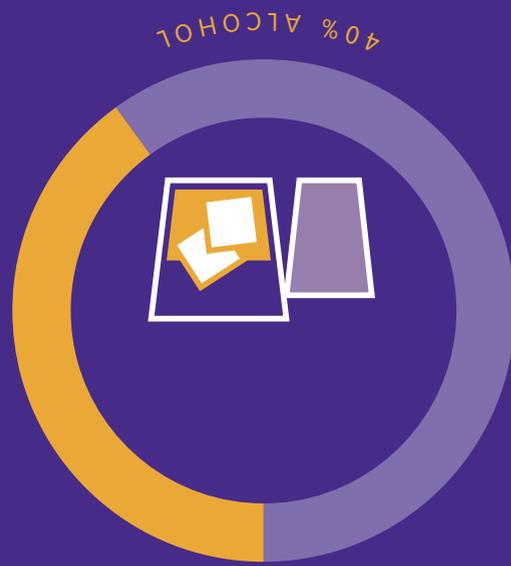


- For healthy men ages 21-65 – no more than 4 drinks on any single day and no more than 14 drinks per week
- For healthy women ages 21+ and healthy men 65+, no more than 3 drinks on any single day and no more than 7 drinks per week
- For some people, any drinking at all is risky
- Women who are pregnant or might become pregnant
- Individuals who are aged 21 and under
- Individuals suffering from chronic medical conditions that may be worsened by alcohol (i.e. hypertension, diabetes, liver disease)
- Individuals suffering from mental illness (i.e. depression, anxiety)
- Individuals taking prescription or over-the-counter medications that may interact with alcohol

Know the low-risk drinking limits



1.5 fluid oz of 80 proof distilled spirits



5 fluid oz of table wine



8 – 9 fluid oz of malt liquor



12 fluid oz of regular beer

[=]

[=]

[=]



For confidential, 24/7 support and referrals call the toll-free OASAS HOPEline at 1-877-846-7369 or visit [oasas.ny.gov](http://oasas.ny.gov) for more information

NYSBIRT is funded by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA, T1023470)

 Office of Alcoholism and Substance Abuse Services

**Our task is to ask**

We always say **know** to our patients

Knowing is Knowledge

Did you know?



of U.S. adults do not consume any alcohol at all.



of U.S. adults stay within low-risk drinking limits.

# Know the effects of risky and binge drinking



When under the influence of alcohol our motor skills and judgment become impaired, making simple tasks difficult to perform and giving way to dangerous behavior that can lead to harm.

**Driving under the influence** can cause motor vehicle crashes or pedestrian injuries

**Engaging in unprotected sex** can result in unintended pregnancy or sexually transmitted diseases

**Inability to control emotions** can lead to domestic and sexual assaults as well as property crimes and homicide/suicide

**Impaired motor skills** may cause accidental injuries like falls and drowning or firearm mishaps

**Binge drinking** can lead to alcohol poisoning or death

## Knowing is the Way

You don't have to have an alcohol use disorder in order to experience some negative consequences as a result of your drinking. Knowing the amount of alcohol you consume and the effects of alcohol use gives you the power to make an informed decision. Have a conversation with your doctor today and see how alcohol could be affecting your health.