

Recovery is Possible



1 STANDARD DRINK



**NO ALCOHOL IS SAFE
FOR HEALTH.**

What is Binge Drinking?



women

4

or more drinks

single
occasion

men

5

or more drinks

single
occasion

Short-Term Healthy Risks

- Injuries, such as motor vehicle crashes, falls, drowning, and burns.
- Violence, including homicide, suicide, and sexual assault.
- Alcohol poisoning.
- Behaviors that can result in unintended pregnancy or getting a sexually transmitted infection or HIV.
- Miscarriage and birth defects.

Long-Term Health Effects

- Heart and liver disease, and stroke
- Cancer
- Weakened immune system
- Dementia
- Mental health problems, such as depression or anxiety
- Social or family problems
- Alcohol use disorders

For More Information

Refer to CDC Website

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