

HEALTH RISKS OF ALCOHOL

For those who choose to drink, alcohol in responsible amounts can be an enjoyable part of socializing and celebration. But drinking too much can be harmful to your health in both the short-term and the long-term.



The more you drink, the more you increase your risk of health problems, injuries, accidents, violence and family conflict.

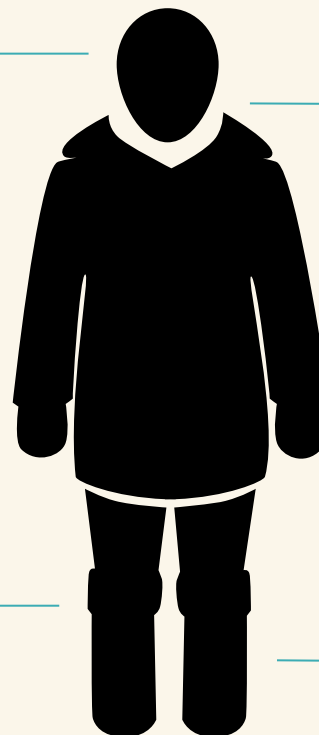
Did you know mixing alcohol with medications can be dangerous?



If you are taking prescription medicine, carefully follow the instructions. Speak to your nurse, doctor or pharmacist if you have questions about drinking alcohol while taking medications.

Short-term health risks

- Dizziness and slurred speech
- Reduced vision and hearing
- Memory loss and blackouts



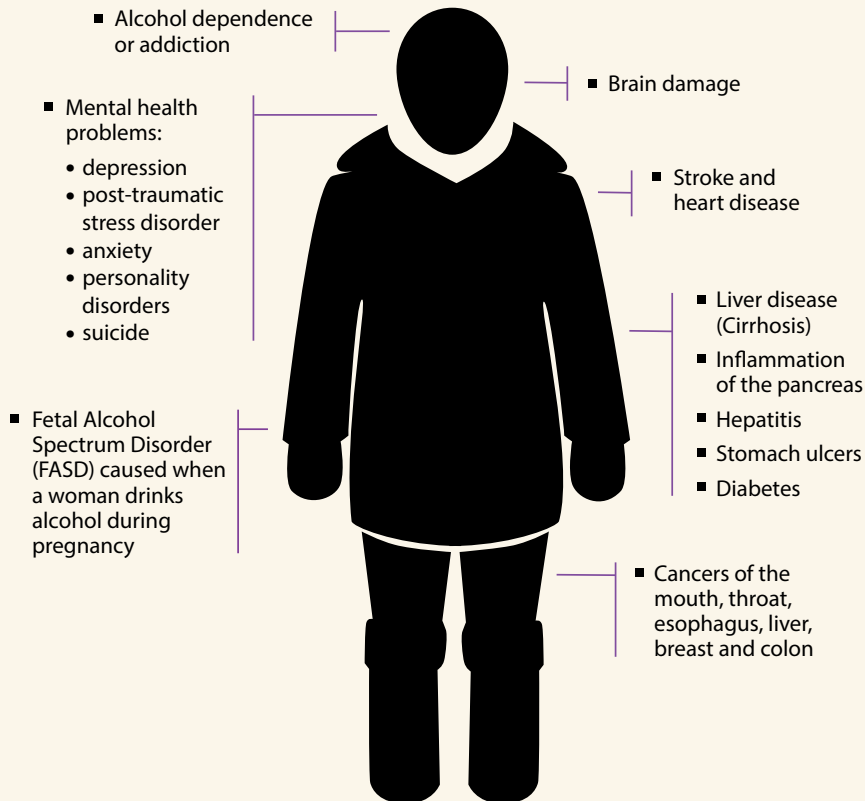
- Increased risky behaviour, which can lead to unprotected sex or impaired driving
- High emotions, like anger that leads to violence
- Negative or depressed feelings

- Difficulty walking and slower reaction times

- Alcohol poisoning

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Long-term health risks



Pregnant?



If a woman drinks alcohol during pregnancy, her baby may be born with fetal alcohol spectrum disorder (FASD). This means the baby could have physical defects, behavioural problems and other difficulties.



Mental Health Problems

It is important that people living with mental health issues be very careful if they choose to drink alcohol. When people with mental health issues drink alcohol, it can reduce the symptoms of their illness, like pain, depression or anxiety. While a small amount of alcohol can lessen these feelings in the short-term, it is more likely to make their problems worse and can increase their risk of suicide. People with mental health issues should talk to their nurse or doctor if they choose to drink.

