

Light and Unite Red Week 2025

# MYTH BUSTERS

“Alcohol is legal, so it can’t be that harmful.”

**Fact:** Excessive drinking is associated with 95,000 deaths annually in the U.S., along with an increased risk of car accidents, falls, burns, other injuries, and alcohol poisoning. While many are aware of the connection between alcohol abuse and liver disease, heavy drinking is also linked to higher rates of heart disease, stroke, certain cancers, a weakened immune system, depression, anxiety, and memory problems.



  
**rise**  
DRUG FREE MKE