



# Guide to Low-Risk Drinking

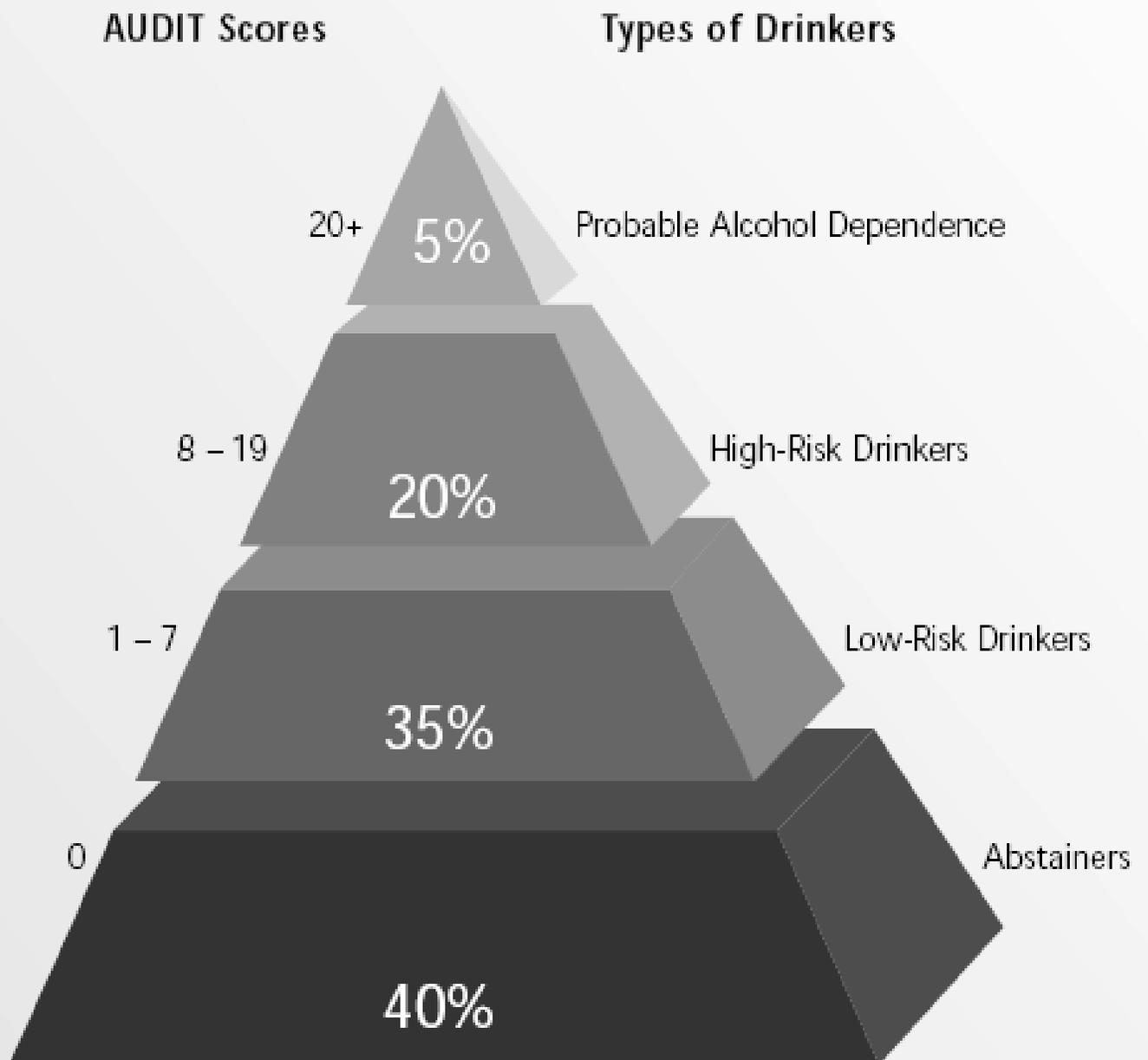
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Center for Integrated Healthcare

Modified by Dr. Stephen Maisto and Dr. Jennifer Funderburk from the World Health Organization Brief Alcohol Intervention Guide ([http://www.who.int/substance\\_abuse/publications/](http://www.who.int/substance_abuse/publications/))

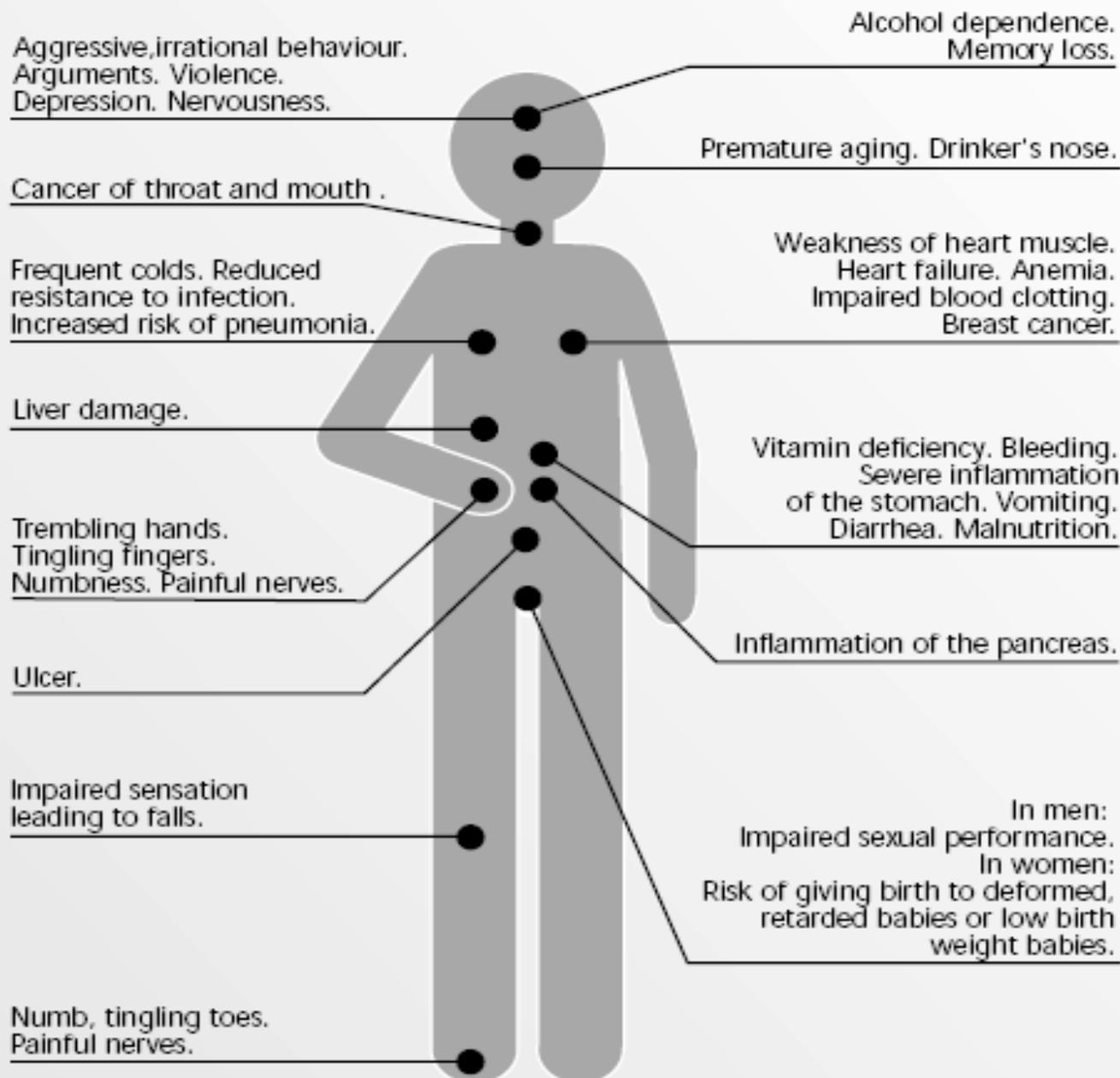
## Panel 2

### The Drinkers' Pyramid



## Panel 3

### Effects of High-Risk Drinking



High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunken driving.

## Panel 4

# WHAT IS LOW-RISK DRINKING?



- On any DAY— Never drink more than 4 drinks (men) or 3 drinks (women)
- In a typical WEEK—No more than 14 drinks (men) or 7 drinks (women)

But remember: there are times when even one or two drinks can be too much — for example:



- When driving or operating machinery
- When pregnant or breast feeding
- When taking certain medications
- If you cannot control your drinking

Ask your health care worker for more information.

## Panel 5

**1 standard drink =**

5 oz. wine



12 oz. beer



1.5 oz. shot of spirits



## **Panel 6**

# **Should I Stop Drinking or Just Cut Down?**

### **You should stop drinking if:**

You have tried to cut down before but have not been successful

You suffer from morning shakes during a heavy drinking period

You have high blood pressure, you are pregnant, you have liver disease

You are taking medicine that reacts with alcohol

### **You can try to drink at low-risk levels if:**

During the last year you have been drinking at low-risk levels most of the time

You would like to drink at low-risk levels

### **YOUR DRINKING GOAL:**

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