What’s a Lower-Risk Limit?

**RECOMMENDED DRINKING LIMITS**

<table>
<thead>
<tr>
<th></th>
<th>PER DAY</th>
<th>PER WEEK</th>
<th>PER OCCASION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>2</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>WOMEN</td>
<td>1</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>OVER 65</td>
<td>1</td>
<td>7</td>
<td>3</td>
</tr>
</tbody>
</table>

⇒ Do not drink at least two days of the week.

What’s a Standard Drink?

One standard drink is a 12-ounce can (or bottle or glass) of beer, a 5-ounce glass of wine or a 1.5 ounce shot of hard liquor.

How Much is Too Much?

The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.

How to cut down or stop drinking

⇒ Keep a small amount or no alcohol at home.
⇒ Drink slowly.
⇒ Pick a day or two each week when you will not drink at all.
⇒ Stay active.
⇒ Watch out for temptations.
⇒ Keep a "diary" of your drinking.
⇒ List your reasons for drinking less/stopping.

Why do you want to drink less? You may want to improve your health, sleep better, or get along better with your family or friends. Make a list of the reasons you want to drink less:
1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

⇒ Set a drinking goal.

My drinking goal
I will start on this day: ________________
I will not drink more than _____ drinks in 1 day.
I will not drink more than _____ drinks in 1 week.
or
☐ I will stop drinking alcohol.

⇒ Get support.

Here are some resources:
1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

⇒ Do not drink at least two days of the week.

A Guide to Lower-Risk Drinking

An initiative of CT DMHAS. Funded by SAMHSA-CSAT.
A Guide to Lower-Risk Drinking

The Drinkers’ Pyramid

<table>
<thead>
<tr>
<th>Type of Drinker</th>
<th>Risk Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abstainers</td>
<td>40%</td>
<td>0%</td>
</tr>
<tr>
<td>Lower-Risk</td>
<td>35%</td>
<td>Low</td>
</tr>
<tr>
<td>Moderate risk</td>
<td>20%</td>
<td>Moderate</td>
</tr>
<tr>
<td>High-risk</td>
<td>5%</td>
<td>High</td>
</tr>
</tbody>
</table>

Types of Drinkers:

**Effects of Alcohol**

- **Head**
  - Headache
  - Memory loss
  - Hangovers
  - Slower reaction times

- **Throat**
  - Cancer

- **Lungs**
  - Increase in infections
  - Increased risk of pneumonia

- **Hands**
  - Trembling hands
  - Tingling fingers
  - Numbness

- **Reproductive system**
  - In men: Decrease in sexual performance
  - In women: Infertility, change of menstrual cycle
  - In pregnant women: Risk of miscarriage, stillborn babies or premature delivery

- **Feet**
  - Numbness
  - Tingling toes
  - Painful nerves

- **Stomach**
  - Bleeding
  - Burning
  - Severe swelling
  - Vomiting/Nausea
  - Diarrhea
  - Malnutrition
  - Chance of ulcers

- **Lungs**
  - Increased risk of pneumonia

- **Lungs**
  - Increase in infections

- **Heart**
  - Weakness of heart muscle
  - Heart failure
  - Drop in heart rate

- **Liver**
  - Cirrhosis
  - Scarring
  - Organ failure

- **Legs**
  - Impaired sensation leading to falls

- **Feet**
  - Numbness
  - Tingling toes
  - Painful nerves

**Feelings/Consequences**

- Depression
- Arguments with family and friends
- Anxiety/ Nervousness
- Cravings for alcohol
- Restlessness
- Aggressive, irrational behavior
- Accidents, injuries, death

Risky drinking may lead to social, legal, medical, domestic, job & financial problems. It may also cut your lifespan and lead to accidents and death from driving while intoxicated.