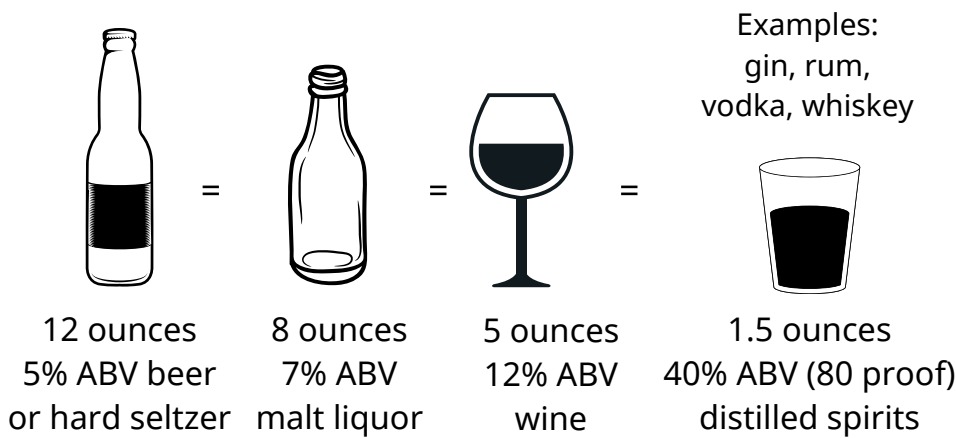


As we age, our bodies may process alcohol differently than they used to. Even if we drink the same amount as before, we might feel its effects more strongly.

Research shows that drinking alcohol can:

- Raise the risk for seven types of cancer and other chronic diseases
- Cause memory issues or relationship troubles
- Slow reaction time and affect balance and coordination
- Interact with medications in harmful ways
- Lead to accidents and injuries, like falls

In the United States (U.S.) one “standard drink” means:



Limiting alcohol can help reduce your risk of falls!

Health experts recommend **no more than one drink per day for both men and women** — and that’s the maximum per day, not an average. If you have balance issues or use a cane or walker, you may need to cut back even more — to half a drink a day, or none at all. Having four or more drinks in one day (binge drinking) can be especially dangerous for older adults.

Want to check your alcohol use?



Take this quick assessment to check your alcohol use: www.cdc.gov/alcohol/checkyourdrinking.

Learn more ways to stay safe at FallsFreeWI.org.