



Did you know?

- Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!
- It can cause a drop in heart rate and breathing.
- It can increase risk of overdose and death.

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

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Because
WE CARE,
we ask
EVERYONE

ALCOHOL



al-sbirt

What is considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured is 12 ounces of beer, 1.5 ounces of liquor, or 5 ounces of wine.



EFFECTS OF ALCOHOL

Feelings/Consequences:

- Nervousness
- Depression
- Arguments with Family and Friends
- Anxiety
- Cravings for Alcohol
- Restlessness
- Overdose, Coma or Death

Heart

- Weakness of Heart Muscle
- Heart Failure

Liver

- Cirrhosis
- Scarring

Stomach

- Bleeding
- Burning
- Severe Swelling
- Vomiting/Nausea
- Diarrhea
- Malnutrition
- Chance of Ulcers

Legs

- Impaired Sensation Leading to Falls

Head

- Headache
- Memory Loss
- Hangovers
- Slower Reaction

Throat

- Cancer

Lungs

- Increase in Infections
- Increased Risk of Pneumonia

Hands

- Trembling Hands
- Tingling Fingers

Reproductive System

In Men:

- Decrease in Sexual Performance

In Women:

- Infertility, Change of Menstrual Cycle

In Pregnant Women:

- Risk of Miscarriage, Stillborn Babies, or Premature Delivery

Feet

- Numbness
- Tingling Toes
- Painful Nerves

Follow the chart below to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use.

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

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

Some people should not drink at all:

- Women who are pregnant or trying to become pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

Other Effects of Alcohol Use Include:

- Poor Coordination
- Blurry or Double Vision
- Upset Stomach
- Low Blood Pressure
- Anxiety/Restlessness