

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...



Improved relationships



Lower risk of injury

Better physical and mental health



Lower risk of heart disease, stroke, and cancer



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.