

April is Alcohol Awareness Month

Are you getting mixed messages? Alcohol in moderation is good for your heart, but drinking can lead to liver disease. The fact is that if you choose to drink alcohol, it must be in moderation.

For healthy adults moderation is one drink a day for women of all ages and for men over 65 years of age; and two drinks per day for men 65 years and younger. Examples of one drink include:

- Beer: 12 fluid ounces (355 milliliters)
- Wine: 5 fluid ounces (148 milliliters)
- Distilled spirits (80 proof): 1.5 fluid ounces (44 milliliters)



Alcohol should be avoided when you are pregnant or trying to conceive, if you have a diagnosis of alcoholism or have a strong family history, you have diseases of the liver or pancreas, you take medications that may interact with alcohol or you have had a hemorrhagic stroke (a blood vessel in the brain leaks or ruptures).

Excessive drinking has its own health risks. It can increase your risk of serious health problems including certain cancers, pancreatitis, heart muscle damage, stroke, elevated B/P, liver disease, suicide, accidental death, and alcohol withdrawal syndrome.

If you choose to drink-NEVER DRINK AND DRIVE!! To your health!

