

Title: Getting the Right Message about Alcohol

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Abstract:

Many researches show that if you use low levels of alcohol it may decrease the chance of death from heart diseases. These researches studied only certain ages with certain conditions and risk factors. The same studies also showed that alcohol may cause many cancers and other diseases that can kill you. These studies looked at short-term effects of alcohol on the heart. Long-term effects of alcohol on the heart of humans have not been studied.

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THEN, HOW COME I'VE
HEARD THAT ALCOHOL
IS GOOD FOR YOUR
HEART?



There are many weak researches that suggest consuming low levels of alcohol in short term may have beneficial effects on the heart. This research was conducted on only certain ages with certain conditions and risk factors.

The same studies that showed possible benefits of alcohol on heart showed that alcohol may cause many cancers and other diseases that can kill you. Long-term effects of alcohol on the heart of humans have not been studied. We know, however, that alcohol is a poison to heart muscles of animals. Therefore, doctors will not advise their patient to use alcohol to protect the heart.



For More Information:

MedlinePlus

<http://www.nlm.nih.gov/medlineplus/alcohol.html>

Mothers Against Drunk Driving

<http://www.madd.org/>

**National Clearinghouse for
Alcohol and Drug Information**

<http://ncadi.samhsa.gov/>



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Alcohol



Getting the Right Message



UNIVERSITY OF MINNESOTA

FAMILY MEDICINE CLERKSHIP

PATIENT EDUCATION TOOL



WHY SAY NO TO ALCOHOL?

Alcohol is a drug. Alcohol is addictive and can be difficult to quit. It affects the way your mind thinks and your body acts. When you take alcohol, you may do risky activities that you will not do otherwise. It also slows down your thinking and decreases your concentration. This is why you can't drink and drive.



NO LEVEL OF ALCOHOL CONSUMPTION CAN RELIABLY BE REGARDED AS SAFE FOR MANY

WHAT IF I USE ALCOHOL JUST FOR A SHORT TIME?

Short-term effects of drinking include:

- Change in the way you see and hear
- Feeling sick or dizzy
- Change in your perceptions and emotions
- Alcohol makes you clumsy
- Not having control over your behaviors, which can lead to accidents, drowning, unsafe sex and drug use
- Slur in your speech
- Bad breath
- Hangovers
- Your skin breaks out



Plus, alcohol is addictive. If you start consuming alcohol, you may continue to use it for long time.



WHAT PROBLEMS CAN HAVING A BIT OF ALCOHOL EVERYDAY CAUSE?

Alcohol affects your health. The more alcohol you use and the longer you drink, the more damage it causes. Long term effects of alcohol include:

- Weight gain
- Cirrhosis (one type of liver disease)
- Death from Liver disease
- Death from Cancer of the mouth
- Liver Cancer
- Death from injuries
- Breast cancer



It seems like everyone in the media is doing it. But make the right choice for your health by saying

NO to alcohol.