Drug and Alcohol Treatment Resources

Alcohol

How much is too much?
Sometimes Even One Drink is Too Much.

If you are:
- Driving or Planning to Drive
- At Work or Returning to Work
- Pregnant or Breast Feeding
- On Medication
- Have Certain Medical Conditions

Alcohol and Injury

In addition to a strong relationship between alcohol and motor vehicle accidents, alcohol can be involved in many other injuries such as:
- Falls
- Drownings
- Assaults
- Domestic Violence
- Burns
- Pedestrian Injuries
- Work Injuries
- Sports Injuries

Health Effects of Alcohol

Heavy drinkers may experience long-term health effects including:
- Damage to the liver, pancreas, brain and heart, and increased risk for many cancers.
- Birth defects have also been associated with drinking during pregnancy.

How Much Do People Drink?

40% Do not drink
35% Drink a moderate amount and are at low risk for alcohol problems
20% At risk drinkers or problem drinkers
5% Dependent drinkers

Source: National Longitudinal Alcohol Epidemiologic Survey, 1992

What is a standard drink?

A standard drink is...

- 1 Shot of Liquor (Whisky, Vodka, Gin, etc.)
  1.5 oz.
- 1 Regular Beer
  12 oz.
- 1 Glass of Wine
  5 oz.

Each of these drinks contains about 1/2 oz. of pure alcohol.

How much is too much?

<table>
<thead>
<tr>
<th></th>
<th>Drinks per Week</th>
<th>Drinks per Occasion</th>
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</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Age 65+</td>
<td>7</td>
<td>3</td>
</tr>
</tbody>
</table>

If you drink more than this, you can put yourself at risk for illness and/or injury.