



*The Maryland State Medical Society*

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## **APRIL IS ALCOHOL AWARENESS MONTH**

BALTIMORE, April 13, 2017 — April is Alcohol Awareness Month and MedChi encourages you to educate yourself and your loved ones about the dangers of drinking.

The National Highway Traffic Safety Administration reports that in Maryland in 2015, some 35,092 people died due to injuries sustained in motor vehicle accidents, of those accidents, drunk driving was a factor in 10,265 deaths. To spread the word and prevent alcohol abuse, MedChi is joining other organizations across the country to honor Alcohol Awareness month.

Here are some strategies to help you cut back or stop drinking if you think you may have a problem:

- 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.

If you are concerned about someone else's drinking, offer to help.

Dr. Stephen Rockower, President of MedChi states "drinking alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. If you do drink, you can improve your health by cutting back or quitting."

### 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).