

Alcohol Awareness

Responsible Consumption & Seeking Help

1 Practice Moderate Drinking

Moderate drinking is defined by the US Department of Health and Human Services as up to 1 drink per day for women and up to 2 drinks a day for men.

2 Check Out Alcoholics Anonymous

Alcoholics Anonymous provides a safe haven support group for those struggling with alcohol use.

3 Call for Help

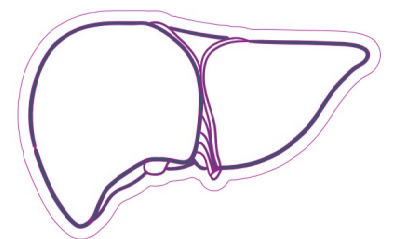
Call the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration's hotline for information and treatment referral service at 1-800-662-4357.

4 Find Assistance

Visit www.niaa.nih.gov to find a Substance Abuse Treatment Facility Locator if you or someone you know is struggling with alcohol abuse. Veterans often have traumatic events which can lead to excessive alcohol use, worsened by depression and post-traumatic stress disorder. Please visit your local Veterans Affairs Hospital to seek care.

Alcohol And Your Liver

The American Liver Foundation's (ALF) national helpline can answer questions about liver disease/wellness including alcohol related liver disease. For assistance, call 1-800-GO-LIVER (1-800-465-4837).



If you have had a history of alcohol withdrawal from stopping alcohol altogether, please discuss with your doctor the best method to approach alcohol cessation as alcohol consumption may need to be weaned in certain cases rather than being stopped all at once.

Doctor's Tip

It is never too late to stop drinking alcohol. Even if you have developed alcoholic cirrhosis or end stage liver disease, cessation of alcohol will reduce symptoms, prolong life, and reduce the risk of cancer.

- Dr. Ruben Khan, University of Illinois at Chicago



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>