

## FACT:

In the U.S., excessive alcohol use leads to about 140,000 deaths a year.

Risks of binge drinking include alcohol poisoning, vehicle crashes, drowning, and violence to self and others.

**Avoid binge drinking – more than 4 drinks in about 2 hours for men; more than 3 drinks for women.**



If you are a woman, limit alcohol to no more than 1 drink per day. If you are pregnant, have no alcohol.

In women, excessive alcohol use increases the risk of miscarriage, stillbirth, premature delivery, and serious lifelong physical and intellectual disabilities.

**Have no more than 2 drinks a day if you are a man.**



In men, excessive alcohol use can result in erectile dysfunction (impotence) and infertility.

