

Alcohol Facts

Alcohol is the ingredient in a drink that can get you drunk. Each type of drink contains a different amount of alcohol. These drinks contain about the same amount of alcohol:

- 1 ½ ounces of hard liquor
- 5 ounces of wine
- 8 ounces of malt liquor
- 12 ounces of beer

How can drinking alcohol affect your health?

- You may feel silly, angry, or sad.
- It may be hard to walk in a straight line, talk clearly, or drive safely.
- You can get alcohol poisoning from drinking too much alcohol at one time.
- You may “blackout” or forget things that occurred while you were drunk.
- You may have a headache and feel sick after drinking too much alcohol. This is called a hangover.
- It can raise your risk for stroke, cancer, liver disease and brain damage.



- You may have unsafe sex and get a sexually transmitted disease or hepatitis (a type of liver disease).
- If you are pregnant, your baby can have major health problems.
- It can cause injury and death.

What are signs of alcohol abuse and addiction?

- You need to consume more alcohol than before to get drunk.
- You drink alcohol in the morning to calm down or stop a hangover.
- You drink alone and keep it a secret.
- When you try to quit drinking alcohol, you might shake, sweat, or have trouble sleeping.



Call your provider if you think you suffer from alcohol addiction. There are medicines and other treatments that can help you recover.

Self-Help:

Alcoholics Anonymous:

<http://www.aa.org/> or (877) 331-3394

AI-Anon Hotline: (800) 356-9996

National Drug and Alcohol Treatment Hotline: (800) 662-HELP

Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English and other languages: (888) 275-8750 Español: (866) 648-3537 TTY/TDD: 711

Distributed by Molina Healthcare. All material in this flyer is for information only. It does not replace your provider's advice. To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

MolinaHealthcare.com

24184FLYMDCAEN
201126

