Alcohol - How Much Is Too Much?

1 (ONE) DRINK CAN BE TOO MUCH WHEN YOU ARE:

- At work or going back to work.
- Pregnant or breast-feeding.
- Taking medicines (ask your doctor).
- Driving or planning to drive.

ALCOHOL AND INJURY

There is a strong relationship between alcohol and car accidents. Alcohol is also often the cause of many other injuries such as:

- Falls.
- Domestic violence.
- Drowning.
- Pedestrian injuries.
- Assaults.
- Work injuries.

HOW ALCOHOL AFFECTS YOUR HEALTH

Heavy drinkers may have long-term health effects such as:

- Damage to the liver, pancreas, brain, and heart. They may put themselves at more risk for some kinds of cancers.
- Women who drink when they are pregnant have more risk of having a baby with birth defects.

WHAT IS A STANDARD DRINK?

A standard drink is

- 1 regular beer (12 ounce/355 ml).
- 1 glass of wine (5 ounces/148 ml).
- 1 shot of liquor (1.5 ounces/44 ml).

BLOOD ALCOHOL LEVELS AND YOUR BODY:

- .00 Sober.
- .03 No trouble keeping balance, talking, or seeing right, but may feel a “buzz.”
- .05 Feel a “buzz," feel relaxed - social drinking.
- .08 or .10 Legally drunk (depending on the state), trouble keeping balance, trouble talking and seeing right
- .15 Loss of physical control, may have blackouts.
- .20 Staggering, vomiting, “sloppy drunk.”
- .30 Become unconscious.
- .40+ Coma, death is possible.

Even if you do not feel drunk when your blood alcohol level is .08 or higher, the alcohol is still hurting your brain and liver, and affecting your behavior and ability to perform tasks such as driving. How alcohol affects you depends on your age, gender and how often you drink.

LOW RISK DRINKING

- Men
  - 2 drinks per day
  - 14 drinks per week
- Women
  - 1 drink per day
  - 7 drinks per week.
- Age 65 or older

- 1 drink per day.
- 7 drinks per week.

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