

# April is Alcohol Awareness Month

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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

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[FASDmapic.org](https://www.FASDmapic.org)



[@MtnPlnsFASDPIC](https://twitter.com/MtnPlnsFASDPIC)



[MedicalAssistantFASDpic](https://www.instagram.com/MedicalAssistantFASDpic)

## Drinking too much includes:

### Women



8 or more drinks  
a week



4 or more drinks  
within 2-3 hours

### Pregnant Women



any alcohol use

### Under 21



any alcohol use

### Men



15 or more drinks  
a week



5 or more drinks  
within 2-3 hours

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



Medical Assistant

FASD Practice Improvement Collaborative