



*The Maryland State Medical Society*

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## **APRIL IS ALCOHOL AWARENESS MONTH**

BALTIMORE, April 11, 2013 — Drinking too much alcohol increases the risk of health-related problems like injuries, violence, liver disease and some types of cancer. This April during Alcohol Awareness Month, MedChi, The Maryland State Medical Society encourages you to take this time to educate yourself and your loved ones about the dangers of drinking too much.

In Maryland alone, over 30% of car accidents are due to drunk driving. To spread the word and prevent alcohol abuse, MedChi is joining other organizations across the country to honor Alcohol Awareness Month and prevent alcohol abuse in our community.

If you are drinking too much, you can improve your health by cutting back or quitting.

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 reasons not to drink.

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

Dr. Brian Avin, President of MedChi, states "We can use this month to raise awareness about alcohol abuse and take action toward a solution – both at home and in the community. Call your physician if you need assistance."

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. 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).