April is Alcohol Awareness Month

Although you should never feel the need to explain why you are choosing not to drink alcohol, there may be times when you feel pressure to rationalize your choice. In that case, try one of these responses.

- I’m allergic!
- I’m trying to treat my body better.
- I’ve tried it, but it just isn’t for me.
- I’m the designated driver.
- I don’t like the person I am when I drink.

For More Information

fasdmap.org
@MAPFASD
@medicalassistantpartnership
Drinking too much includes:

<table>
<thead>
<tr>
<th>Women</th>
<th>Under 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 or more drinks a week</td>
<td>any alcohol use</td>
</tr>
<tr>
<td>4 or more drinks within 2-3 hours</td>
<td>15 or more drinks a week</td>
</tr>
<tr>
<td>any alcohol use</td>
<td>5 or more drinks within 2-3 hours</td>
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</tbody>
</table>

Drinking too much is linked with many risks for both men and women:

- Injuries/violence
- Heart disease
- Cancer
- Sexually transmitted diseases
- Fertility problems
- Unintended pregnancies