

DID YOU KNOW?

Certain prescriptions and over-the-counter (OTC) medicines can be dangerous to take when you have consumed alcohol.

When cutting back or quitting:

- Your doctor or behavioral health provider can help you set up a plan.
- Withdrawal symptoms can be serious, so contact your doctor if you have any concerns.



Something to try:

Community resources:

My provider's name:



Indiana SBIRT

IndianaSBIRT.org



Thinking About
Making a Change?

ALCOHOL



SELECTED FACTS ABOUT ALCOHOL

U.S. Dietary Guidelines

- Women: 1 drink or less per day.
- Men: 2 drinks or less per day.
- Harm can occur even when drinking at or below these limits.

Heavy Drinking

- Women: 4 or more drinks on any single day, or 8 or more drinks per week.
- Men: 5 or more drinks on any single day, or 15 or more drinks per week.
- Also called “binge drinking,” exceeding these amounts is particularly risky.

Avoid Drinking Entirely:

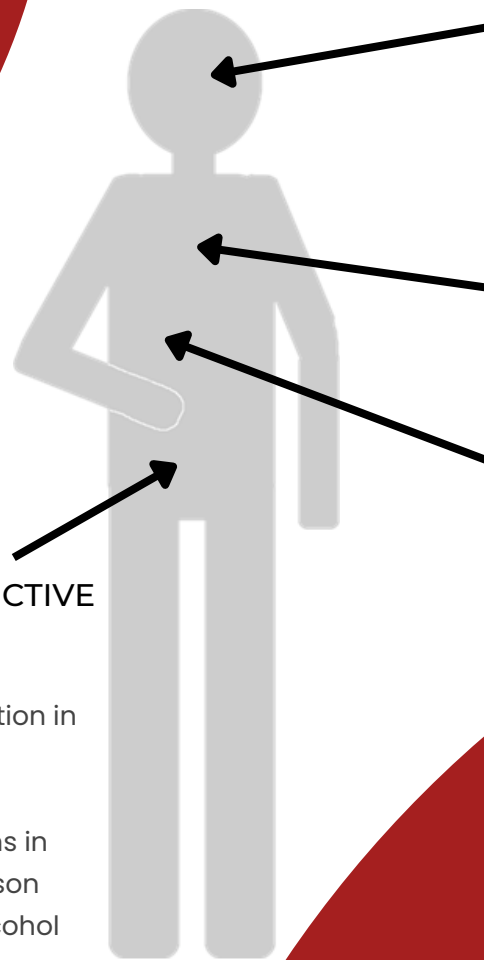
- Women who are pregnant
- People who plan to drive or engage in activities requiring coordination
- People with certain medical conditions
- Other risks: ask your doctor

REPRODUCTIVE HEALTH

- Erectile dysfunction in men.
- Fertility problems in any person
- Fetal alcohol spectrum disorder (FASD)

WHOLE PERSON

- Risk of overdose
- Risk of coma
- Risk of death



HEAD AND MIND

- Headache
- Memory loss
- Impaired reaction time
- Nervousness
- Craving and/or withdrawal

HEART

- Increased risk of heart disease and stroke

LIVER

- Liver disease/cirrhosis

WHAT IS A “DRINK” OF ALCOHOL?

A **standard drink** is a 12-ounce (oz) can of regular beer (5% alcohol), a 5-oz glass of wine (12% alcohol), or a 1.5-oz “shot” of spirits (40% alcohol or 80 proof). This is equal to 0.6 fluid oz of pure alcohol.

When you see recommendations around **drinks per day or week**, or information about **blood alcohol content (BAC)**, this is how the word “drink” is used.

Sources Include

niaaa.nih.gov
Rethinking Drinking
DietaryGuidelines.gov
cdc.gov