

NCADD-RA

National Council on Alcoholism and Drug Dependence – Rochester Area

Think Before You Drink!

Cutting back or eliminating alcohol can reduce the risks and dangers!

Alcohol is the most misused drug in our society and the second leading cause of premature death. Understand the risks to help you make informed choices about drinking.

Physical Health

- Raises risk of organ damage and chronic disease including liver cirrhosis, heart disease, high blood pressure, hepatitis, pancreatitis and cancer
- Impairs nutrient absorption, adds empty calories, and can lead to malnutrition
- Increases liver damage or depressant effects when combined with prescription medications
- Narrows field of vision, decreases reaction time, reduces coordination, and raises risk of injuries and accidents
- Potential for alcohol poisoning or death

Mental and emotional wellness

- Impairs judgement
- Reduces attention, concentration and memory, and can cause long-term brain damage
- Raises risk of depression, anxiety and panic disorders
- Interferes with sleep

Social, occupational and financial wellness

- Disrupts personal, family and professional life
- Causes familial conflict, instability, domestic violence, and neglect
- Reduces productivity and increases absenteeism which can lead to unemployment

