

# What is heavy drinking?

## long-term health risks



For women, 8 or more drinks per week is considered heavy drinking.



For men, 15 or more drinks per week is considered heavy drinking.

- Chronic diseases
  - High blood pressure
  - Heart disease
  - Stroke
  - Liver disease
  - Digestive problems
- Cancers
  - Breast
  - Mouth and throat
  - Liver
  - Colon and rectum
  - Esophagus
  - Voice box
- Learning and memory problems
  - Dementia
  - Poor school performance
- Mental health
  - Depression
  - Anxiety
- Social problems
  - Family problems
  - Job-related problems
  - Unemployment
  - Legal issues
  - Loss of drivers license
- Alcohol use disorders

## don't drink at all if

- You are or may become pregnant.
- You are younger than 21.
- You take a medication that does not mix with alcohol

Source: [cdc.gov/alcohol](https://www.cdc.gov/alcohol)