



What's the Lower-Risk Drinking Limit?

FOR MEN	FOR WOMEN AND PERSONS OVER 65
<ul style="list-style-type: none"> No more than 2 drinks per day. No more than 14 drinks per week. No more than 4 drinks at any one time. 	<ul style="list-style-type: none"> No more than 1 drink per day. No more than 7 drinks per week. No more than 3 drinks at any one time.

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.



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 Can I Reduce my Risk?

- People who get support greatly increase their chance for success.
- Nicotine replacement therapies (NRT) can improve your chances of quitting successfully. Ask the **CT Quitline** or talk to your doctor or dentist about what is available for you.



The **CT Quitline** provides cessation counseling, quitting information, answers to your questions, and the support you need while quitting. The CT Quitline is open **7 days** a week **24 hours** a day and is **free of charge**. English, Spanish, and other language speaking coaches are available.

For more advice and support, visit <https://www.quitnow.net/connecticut/>

What are your reasons to Quit?

- _____
- _____
- _____
- _____

CT SBIRT

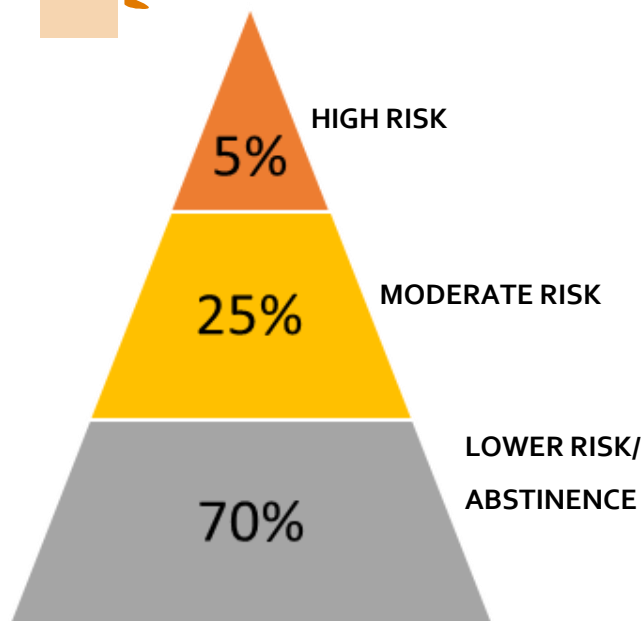
SMOKING, DRINKING AND ORAL HEALTH



An initiative of CT DMHAS funded by SAMHSA-CSAT.



What's My Level of Risk?



Low <input type="checkbox"/>	You are at low risk of health and other problems from your current pattern of use.
Moderate <input type="checkbox"/>	You are at risk of health and other problems from your current pattern of use.
High <input type="checkbox"/>	You are at high risk of developing severe problems as a result of your current pattern of use.

Oral Health Risks

Tobacco Use

Smoking cigarettes causes or contributes to the following oral health problems.

- Throat (esophageal, laryngeal) cancer
- Mouth cancers
- Smokers palate
- Delayed wound healing after surgery or extraction
- Dental caries (cavities)
- Sinusitis
- Stained teeth and smokers' breath
- Dental abrasions
- A wide range of oral soft tissue changes
- Gum (periodontal) disease leading to tooth loss

Quitting can reduce the risk of oral cancer and gum disease.

Smokeless tobacco is not a safe alternative.

Spit tobacco users have an increased risk for periodontal disease, heart disease and high cholesterol levels.

Smokeless tobacco users have a greater risk of oral cancer than non-users.



Alcohol Use

Heavy alcohol use is also associated with many common problems related to poor oral health, such as:

- Gum (periodontal) disease
- Dental caries (cavities) leading to tooth loss
- Mucosal lesions
- Dental erosion
- Orofacial trauma (trauma to the face, mouth, teeth, lips and gums)

Excessive alcohol use increases the risk of developing oropharyngeal cancer (throat cancer) and the risk increases with heavier consumption.

Combined Tobacco and Alcohol Use

When alcohol and tobacco are used together, mouth and throat cancer risk greatly increases!

Persons who are heavy smokers and drinkers are 50 times more likely to get oral cancer compared to those who never smoke or drink heavily.

FACTOID

80% of oral cancers are attributable to heavy alcohol and tobacco use.