

# ALCOHOL USE AND YOUR HEALTH

Information provided by the Center for Disease Control at [www.cdc.gov/alcohol](http://www.cdc.gov/alcohol)



## EXCESSIVE DRINKING

Your liver can only process small amounts of alcohol - excessive alcohol can damage your liver and other parts of your body. Excessive alcohol use among adults includes both binge drinking and heavy drinking.

The CDC defines **binge drinking** for men as **5 or more drinks on one occasion**, and for women as **4 or more drinks on one occasion**.

The CDC defines **heavy drinking** for men as **15 or more drinks in one week**, and for women as **8 or more drinks in one week**.

Excessive drinking also includes any drinking during pregnancy and by people younger than 21.

## HARMFUL EFFECTS ON YOUR HEALTH

Drinking alcohol excessively can lead to increased risks of both short- and long-term effects on your health.

### SHORT-TERM EFFECTS

- Alcohol poisoning
- Injuries from falls, burns, and car crashes
- Increased risk of violence
- Overdose with use of other drugs
- Miscarriage and stillbirth

### LONG-TERM EFFECTS

- Heart disease, liver disease, and stroke
- Cancer
- Memory problems, including dementia
- Mental health conditions, including depression
- Relationship problems with friends and family

## DRINKING LESS: FIND WHAT WORKS FOR YOU

If you drink alcohol and want to cut back, these four tips can help.

1. Set Limits - before you drink, decide how many drinks you plan to have in one week. Be sure to schedule alcohol-free days every week.
2. Count Your Drinks
3. Manage Your Triggers - if certain people, environments, or activities encourage you to drink more than you plan, limit the amount of time you spend in those situations.
4. Find Support - seek out friends, family, and medical providers who support your choice to drink less.

## THE MEND PROGRAM FOR NYCDCC MEMBERS

If you or one of your dependents is struggling with substance use or mental health issues, contact the **Members Education and Network for Dependency (MEND) Program** for assistance from our accredited staff. Learn more online at [nycCBF.org/mend-program-and-wellness](http://nycCBF.org/mend-program-and-wellness). The MEND program can be reached at **(212) 366-7590** or by email at [MEND@nycCBF.org](mailto:MEND@nycCBF.org). Please remember that there is no shame in asking for help, that MEND operates under strict confidentiality restrictions, and that we are here to help you and your family.

