



Risks of Alcohol



Using alcohol involves risks. Alcohol impairs your judgement, making you more likely to hurt yourself or others, or to have trouble with the law, do poorly at work, and have relationship problems. Alcohol also has specific health risks.

For example:

- ◆ **Injury and death related to motor vehicle crashes.** Impairment of driving related skills by alcohol has been found to begin at 0.05 percent BAC or lower.
- ◆ **Stroke.** Moderate alcohol consumption increases the potential risks of strokes caused by bleeding.
- ◆ **Interactions with medications.** Alcohol may interact harmfully with more than 100 medications, including some sold over the counter.
- ◆ **Cancer.** Although most evidence suggest an increased risk for cancers only among the heaviest drinkers, moderate drinking may be weakly related to female breast cancer.
- ◆ **Birth defects.** Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation.
- ◆ **Sexual dysfunction,** persistent impotence and loss of libido may occur with drinking.

CONCERN Services is available to you by your employer and can provide a confidential alcohol and drug assessment.

Call 513-891-1691 / 800-642-9794 or logon to

www.trihealth.concernservices.com