

Did you know?

Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!

- It can cause a drop in heart rate and breathing
- It can increase risk of overdose and death

What to expect when cutting back or quitting your drinking:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.

Where can I learn more?

www.drugabuse.org
www.nida.nih.gov

Something to try:

1. _____

2. _____

Community Resources:

1. _____

2. _____

Behavioral Health Specialist:

Phone number:

IndianaSBIRT

**WE ASK
EVERYONE.**



Alcohol

 IPRC
Indiana Prevention
Resource Center

What is a considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured



is 12 ounces of beer, 1.5 ounces of liquor or 5 ounces of wine.

Follow this chart to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use.

Men

No more than 4 drinks on any day

No more than 14 drinks per week

Women

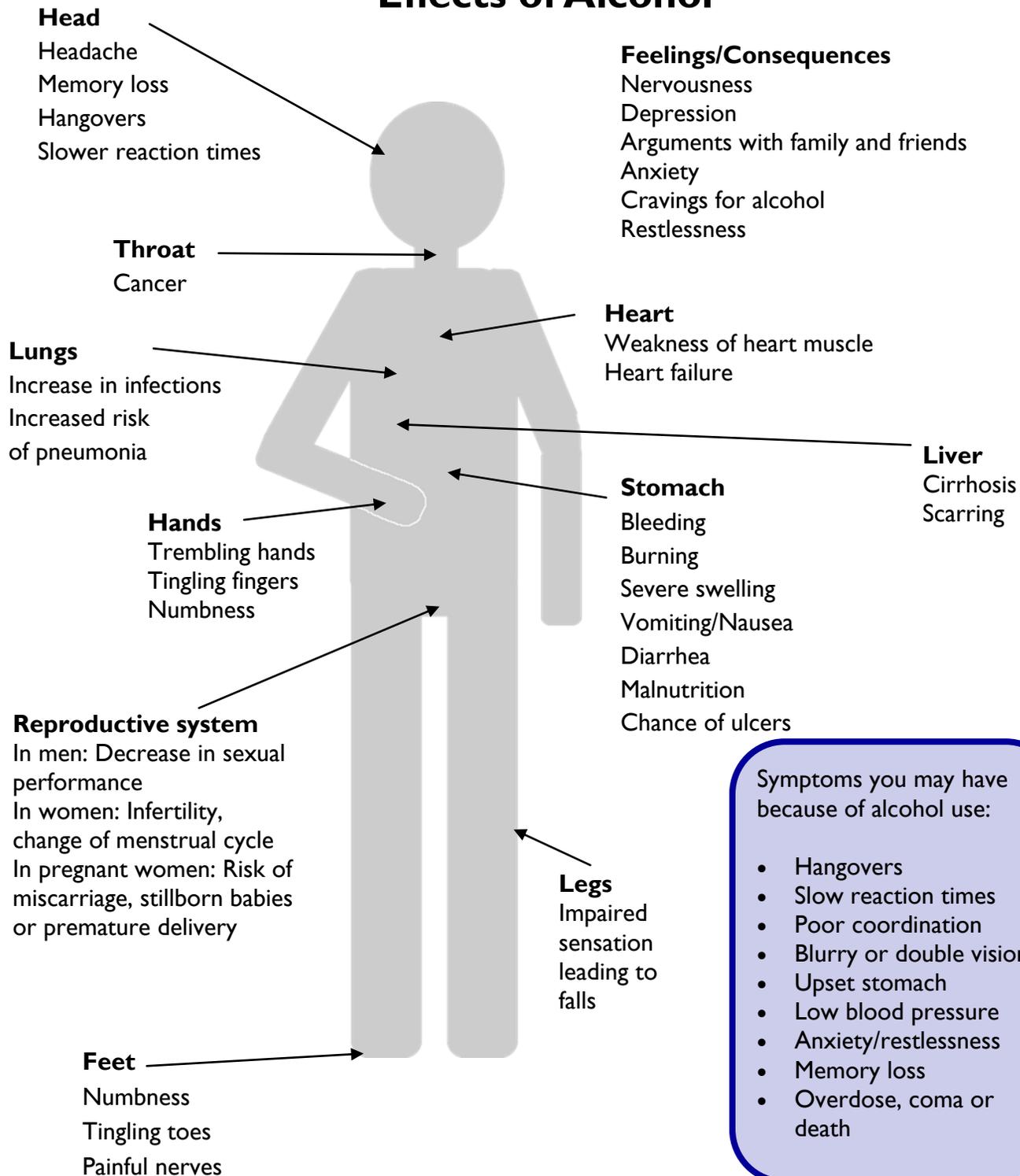
No more than 3 drinks on any day

No more than 7 drinks per week

Some people should not drink at all:

- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

Effects of Alcohol



Symptoms you may have because of alcohol use:

- Hangovers
- Slow reaction times
- Poor coordination
- Blurry or double vision
- Upset stomach
- Low blood pressure
- Anxiety/restlessness
- Memory loss
- Overdose, coma or death