Alcohol

URL of this page: http://www.nlm.nih.gov/medlineplus/alcohol.html

Also called: Drinking

If you are like many Americans, you drink alcohol at least occasionally. For many people, moderate drinking is probably safe. It may even have health benefits, including reducing your risk of certain heart problems. Moderate drinking is one drink a day for women or anyone over 65, and two drinks a day for men under 65.

Some people should not drink at all, including alcoholics, children, pregnant women, people on certain medicines and people with some medical conditions. If you have questions about whether it is safe for you to drink, speak with your healthcare provider.

Anything more than moderate drinking can be risky. Binge drinking - drinking five or more drinks at one time - can damage your health and increase your risk for accidents, injuries and assault. Years of heavy drinking can lead to liver disease, heart disease, cancer and pancreatitis. It can also cause problems at home, at work and with friends.

NIH: National Institute on Alcohol Abuse and Alcoholism

Start Here

  Also available in Spanish [http://pubs.niaaa.nih.gov/publications/practitioner/cliniciansguide2005/spanish/clinicians_guide13_p_mats.htm]

Overviews

- Alcohol Use: If You Drink, Keep It Moderate [http://www.mayoclinic.com/health/alcohol/SC00024/METHOD=print] (Mayo Foundation for Medical Education and Research)

Latest News

- Heavy Drinkers Have More Post-Surgery Problems
Prevention/Screening
- College Drinking - Changing the Culture [http://www.collegedrinkingprevention.gov] NIH (National Institute on Alcohol Abuse and Alcoholism)

Related Issues
- Alcohol and Heart Disease [http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Alcohol-and-Heart-Disease_UCM_305173_Article.jsp] (American Heart Association)
- Alcohol Intolerance [http://www.mayoclinic.com/health/alcohol-intolerance/DS01172/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Alcohol Poisoning [http://www.mayoclinic.com/print/alcohol-poisoning/DS00861/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)
- Alcohol: Does It Affect Blood Pressure? [http://www.mayoclinic.com/print/blood-pressure/AN00318/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Caffeinated Alcoholic Beverages [http://www.cdc.gov/alcohol/fact-sheets/cab.htm] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.drugabuse.gov/es/publicaciones/drugfacts/conducir-bajo-la-influencia-de-drogas]
- Hangovers [http://www.mayoclinic.com/print/hangovers/DS00649/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)
  Also available in Spanish [http://pubs.niaaa.nih.gov/publications/MedSpanish/medicine.htm]
- Moderate and Binge Drinking [http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-
binge-drinking] NIH (National Institute on Alcohol Abuse and Alcoholism)

- Serious Concerns Over Alcoholic Beverages with Added Caffeine
  [http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm233987.htm] (Food and Drug Administration)
- Using Alcohol to Relieve Your Pain: What Are the Risks?
  [http://pubs.niaaa.nih.gov/publications/PainFactsheet/Pain_Alcohol.pdf] NIH (National Institute on Alcohol Abuse and Alcoholism) - PDF

Health Check Tools
- Alcohol Calorie Calculator
  [http://www.collegedrinkingprevention.gov/CollegeStudents/calculator/alcoholcalc.aspx] NIH (National Institute on Alcohol Abuse and Alcoholism)

Tutorials
- Alcohol Use and Older Adults [http://nihseniorhealth.gov/alcoholuse/alcoholandaging/01.html] NIH (National Institute on Alcohol Abuse and Alcoholism)

Videos
- Alcohol and Sleep [http://healthysleep.med.harvard.edu/video/sleep07_amira_alcohol/qt-hi] (Harvard Medical School)
- If I Had - Concerns about Alcohol Consumption
  [http://www.insidermedicine.com/archives/if_i_had_concerns_about_alcohol_consumption_dr_kenneth_mukamal_md_mph_harvard_medical_school_3123.asp] (Insidermedicine)

Clinical Trials

Research

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Alcohol contributes to cancer mortality and years lost.
- Article: Commentary on Preconception health care and congenital disorders: mathematical modelling...
- Article: Even low, regular alcohol use increases the risk of dying...
Directories

- Substance Abuse Treatment Facility Locator [http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations

- Al-Anon/Alateen [http://www.al-anon.alateen.org/] (Alateen, Al-Anon)
  Also available in Spanish [http://www.al-anon.alateen.org/alaspan.html]
- Alcoholics Anonymous [http://www.aa.org/]
  Also available in Spanish [http://www.aa.org/sp_index.cfm?Media=PlayFlash]

Newsletters/Print Publications


Law and Policy


Statistics

- CDC Vital Signs: Binge Drinking [http://www.cdc.gov/vitalsigns/BingeDrinking/] (Centers for Disease Control and Prevention)
- Concurrent Illicit Drug and Alcohol Use [http://oas.samhsa.gov/2k9/alcDrugs/alcDrugs.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Excessive Drinking Costs U.S. $223.5 Billion [http://www.cdc.gov/Features/AlcoholConsumption/] (Centers for Disease Control and Prevention)
- Substance Use among Black Adults [http://oas.samhsa.gov/2k10/174/174SubUseBlackAdults.htm] (Substance Abuse and Mental Health Services Administration)
- Young Adults' Need for and Receipt of Alcohol and Illicit Drug Use Treatment: 2007 [http://oas.samhsa.gov/2k9/157/YoungAdultsDrugTxt.htm] (Substance Abuse and Mental Health Services Administration)

MedlinePlus Magazine

- Understanding Alcohol Use Across Your Lifespan
Men
- Excessive Alcohol Use and Risks to Men's Health [http://www.cdc.gov/alcohol/fact-sheets/mens-health.htm] (Centers for Disease Control and Prevention)

Women
  Also available in Spanish [http://pubs.niaaa.nih.gov/publications/WomenSpanish/Women_Spanish.pdf]
- CDC Vital Signs: Binge Drinking a Serious, Under-Recognized Problem Among Women and Girls [http://www.cdc.gov/vitalsigns/bingedrinkingfemale/] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/ Spanish/especialesCDC/VitalSigns/AlcoholMujeres/]
- Excessive Alcohol Use and Risks to Women's Health [http://www.cdc.gov/alcohol/fact-sheets/womens-health.htm] (Centers for Disease Control and Prevention)

Seniors
- Alcohol Use and Older Adults [http://nihseniorhealth.gov/alcoholuse/alcoholandaging/01.html]
  NIIHSeniorHealth (National Institute on Alcohol Abuse and Alcoholism)
  NIIH (National Institute on Aging)
  Also available in Spanish [http://www.nia.nih.gov/node/712]
- Older Adults and Alcohol [http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/older-adults] NIIH (National Institute on Alcohol Abuse and Alcoholism)

Patient Handouts
- Alcohol use and safe drinking [http://www.nlm.nih.gov/medlineplus/ency/article/001944.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001944.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000523.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000494.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000527.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000503.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000507.htm]

You may also be interested in these related encyclopedia pages:
- Alcohol use and safe drinking [http://www.nlm.nih.gov/medlineplus/ency/article/001944.htm]
You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Alcohol is the National Institute on Alcohol Abuse and Alcoholism [http://www.niaaa.nih.gov]

Alcohol - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/alcohol.html]

Date last updated: 15 July 2013
Topic last reviewed: 5 September 2012