

Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

What is considered a "drink"? U.S. Standard Drink Sizes



Excessive alcohol use includes:



Binge Drinking

For women, 4 or more drinks consumed on one occasion

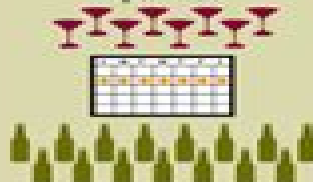


For men, 5 or more drinks consumed on one occasion



Heavy Drinking

For women, 8 or more drinks per week



For men, 15 or more drinks per week



Any alcohol used by pregnant women



Any alcohol used by those under the age of 21 years



If you choose to drink, do so in moderation:



DON'T DRINK AT ALL if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.

FOR WOMEN, up to 1 drink a day



FOR MEN, up to 2 drinks a day



NO ONE should begin drinking or drink more frequently based on potential health benefits.

Alcohol Facts For Decisions

Hongru Du



Alcohol Facts For Decisions:

Unveiling the Magic of Words: A Overview of "**Alcohol Facts For Decisions**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Alcohol Facts For Decisions**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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