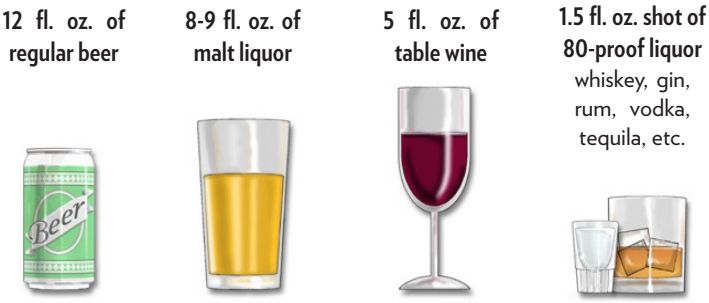
DRINKING ALCOHOL

Am I a risky drinker?

Men	Women
5 or more standard drinks on just one day in the past year (OR 15 or more drinks over just one week)	4 or more standard drinks on just one day in the past year (OR 8 or more drinks over just one week)

What is a standard drink?



A "standard drink" is any drink that contains about 0.6 fluid ounces of pure alcohol

Drinks that are larger or stronger count as MORE than one drink.

Quick tip: Multiply ounces by the percent alcohol and divide by 60 to get the number of standard drinks.

Don't Mix

It is best to avoid taking products containing acetaminophen (Tylenol®) when drinking unless instructed by your doctor.

Recommended Maximum Number of Standard Drinks if You Choose to Drink	
Men	**Women**
Up to 2 standard drinks a day (Up to 1 a day if over age 64)	Up to 1 standard drink a day

Experts don't know if alcohol is safe in any amount.

Don't drink if you are underage, pregnant*, on certain medications, or have certain medical conditions.

Why is it better to drink less?

- ✓ Save money
- ✓ Maintain healthier skin
- ✓ Improve relationships with family, friends, and co-workers
- ✓ Strengthen performance
- ✓ Healthier gut
- ✓ Healthier blood sugar control
- ✓ Better sleep

- ⊘ Hangovers and next-day "yuck"
- ⊘ Risky behavior or sex
- ⊘ Police or legal trouble
- ⊘ Alcohol-exposed pregnancy or breastfeeding

- ↓ Weight by cutting alcohol calories
- ↓ Blood pressure
- ↓ Risk of irregular heartbeat
- ↓ Risk of liver disease
- ↓ Risk of cancers
- ↓ Anxiety and depression
- ↓ Risk of suicide

Don't use alcohol to "improve your health" or "deal with a problem"

Are you ready to make a plan to drink less or stop drinking?

- **Check out the flip side** of this page to get started.
- Consider talking to your doctor before stopping drinking. Some people get into trouble withdrawing on their own.

Ask your healthcare provider about helpful medications, behavioral therapy, support groups, and phone apps that fit your lifestyle and goals if you want to better control your drinking.

*Find more information on alcohol and pregnancy at https://www.cdc.gov/NCBDDD/fasd/alcohol-use.html

References for this handout and additional tipSC information are available at: https://schealthviz.sc.edu/tipsc-1/

Disclaimer: This handout is a brief overview about alcohol use in adults. It is advisory only and does not replace instructions from your healthcare provider. Your provider can advise you which information may be useful and if, in your case, you should avoid any of the suggestions discussed.

SELECTED RESOURCES TO HELP YOU DRINK LESS OR STOP DRINKING

Know you are not alone; many people are looking for healthier habits including drinking less, more exercise, and healthy eating

RESOURCE	RESOURCE BENEFIT & LINK
SUPPORT TOOLS FOR REDUCING OR STOPPING DRINKING *Even if you don't want to quit, drinking less and less often is also beneficial to your physical health, mental health, well-being, and safety*	
Centers for Disease Control and Prevention (CDC): Check Your Drinking	Online tool checks your drinking, offers advice, and helps build a plan to drink less and make healthier choices; Free. https://www.cdc.gov/alcohol/checkyourdrinking/index.html
NOMO App	App creates sober clocks (to track alcohol free time), offers a place to journal, activities to refocus your mind, and connects you with others using the app (designed for people who want to quit drinking); In-app purchases. www.saynomo.com
Reframe App	App helps you drink less, change habits, and connect with the app community; 7-day free trial then $80/year. https://www.joinreframeapp.com/
Rethinking Drinking Calculator	Online calculator counts calories, costs, and the number of "standard drinks" in your drinks of choice; Free. https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/drink-size-calculator.aspx/Default.aspx
SoberTool	Website and app tracks alcohol free time, offers tools to help with cravings and prevent relapse, and connects you with others using the app (designed for people who want to quit drinking); Free. https://sober.com/
SUPPORT GROUPS AND PROGRAMS *Support groups and programs help you reach and stick to your drinking goals. Find a group that is a good fit for you and your goals*	
Alcoholics Anonymous® (AA)	Organization offers online, zoom, phone, and in-person meetings to help those who have problems with alcohol and want to stop drinking using the 12-step approach. https://www.aa.org or 212-870-3400
Celebrate Recovery®	Christ-Centered recovery program offers in-person meetings at multiple locations throughout South Carolina and an online meeting every Wednesday at 3:00 PM. https://www.celebraterecovery.com or Scott Johnson at 803-526-0961
FAVOR SC (Faces and Voices of Recovery – South Carolina)	Organization offers free peer recovery coaching via in-person meetings and telephone settings. Chapters available in the Lowcountry, Grandstrand, Pee Dee, Midlands, Piedmont, and Greenville. https://favorsc.org/
Moderation Management™	Organization dedicated to empowering you to accept personal responsibility for choosing and maintaining your goal to drink less or stop drinking. (Alternative to 12-step program). https://moderation.org/
Secular AA	Assists the community of atheist, agnostic, and freethinking AA members recover in the fellowship of AA. https://www.aasecular.org/ or secularAA@gmail.com
SMART (Self Management and Recovery Training) Recovery®	Organization offers online and in-person meetings using a science-based method that supports making and maintaining a personal plan for recovery. (Alternative to 12-step program) https://smartrecovery.org
Women for Sobriety	Organization dedicated to helping women overcome alcoholism and other addictions. (Alternative to 12-step program). https://www.womenforsobriety.org or 215–536–8026

Find more information on treating alcohol use disorder at https://www.niaaa.nih.gov/sites/default/files/publications/Alcohol_Use_Disorder_0.pdf

HELPLINES FOR A CRISIS OR MENTAL HEALTH SUPPORT

Call 911 for a Medical Emergency

South Carolina Statewide Crisis Response	988 Suicide and Crisis Lifeline	2-1-1 Helpline
833-364-2274	Call or Text 988 or Chat at 988lifeline.org	866-892-9211 or dial 2-1-1