

# A Shot of Alcohol Awareness



Want to ensure alcohol doesn't negatively affect your physical, mental or social health? Here's what you should know.

## How Much Is Enough?

According to the Centers for Disease Control and Prevention:

- Men should drink **no more than two beers, 10 ounces of wine or 3 ounces of liquor in a day.**
- Women should drink **no more than half that much.**
- You should **never drink alcohol if you have certain health conditions**, such as liver disease, are pregnant or have a hard time controlling your intake.



## The Alcohol Effect

Excessive alcohol intake can touch every part of your life.

### Mental Risks

Alcohol is linked to dementia, depression, anxiety and other mental health issues.

### Physical Risks

Drinking increases your risk for high blood pressure, liver disease, weakened immunity, heart disease and stroke.

### Risky Behavior

Alcohol's influence may lead to unprotected sex, automobile accidents or other dangerous activities.

## Handling Your Habit

If you need to limit or eliminate your alcohol intake, you can make it happen.



### Connect

Support groups can help you cut back or stop drinking.



### Medicate

New medications help curb cravings and reduce the amount you drink.



### Monitor

A wearable transdermal alcohol sensor gives real-time data on your blood alcohol level.

For help managing your alcohol intake, visit [weillcornell.org/doctors](http://weillcornell.org/doctors) to connect with one of our caring doctors.