FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS)

Healthfinder.gov

Topics surrounding alcohol use, including alcohol use and women, self-risk assessments, myths, truths, and many more.

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=16>

NATIONAL INSTITUTES OF HEALTH (NIH)

National Institute on Aging

- **Alcohol Use in Older People**

This short brochure discusses alcohol use in older adults.

<http://www.nia.nih.gov/HealthInformation/Publications/alcohol.htm>

MedlinePlus®

- **Substance Abuse Problems**

This site contains information on alcohol and drug abuse, includes specific drugs and information for teenagers and adults.



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<http://www.nlm.nih.gov/medlineplus/substanceabuseproblems.html>

National Institute on Alcohol Abuse and Alcoholism

- **Home Page**

Find publications, frequently asked questions, and other resources.

<http://www.niaaa.nih.gov/>

- **A Family History of Alcohol Problems**

Are you at Risk? This brochure addresses the millions of people in this country who have a parent, grandparent, or other close relative with alcoholism, and may have wondered what your family's history of alcoholism means for you.

<http://pubs.niaaa.nih.gov/publications/FamilyHistory/famhist.htm>

In Spanish

<http://pubs.niaaa.nih.gov/publications/FamilySpanish/famhistspan.htm>

- **Alcohol – A Women's Health Issue**

Alcohol presents yet another health challenge for women. Even in small amounts, alcohol affects women differently than men. With any health issue, accurate information is key.

<http://pubs.niaaa.nih.gov/publications/brochurewomen/women.htm>

- **Drinking and Your Pregnancy**

Information about using alcohol for women who are planning or are pregnant.

http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTML/pregnancy.htm

In Spanish

http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTMLSpan/pregnancy_spanish.htm

- **Harmful Interactions: Mixing Alcohol with Medicines**

This pamphlet lists medications that can cause harm when taken with alcohol and describes the effects that can result.

http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf

- **How to Cut Down on Your Drinking**

On this site there are questions about drinking habits, a diary for tracking drinking, a plan and tips to stop.

<http://pubs.niaaa.nih.gov/publications/handout.htm>

- **Tips for Cutting Down Drinking**

Small changes can make a big difference in reducing your chances of having alcohol-related problems. This short brochure lists some strategies to try.

<http://pubs.niaaa.nih.gov/publications/Tips/tips.pdf>

In Spanish

http://pubs.niaaa.nih.gov/publications/Tips/tips_spanish.pdf

For Parents

- **Fall Semester – A Time for Parents to Discuss the Risks of College Drinking**

Information and tips for parents to talk to and prepare their college-age children about the consequences of excessive drinking.

http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/NIAAA_BacktoCollege_Fact_Sheet.pdf

- **Make a Difference: Talk to Your Child about Alcohol**

This guide is geared to parents and guardians of young people ages 10 to 14.

http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/MakeAdiff.pdf