



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **APRIL IS ALCOHOL AWARENESS MONTH**

BALTIMORE, April 25, 2018 — Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, MedChi, The Maryland State Medical Society, encourages you to educate yourself and your loved ones about the dangers of drinking too much.

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. Gary Pushkin, President of MedChi, wanted to make people aware of MedChi's Physician Health Program.

The Maryland Physician Health Program is available to physicians and other practitioners licensed by the Maryland Board of Physicians, regardless of their affiliation with MedChi. Practitioners experiencing problems can voluntarily contact the program by calling 410-962-5580 or 800-992-7010. Concerned colleagues or family members may also contact the program and the confidentiality of the referring individual will be honored upon request. The Program meets HIPAA compliance standards. Federal and state laws ensure the confidentiality of practitioners referred to the Program. Program records are non-discoverable and confidential to the extent covered by law.

### 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).