



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **APRIL IS ALCOHOL AWARENESS MONTH**

BALTIMORE, April 19, 2016 — Drinking too much alcohol increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer. April is Alcohol Awareness Month and we can use this month to raise awareness about alcohol abuse and take action to prevent it, both at home and in the community. Here are just a few ideas:

- Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Share tips with parents to help them talk with their kids about the risks of alcohol use.
- Ask doctors and nurses to talk to their patients about the benefits of drinking less or quitting.

Dr. Brooke Buckley, President of MedChi states “alcohol consumption adversely affects most organs in the body. In addition, drinking excessive alcohol also increases your chances of making poor decisions like driving while under the influence or intoxicated. This not only puts you at risk, but also importantly other innocent drivers, passengers and pedestrians.”

Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women and no more than 2 drinks a day for men.
- Keep track of how much you drink.
- Don’t drink when you are upset.
- Avoid places where people drink too much.
- Make a list of things to do to deal with stress besides drinking.

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).