

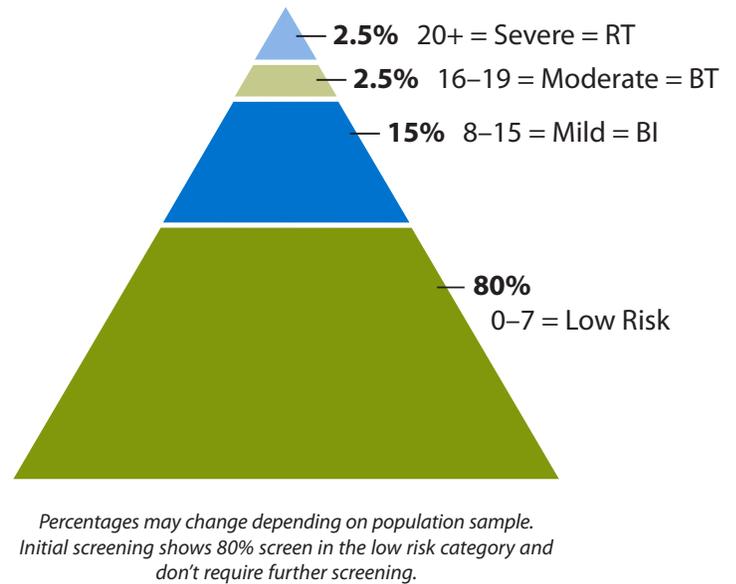
Low-Risk Drinking Limits

	Drinks/ day	Drinks/ week
Men	4	14
Women & 65+	3	7
Pregnant Women	0	0

12 oz of regular beer	8-9 oz of craft beer	5 oz of wine	1.5 oz shot of 80-proof spirits whiskey, vodka, tequila, etc.
			
5% alcohol	7% alcohol	12% alcohol	40% alcohol

Percent of alcohol may vary.

AUDIT-10 Scores & Risk Level



Effects of High-Risk Drinking

Aggressive, irrational behavior. Arguments. Violence. Depression. Nervousness.

Cancer of throat & mouth.

Frequent colds. Reduced resistance to infection. Increased risk of pneumonia.

Liver damage. Ulcer.

Trembling hands. Tingling fingers. Numbness. Painful nerves.

Impaired sensation leading to falls.

Numb, tingling toes. Painful nerves.

Sleep disturbance. Alcohol dependence. Memory loss.

Premature aging. Persistent facial reddening.

Weakness of heart muscle. Heart failure. Anemia. Impaired blood clotting. Breast cancer.

Vitamin deficiency. Bleeding. Severe inflammation of the stomach. Vomiting. Diarrhea. Malnutrition.

Inflammation of the pancreas.

In men: Impaired sexual performance.
In pregnant women: Consuming even one drink daily can lead to serious birth defects, including facial deformities and neurological deficits.

High-risk drinking may lead to social, legal, medical, domestic, employment and financial problems. It may also reduce your life span and lead to accidents and death from drunken driving.

Readiness Ruler

1 = Not ready at all
10 = Ready right now

