

Alcohol Awareness



What is “a drink?”



341 ml (12oz) glass of 5% alcohol content (beer, cider, cooler)

142 ml (5oz) glass of 12% alcohol content (wine, champagne)

43 ml (1.5oz) serving of 40% distilled alcohol content (rye, gin, rum, vodka)

What Are Some **Risks** Associated with Alcohol?



Short Term	Long Term
Alcohol poisoning	High blood pressure
Motor vehicle crashes	Heart disease
Falls	Liver Disease
Drowning	Certain cancers
Miscarriages	Depression
Still births	Anxiety
Fetal alcohol poisoning	Loss of productivity and unemployment

The **best** way to reduce your health risks is to **abstain** from alcohol.

What Are Some **Symptoms** and **Signs** of Alcohol-Use Disorder?

- Feeling strong urges or cravings to drink alcohol
- Unable to limit the amount of alcohol you drink
- Having no interest in social, work activities and hobbies
- Failing to fulfill major responsibilities in daily life
- Withdrawal symptoms: nausea, sweating, shaking, rapid heartbeat, problems sleeping



Know Your **Limits**

To reduce your long-term health risks, drink no more than:

- **10** drinks a week with no more than **2** drinks a day for women
- **15** drinks a week with no more than **3** drinks a day for men



When You Do Drink, Keep These in Mind:

- Drink no more than **3** drinks for women and **4** drinks for men on a single occasion
- Increase the time between drinks
- For every alcoholic drink, hydrate yourself with an alcohol-free drink afterwards like water or juice
- Drink slowly (limit yourself to no more than **2** drinks in any **3 hours**)
- Drink in a safe environment
- Eat before and while you are drinking



Do **NOT** Drink When You Are:

- Driving
- Pregnant
- Using machinery or tools
- Taking medicine or any other drugs
- Making important decisions



How Can I Help a Loved One Who Has an Alcohol-Use Disorder?

- Help gather information about treatment options
- Offer emotional support, understanding, and encouragement
- Help them join an alcohol anonymous group for peer support and remain involved
- Listen carefully
- Be patient with them
- Don't lecture, threaten, or bribe them



The possibilities of change

When you say no to drinking, to what are you saying yes?

What are your possibilities?

Life with less or no alcohol holds so many benefits. What could you do with the extra money, extra energy and a clearer head? Drinking less alcohol brings improved sleep, and a higher metabolism.

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