



Weill Cornell Medicine

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 to connect with one of our caring doctors.



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