What’s a Lower-Risk Limit?

RECOMMENDED DRINKING LIMITS

<table>
<thead>
<tr>
<th></th>
<th>PER DAY</th>
<th>PER WEEK</th>
<th>PER OCCASION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>2</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>WOMEN</td>
<td>1</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>OVER 65</td>
<td>1</td>
<td>7</td>
<td>3</td>
</tr>
</tbody>
</table>

⇒ Do not drink at least two days of the week.

What’s a Standard Drink?

One standard drink is a 12-ounce can (or bottle or glass) of beer, a 5-ounce glass of wine or a 1.5 ounce shot of hard liquor.

How Much is Too Much?

The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.

How to cut down or stop drinking

⇒ Keep a small amount or no alcohol at home.
⇒ Drink slowly.
⇒ Pick a day or two each week when you will not drink at all.
⇒ Stay active.
⇒ Watch out for temptations.
⇒ Keep a "diary" of your drinking.
⇒ List your reasons for drinking less/stop drinking.

Why do you want to drink less? You may want to improve your health, sleep better, or get along better with your family or friends. Make a list of the reasons you want to drink less:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________

⇒ Set a drinking goal.

My drinking goal

I will start on this day: ____________
I will not drink more than ____ drinks in 1 day.
I will not drink more than ____ drinks in 1 week.
or
☐ I will stop drinking alcohol.

⇒ Get support.

Here are some resources:

1. __________________________________
2. __________________________________
3. __________________________________
4. __________________________________

An initiative of CT DMHAS, in collaboration with UConn Health
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**A Guide to Lower-Risk Drinking**

### The Drinkers’ Pyramid

**Types of Drinkers:**
- **High-risk** (5%)
- **Moderate risk** (20%)
- **Lower-Risk** (35%)
- **Abstainers** (40%)

### Effects of Alcohol

- **Head**
  - Headache
  - Memory loss
  - Hangovers
  - Slower reaction times

- **Throat**
  - Cancer

- **Lungs**
  - Increase in infections
  - Increased risk of pneumonia

- **Hands**
  - Trembling hands
  - Tingling fingers
  - Numbness

- **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

- **Stomach**
  - Bleeding
  - Burning
  - Severe swelling
  - Vomiting/Nausea
  - Diarrhea
  - Malnutrition

- **Heart**
  - Weakness of heart muscle
  - Heart failure
  - Drop in heart rate

- **Liver**
  - Cirrhosis
  - Scarring
  - Organ failure

- **Hands**
  - Numbness
  - Tingling toes
  - Painful nerves

- **Feet**
  - Numbness

### Feelings/Consequences

- Depression
- Arguments with family and friends
- Anxiety/ Nervousness
- Cravings for alcohol
- Restlessness
- Aggressive, irrational behavior
- Accidents, injuries, death

### Risky drinking may lead to social, legal, medical, domestic, job & financial problems. It may also cut your lifespan and lead to accidents and death from driving while intoxicated.