

# Alcohol / know the facts

## What are the risks of drinking too much?

- Premature aging .....
- Cancers of the throat or mouth .....
- Alcohol dependence
- Insomnia
- Memory loss
- Depression
- Anxiety
- Aggressive behavior

- Increased risk of pneumonia and colds .....
- High blood pressure
- Heart failure
- Blood clotting/low iron levels
- Breast cancer

- Bleeding ulcers
- Stomach inflammation
- Diarrhea
- Malnutrition

- Liver and pancreas damage

- Failure to fulfill obligations at work, school, or home
- Car crashes
- Legal problems

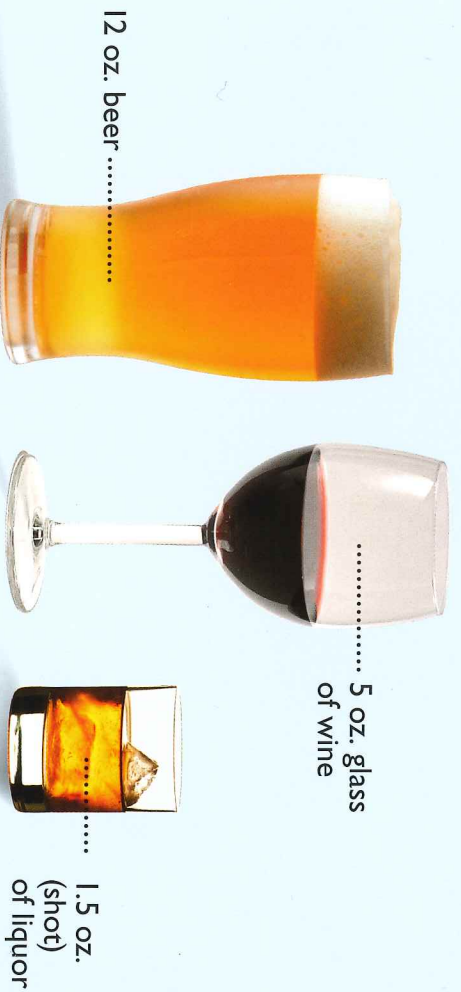
- Impaired sensation leading to falls .....
- Painful nerves
- Numb, tingling toes .....

**MEN:** Erectile dysfunction

**WOMEN:** Deformed, developmentally delayed or low-birth-weight babies

**Need help?**  
 For free referrals and emotional support:  
 Washington Recovery Help Line  
**1-866-789-1511**  
 Teen Link  
**1-866-833-6546**

## What is a standard drink?



## Low-risk drinking guidelines

	Men	Women	All 66+
Per Day	4	3	3
Per Week	14	7	7

- If you drink more than this, ask your doctor about ways to cut down.
- Avoid alcohol if pregnant or under 21.

## How does your use affect you?

Check yourself at [www.alcoholscreening.org](http://www.alcoholscreening.org)

**Washington Recovery Help Line**  
 24-Hr. Help for Substance Abuse, Problem Gambling & Mental Health  
**866-789-1511**  
[www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**wasbirt.pci**  
 Screening, Brief Intervention and Referral to Treatment  
 Primary Care Integration

**Washington State Department of Social & Health Services**  
 Transforming Lives