Lower risk drinking limits

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>Women</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Anyone over 65 years old</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>

AVOID alcohol if you:
- Have a health condition made worse by drinking.
- Plan to drive a vehicle or operate machinery.
- Are pregnant or trying to become pregnant.
- Take medications that interact with alcohol.
- Are underage.

Standard drink amount

Any drink containing about 14 grams of alcohol*

Alcohol: One drink =

- 12 oz. beer
- 5 oz. wine
- 1.5 oz. liquor (one shot)

* NIAAA (www.rethinkingdrinking.niaaa.nih.gov)

Risks of unhealthy drinking

- Depression. Anxiety. Aggressive behavior.
- Cancer of the throat & mouth.
- Premature aging.
- Inflammation of the pancreas.
- Impaired sensation leading to falls.
- Failure to fulfill obligations at work, school, or home. Car accidents, legal problems.
- Frequent colds. Reduced resistance to infection. Increased risk of pneumonia.
- Liver damage.
- Painful nerves. Numb or tingling toes.