

Media Release



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Alcohol is Causing More Hospitalizations Than Heart Attacks; It's Time to Rethink Our Drinking.

About 77,000 Canadians were hospitalized for reasons entirely caused by alcohol in 2015-16. This is more than hospitalizations for heart attacks according to a recent report titled *Alcohol Harm in Canada: Examining Hospitalizations Entirely Caused by Alcohol and Strategies to Reduce Alcohol Harm* released by the Canadian Institute for Health Information (CIHI).

"We tend to forget that alcohol is a drug with a range of potentially harmful effects. These effects not only impact the person who is drinking but also families and communities; the impact of alcohol is much greater than hospitalization rates," says Public Health Promoter Walter Humeniuk.

Timiskaming sees about 700 hospitalizations per year related to alcohol, half of those for reasons entirely caused by alcohol.

Alcohol is associated with over 200 chronic diseases including various cancers, heart disease, stroke, liver damage, and mental illness. Other alcohol related harms include violence, risky sexual behavior, and injuries and death such as those related to drinking and driving, suicide, falling and drowning.

The more a person drinks per week, or during a single occasion, the greater the risk for alcohol related harms. People can lower their risk by following Canada's Low-Risk Alcohol Drinking Guidelines. The guidelines were developed to promote a culture of moderation to reduce harm.

For these guidelines, men should not exceed three standard drinks per day up to a maximum of 15 drinks per week while women should not exceed two standard drinks per day up to a maximum of 10 drinks per week. Also people should plan for at least two alcohol-free days per week. A standard drink is 341ml (12oz) of 5% beer, 142 ml (5oz) of 12% wine, or 43 ml (1.5 oz) of 40% spirits.

For more information on Canada's Low-Risk Drinking Guidelines and when zero is the limit, visit www.rethinkyourdrinking.ca

To read the alcohol harm in Canada report, which discusses various ways to reduce alcohol related harm such as policies on alcohol pricing, and availability visit www.cihi.ca

www.timiskaminghu.com

For more information

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