

Drinking less alcohol is best

If you are between 25- and 65-years old, follow Canada's low-risk alcohol drinking guidelines:

Women — Have no more than two standard drinks per day and no more than 10 per week.

Going to a party? Have no more than three standard drinks on any one occasion.

Men — Have no more than three standard drinks per day and no more than 15 per week.

Having a night out with friends? Have no more than four standard drinks on any one occasion.

Don't drink when you are:

- Taking medication or other drugs.
- Planning on becoming pregnant, pregnant or breastfeeding.


- Driving a vehicle, using machinery or tools.
- Making important decisions and responsible for the safety of others.

Drinking less is best to reduce chronic health problems such as:

- Cancers of the mouth, larynx, pharynx, breast, colon, liver and rectum (the higher the consumption of alcohol, the greater the risk for these cancers).
- High-blood pressure, stroke and other cardiovascular diseases.
- Liver disease.
- Diabetes.
- Mental health problems including depression and anxiety.
- Alcohol addiction and alcoholism.

LESS IS BEST

What is a standard drink?




43 mL (1.5 oz.)
Spirit
(40% alcohol)

=




142 mL (5 oz.)
Wine
(12% alcohol)

=



341 mL (12 oz.)
Beer, cider or cooler
(5% alcohol)

=



85 mL (3 oz.)
Fortified wine
(16-18% alcohol)

*All these drinks contain 13.45 grams of alcohol

1-800-361-5653
TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca



Drinking less is best to reduce other drinking-related problems:

- Social problems — including unemployment and family issues.
- Unintentional injuries — such as traffic injuries, alcohol poisoning and falls.
- Intentional injuries — such as fights, sexual assault and domestic violence.

If you choose to drink, plan ahead:

- Have a designated driver — don't drink and drive.
- Stay within or below the limits. Have no more than two standard drinks in any three hours.
- Alternate alcoholic beverages, with non-alcoholic ones.
- Eat before and while you are drinking.

Are you curious about your drinking? Take the Check Your Drinking survey:

http://camh.alcoholhelpcenter.net/cyd/CYDScreenerP1_0.aspx

Always consider your age, body weight and health. These factors may affect the impact of alcohol and you may need to lower your limits for drinking.

For more information and community resources:

- Speak to your health care professional
- York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933
- York Region Community and Health Services, Substance Misuse Prevention program www.york.ca
- Addiction Services for York Region www.asyr.ca or 1-800-263-2288 ext. 322
- ConnexOntario Health Services Information www.drugandalcoholhelpline.ca or 1-800-565-8603
- Centre for Addiction and Mental Health www.camh.ca or 1-800-463-6273
- Canadian Centre on Substance Abuse www.ccsa.ca or 613-235-4048



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