I haven’t thought about changing my drinking ....

1. Think about how drinking fits into your life.
2. Review the doctors’ limits, advice, and risks associated with excessive drinking.
3. Make a list of what’s good and not so good about drinking. Consider both the short-term and long-term consequences.
4. Check out these websites:  
   www.health.org  
   www.niaaa.nih.gov  
5. Talk with close friends and family about their concerns about your drinking.

I’m ready to take action to reduce or stop drinking....

1. Make a list of high-risk situations where you might be tempted to drink above the recommended limits, and avoid these situations.
2. If you find yourself in a high-risk situation, use distraction techniques, such as leaving, taking a walk or using relaxation or meditation.
3. Let people know you’re making a change.
4. If you think about exceeding the limits, talk through these thoughts with a supportive friend or family member.
5. Make a list of the risks and negative consequences and read it.
6. Make a list of the advantages of avoiding alcohol and review it.
7. Contact The Center for Alcohol & Drug Studies & Services at 619-229-5038.

### What’s Good & Not So Good About Drinking

<table>
<thead>
<tr>
<th>GOOD</th>
<th>NOT SO GOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-Term</td>
<td></td>
</tr>
<tr>
<td>Social</td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td></td>
</tr>
<tr>
<td>Financial</td>
<td></td>
</tr>
<tr>
<td>Long-Term</td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td></td>
</tr>
<tr>
<td>Legal</td>
<td></td>
</tr>
<tr>
<td>Relationships</td>
<td></td>
</tr>
</tbody>
</table>

### PERSONAL CHANGE PLAN

to reduce or stop drinking:

1.  
2.  
3.  

---

**Center for Alcohol & Drug Studies and Services**
6385 Alvarado Court • Suite 224 • San Diego, CA 92120 • Phone 619-229-5038 • Fax 619-265-5775 • www.centerforaod.sdsu.edu

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# Doctor's Recommended Drinking Limits

## For Men
- On average, no more than 2 standard drinks per day, or no more than 14 standard drinks per week.
- No more than 4 standard drinks per occasion.

## For Women
- On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.
- No more than 3 standard drinks per occasion.

## For Persons 65 and Older
- On average, no more than 1 standard drink per day, or no more than 7 standard drinks per week.
- No more than 2 standard drinks per occasion.

## What is a STANDARD DRINK?
- 12 ounces of beer or wine cooler
- 5 ounces of wine
- 1.5 ounces of hard liquor (vodka, tequila, whiskey, scotch, etc.)

## Alcohol RISK Levels

<table>
<thead>
<tr>
<th>RISK</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe Risk</td>
<td>2%</td>
</tr>
<tr>
<td>High Risk</td>
<td>3%</td>
</tr>
<tr>
<td>At-Risk</td>
<td>14%</td>
</tr>
<tr>
<td>Low Risk</td>
<td>39%</td>
</tr>
<tr>
<td>Non-Drinker</td>
<td>42%</td>
</tr>
</tbody>
</table>

## ADVICE: If You Are...

### Non-Drinker/Low Risk:
Stay below or within the recommended drinking limits.

### At-Risk or High Risk:
Reduce drinking to within the recommended limits.

### Severe Risk:
Abstain from alcohol and get further assessment.

### REMINDER:
- There are times when even one drink can be too much. You should not drink when driving, operating machinery, or taking medication.
- You also shouldn’t drink if you have a medical condition affected by alcohol, are under the legal drinking age of 21, pregnant or nursing.

## RISKS Related to Alcohol

### Short-Term Health Risks
- Vomiting
- Headache
- Hangover
- Bad Breath
- Dehydration
- Irritability

### Long-Term Health Risks
- Liver damage
- Ulcers
- Drinker’s Nose
- Memory Loss
- Inflammation of pancreas
- Reduced resistance to infection
- Weakness of heart muscle, heart failure
- Developmentally delayed, deformed or low birth weight babies
- Impaired coordination leading to falls
- Can hide or mimic symptoms of other illnesses
- Can decrease effectiveness of medications
- Can worsen gastritis and peptic ulcers
- Can increase effects of hypertension, diabetes, & depression

### Legal Risks
- Being arrested for public intoxication or DUI
- Losing your license

### Financial Risks
- Losing your job due to poor work performance resulting from drinking
- Spending money on alcohol instead of on food, rent or your family

### Personal Risks
- Relationships are threatened when family and friends express concerns about your alcohol use
- You may not be setting the example you would like for your children and others
- Your behavior may embarrass you when you are drinking
- You may put yourself in risky situations when drinking