ALCOHOL and YOUR HEALTH

Your relationship with alcohol may be harmful...

- If you have trouble limiting how much you drink.
- If you have tried to stop but can't.
- Alcohol interferes with your school, work, or home life.

Cutting back or quitting can lead to...





Lower risk of injury

Better physical and mental health



Lower risk of heart disease, stroke. and cance



health

rug Evaluation Unit

If you are concerned with your alcohol use...

Talk to your healthcare provider. They can,

Explore your drinking pattern.

Explore your overall health.

Work with you to develop a treatment plan.

Alcohol Use Disorder: First-Line Pharmacotherapy, Dalhousie Academic Detailing Service. January 2024: https://medicine.dol.co/deportments/core-units/cpd/programs/academic-detailing-service/AC-Service-Resources.html Acknowledgement: Touffeeg Skaff, 4th year PharmD student, for his valuable contribution to this document.