



Public Summary

Even in small quantities, alcohol is not good for your health

Let's rethink the way we drink...

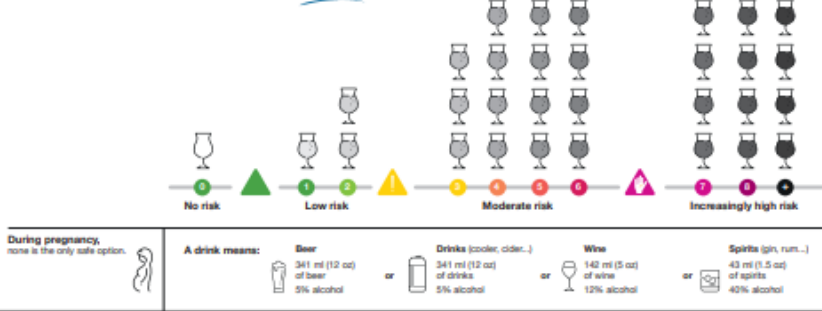
Science is evolving. So, we need to tell you something different than we have in the past. Recommendations regarding the quantities of alcohol need to change.

We now know that even small quantities of any alcohol can be harmful to your health. It doesn't matter whether it's red wine, white wine, beer or a shot of spirits. Your tolerance to alcohol doesn't make a difference, either.

Even in small quantities, drinking alcohol has consequences for everyone, whether you are male or female, younger or older. In fact, it's biological, it's physical.

That's why drinking less is better!

The risk of alcohol-caused consequences increases with the number of drinks you have per week



The consequences of drinking

- ↑ **Having 2 drinks or fewer per week** should allow you to avoid negative alcohol consequences.
- ↑ **If you have 3 to 6 drinks per week**, you are increasing your risk of developing certain cancers, including breast and colon cancer.
- ↑ **If you have 7 drinks or more per week**, you are actually increasing your risk of developing a heart disease or having a stroke.
- ↑ **And with each additional drink**, your risk of having these health problems, and many other diseases and injuries, exponentially increases.

Alcohol has another consequence
All of these health problems, diseases and injuries can also shorten your life.

Let's rethink the way we drink

Keep track of how many drinks you have per week



It's never too late to revisit our habits!

We are aiming to drink less. How about you?

What is your weekly drinking target?



Tips to reduce your drinking

- Stick to the limits you've set for yourself.
- Choose drinks with a lower percentage of alcohol.
- Drink slowly in small sips.
- Always have a pitcher of water on hand.
- For every drink of alcohol, have one non-alcoholic drink.
- Try some alcohol-free cocktail recipes.



Our organization, the Canadian Centre on Substance Use and Addiction, was commissioned by Health Canada to update the low-risk drinking guidelines. This document summarizes the main changes. For more information, visit our website at www.ccsa.ca.