



*The Maryland State Medical Society*

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Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

## **APRIL IS ALCOHOL AWARENESS MONTH**

BALTIMORE, April 21, 2014 — Alcohol Awareness Month has been held every April since 1987. It was founded by the National Council on Alcoholism and Drug Dependence, Inc. to increase public awareness and understanding aimed at reducing the stigma associated with alcoholism that too often prevents individuals and families from seeking help. 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 dangers of drinking too much.

Did you know there are more deaths and disabilities each year in the United States from substance abuse than from any other cause? 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.

Gene M. Ransom III, CEO of MedChi, states "It is so important to raise awareness about alcohol abuse and take action toward a solution. If you or someone you know is having an issue with alcohol, please contact a physician for assistance."

### 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).