

# ALCOHOL AWARENESS MONTH



## Are you **AWARE?**

The National Institute on Alcohol Abuse and Alcoholism has established low-risk drinking limits.

Low-risk drinking limits	MEN	WOMEN	
	<b>On any single DAY</b>	<b>No more than 4</b>  drinks on any <b>day</b>	<b>No more than 3</b>  drinks on any <b>day</b>
	<b>Per WEEK</b>	<b>No more than 14</b>  drinks per <b>week</b>	<b>No more than 7</b>  drinks per <b>week</b>

*To stay low risk, keep within BOTH the single-day AND weekly limits.*

### One drink is considered:



Exceeding the low-risk drinking limit causes greater risk for:

- Injuries
- Health problems
- Birth defects
- Alcohol use disorders

*Rethinking Drinking: Alcohol and Your Health, National Institute on Alcohol Abuse and Alcoholism website: <http://rethinkingdrinking.niaaa.nih.gov/>. Accessed March 15, 2018.*

### Trouble Cutting Back?

A Combination of medication and behavioral therapy is effective in treating alcohol use disorder.

- Learn more about effective medications at <https://www.samhsa.gov/medication-assisted-treatment/treatment#medications-used-in-mat>
- Use the SAMHSA Treatment Locator to find treatment options near you <https://findtreatment.samhsa.gov/>.



Mid-America (HHS Region 7)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

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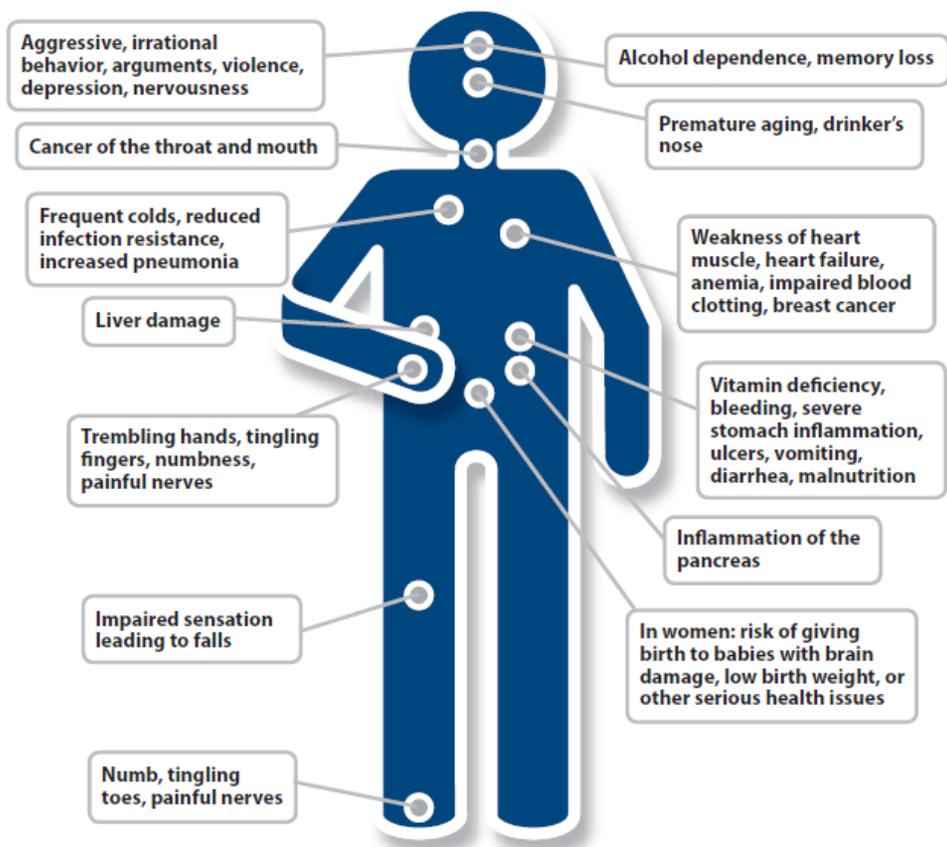
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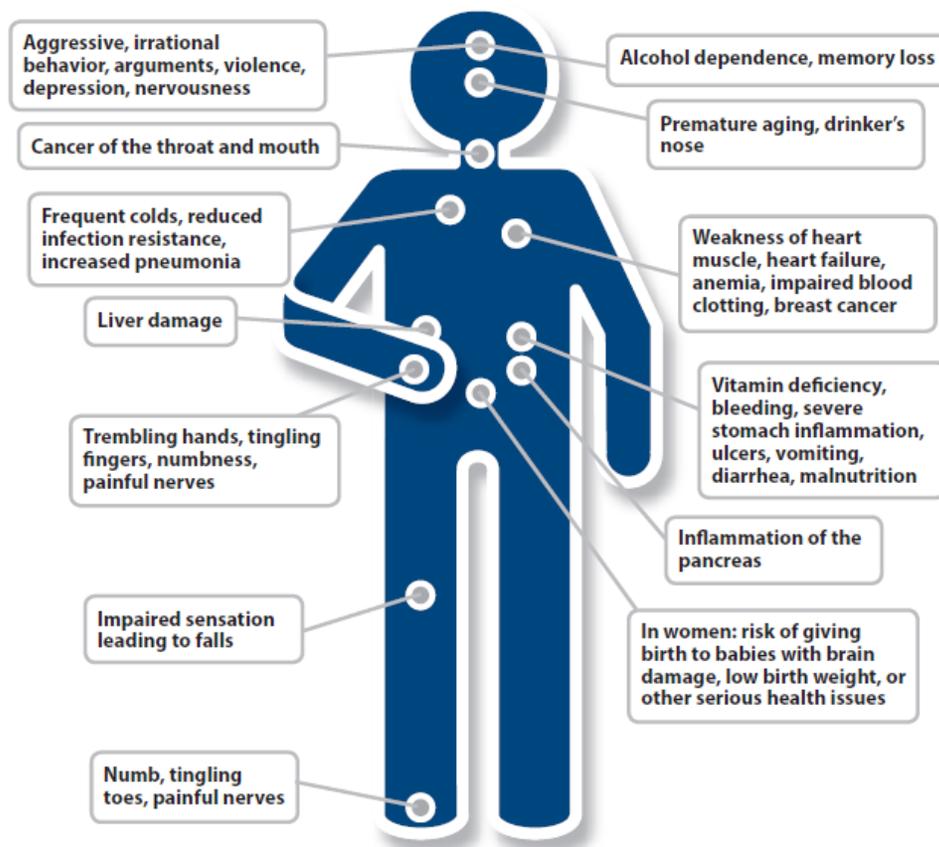
## Risky Drinking: Effects on the Body



### Ways to cut back to a safer level of alcohol use:

- Measure & Count:** Keep to standard drink size; count drinks on phone or calendar.
- Set Goals:** Decide how many days a week to drink and how many drinks each day.
- Pace & Space:** Sip slowly. Only 1 drink per hour. Alternate with water, soda, juice.
- Include Food:** Don't drink on an empty stomach. Eat while you drink.
- Avoid Triggers:** Avoid people, places and activities that trigger the urge to drink.
- Plan for Urges:** Do a distracting activity. Talk to someone. Ride out the feeling.
- Know Your "No":** Use a polite, convincing "no" when you don't want a drink.

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