



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

APRIL IS ALCOHOL AWARENESS MONTH

BALTIMORE, April 8, 2015 — Alcohol is a drug. It blurs thinking and distorts judgment. It is also a central nervous system depressant. This April during Alcohol Awareness Month, MedChi, The Maryland State Medical Society, encourages you to take time to educate yourself and your loved ones about the effects of drinking.

Drinking affects the brain, heart, liver, pancreas and the immune system. Drinkers will have more colds and infections. Once alcohol starts to affect a persons' mood and behavior, the body's ability to fight off infection is weakened for about 24 hours. 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.

Dr. Tyler Cymet, President of MedChi, states "Alcohol is a drug. It shouldn't be taken daily, and when you do take it-monitor yourself for the effects it is going to have on you."

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.