



**Since April is Alcohol Awareness Month, it is a great opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.**



### **Warning Signs of Alcohol Abuse**

If you answer "yes" to any of the following questions, you may have problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

### **Strategies to Cut Back or Quit Drinking**

There are many strategies you can try to cut back or quit drinking.

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.

### **Set a Drinking Goal**

**Women:** No more than one drink a day

**Men:** No more than two drinks a day

### **A Drink Is:**

12-ounce bottle of beer;  
5-ounce glass of wine; or  
1 1/2-ounce shot of liquor.

**For additional information, go to: <http://www.cdc.gov/alcohol/faqs.htm>**



**The Medical Center of Plano**