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If Veterans don't help Veterans, who will?

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Alcohol

Also called: Drinking

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Summary





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. For most women and for most people over 65, moderate drinking is no more than three drinks a day or seven drinks per week. For men under 65, it is no more than four drinks a day or 14 drinks per week.

Some people should not drink at all, including [alcoholics](#), children, [pregnant women](#), people taking certain medicines, and people with certain medical conditions. If you have questions about whether it is safe for you to drink, speak with your health care provider.

Anything more than moderate drinking can be risky. Heavy drinking can lead to [alcoholism and alcohol abuse](#), as well as injuries, [liver disease](#), heart disease, cancer, and other health problems. It can also cause problems at home, at work, and with friends.

NIH: National Institute on Alcohol Abuse and Alcoholism



Start Here

- [Alcohol and Public Health: Frequently Asked Questions](#) (Centers for Disease Control and Prevention)
- [Alcohol Facts](#)  **Easy-to-Read** (National Institute on Drug Abuse)Also in [Spanish](#)
- [Alcohol Use: If You Drink, Keep It Moderate](#) (Mayo Foundation for Medical Education and Research)
- [Beyond Hangovers: Understanding Alcohol's Impact on Your Health](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism)
- [Overview of Alcohol Consumption](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Rethinking Drinking: Alcohol and Your Health](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism)


Diagnosis and Tests

- [Blood Alcohol Level](#)  (National Library of Medicine)Also in [Spanish](#)

Prevention and Risk Factors

- [College Drinking - Changing the Culture](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Tips for Cutting Down on Drinking](#)  (National Institute on Alcohol Abuse and Alcoholism)

Related Issues

- [Alcohol Alert: Alcohol's Damaging Effects on the Brain](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Alcohol Alert: Link Between Stress and Alcohol](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Alcohol and Heart Health](#) (American Heart Association)
- [Alcohol Intolerance](#) (Mayo Foundation for Medical Education and Research)Also in [Spanish](#)
- [Alcohol Overdose: The Dangers of Drinking Too Much](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism)
- [Alcohol Poisoning](#) (Mayo Foundation for Medical Education and Research)
- [Alcohol Use and Cancer](#) (American Cancer Society) - [PDF](#)
- [Alcohol's Effects on the Body](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Alcohol: Does It Affect Blood Pressure?](#) (Mayo Foundation for Medical Education and Research)Also in [Spanish](#)
- [Antidepressants and Alcohol](#) (Mayo Foundation for Medical Education and Research)Also in [Spanish](#)
- [Caffeine and Alcohol](#) (Centers for Disease Control and Prevention)
- [Drinking Levels Defined](#)  (National Institute on Alcohol Abuse and Alcoholism)
- [Drugged Driving](#)  (National Institute on Drug Abuse)Also in [Spanish](#)
- [Hangovers](#) (Mayo Foundation for Medical Education and Research)Also in [Spanish](#)
- [Harmful Interactions: Mixing Alcohol with Medicines](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism)Also in [Spanish](#)
- [Risky Drinking Can Put a Chill on Your Summer Fun](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism)
- [Using Alcohol to Relieve Your Pain: What Are the Risks?](#)  **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism) - [PDF](#)

Genetics

- [Genetics Home Reference: alcohol use disorder](#)  (National Library of Medicine)

Health Check Tools

- [Alcohol Calorie Calculator](#) (National Institute on Alcohol Abuse and Alcoholism)
- [Calculators](#) (National Institute on Alcohol Abuse and Alcoholism)
- [Interactive Worksheets and More](#) (National Institute on Alcohol Abuse and Alcoholism)

Statistics and Research

- [Alcohol and Cancer Risk](#) (National Cancer Institute) Also in [Spanish](#)
- [Alcohol Facts and Statistics](#) (National Institute on Alcohol Abuse and Alcoholism)
- [Calories Consumed from Alcoholic Beverages by U.S. Adults, 2007-2010](#) (National Center for Health Statistics)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Risk Factors Associated with Frequent Alcohol Binge Drinking among Jamaicans:...](#)
- [Article: Risk thresholds for alcohol consumption: combined analysis of individual-participant data...](#)
- [Article: Impact of Alcohol Screening for Traumatic Brain Injury Patients Being...](#)
- [Alcohol](#) -- see more articles
- [Benefits of alcohol drinking](#) -- see more articles
- [Binge drinking](#) -- see more articles
- [Drinking and driving](#) -- see more articles

Reference Desk

- [NIAAA Spectrum](#) (National Institute on Alcohol Abuse and Alcoholism)

Find an Expert

- [Behavioral Health and Substance Abuse Treatment Services Locator](#) (Substance Abuse and Mental Health Services Administration)
- [Getting Help](#) (National Institute on Alcohol Abuse and Alcoholism)
- [National Institute on Alcohol Abuse and Alcoholism](#)
- [Substance Abuse Treatment Facility Locator](#) (Substance Abuse and Mental Health Services Administration)

Men

- [Excessive Alcohol Use and Risks to Men's Health](#) (Centers for Disease Control and Prevention)

Women

- [Alcohol: A Women's Health Issue](#) **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism) Also in Spanish
- [Excessive Alcohol Use and Risks to Women's Health](#) (Centers for Disease Control and Prevention)
- [Women and Alcohol](#) **Easy-to-Read** (National Institute on Alcohol Abuse and Alcoholism) - PDF

Seniors

- [Facts About Aging and Alcohol](#) **Easy-to-Read** (National Institute on Aging) Also in Spanish
- [Older Adults and Alcohol](#) (National Institute on Alcohol Abuse and Alcoholism)

Patient Handouts

- [Alcohol use and safe drinking](#) (Medical Encyclopedia) Also in Spanish

- [Calorie count - Alcoholic beverages](#) (Medical Encyclopedia)Also in [Spanish](#)
- [Deciding to quit drinking alcohol](#) (Medical Encyclopedia)Also in [Spanish](#)
- [Health risks of alcohol use](#) (Medical Encyclopedia)Also in [Spanish](#)
- [Weight loss and alcohol](#) (Medical Encyclopedia)Also in [Spanish](#)
- [What type of drinker are you?](#) (Medical Encyclopedia)Also in [Spanish](#)
- [When you are drinking too much - tips for cutting back](#) (Medical Encyclopedia)Also in [Spanish](#)