

Upper Limits of Low-risk drinking

	Drinks per day	Drinks per week
Assigned male at birth	4	14
Assigned female at birth	3	7
All ages >65	3	7
Pregnancy	0	0



12 oz.
beer

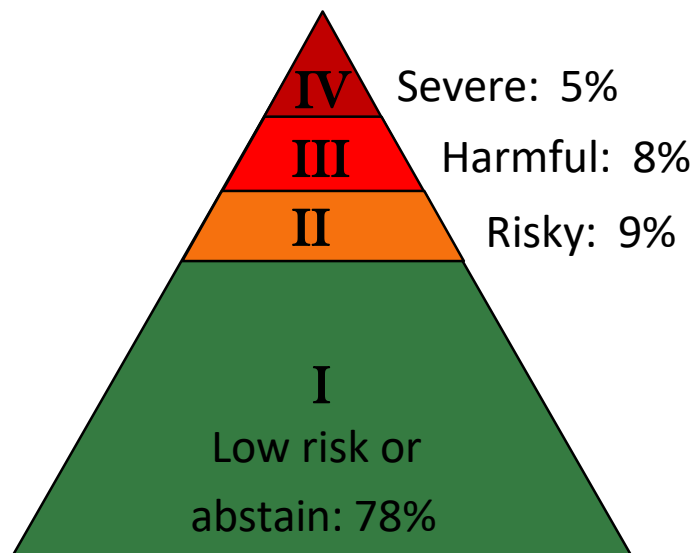


5 oz.
glass of
wine



1.5 oz
(shot) of
liquor

Drinking among adult primary care patients



Some risks of unhealthy drinking

Depression. Anxiety.
Aggressive behavior.

Alcohol use disorder.
Insomnia. Memory loss.

Cancer of the
throat and mouth.

Premature aging.

Frequent colds, reduced
resistance to infection,
Increased risk of pneumonia.

Hypertension. Heart failure.
Anemia. Blood clotting.
Breast cancer.

Liver damage.

Vitamin deficiency. Bleeding.
Stomach inflammation.
Diarrhea. Malnutrition.

Pregnancy: Birth defects,
miscarriage, premature birth,
low birth weight.

Inflammation of the pancreas.

Sexually transmitted diseases.
Men: erectile dysfunction.

Impaired sensation leading to falls.

Painful nerves. Numb, tingling toes.

Failure to fulfill obligations at work, school,
or home. Car accidents. Legal problems.