

ALCOHOL AND HEART DISEASE

INTRODUCTION

Was there anything in yesterday’s teaching that you did not understand or was not clear? If yes, write down your question(s) to ask the doctor or nurse on your next visit.

My question(s):	Reason why I am asking:

HEART DISEASE’S RELATIONSHIP WITH ALCOHOL

Heart disease is the second leading cause of death in Canada and alcohol is not good for the heart. For many years, we use to think moderate drinking was good for you. Most recent research shows that even drinking a little alcohol neither decreases nor increases the risk of heart disease. At higher levels of use, alcohol is a risk factor for most types of heart disease, including coronary artery disease and heart attacks, heart failure, high blood pressure, atrial fibrillation (abnormal heart rhythm) and stroke.

RISKS OF ALCOHOL USE

The risk of violence and injuries increase when we drink, more so when large amounts of alcohol are consumed. Alcohol reduces the ability to think clearly or do certain activities safely. The risk of bad outcomes begins to increase with any amount of alcohol, and with more than two standard drinks, most individuals will have an increased risk of injuries or other problems. Even in small quantities alcohol is not good for your health, when it comes to alcohol think less is better.

OLD ALCOHOL CONSUMPTION GUIDELINES – 2011 (OUTDATED)

- Long-term health risk by drinking no more than 10 standard drinks a week for women, with no more than two drinks a day most days, or 15 standard drinks a week for men, with no more than two drinks a day most days.

- Short-term risk of injury and harm by drinking no more than three standard drinks for women or four standard drinks for men on any single occasion.

NEW ALCOHOL CONSUMPTION SUGGESTIONS - 2022

The risk of alcohol related problems increases with the number of drinks you have per week. New guidelines significantly reduce the acceptable amount of alcohol consumed in order to maintain health. Based on the new guidelines the following suggestions have been made for consuming alcohol:

1. All levels of alcohol consumption are associated with some risk, so drinking less is better for everyone.
2. Among healthy individuals, there is a range of risk for alcohol-related problems where the risk is:
 - a. **Small** for individuals who consume **two standard drinks (e.g., 6 oz glass of wine, 1 oz of hard liquor or a 12 oz beer) or less** per week.
 - b. **Moderate** for those who consume between **three and six standard drinks** per week.
 - c. Increasingly **high** for those who consume **more than six standard drinks** per week.
3. On any occasion, any level of alcohol use has risks, and with more than two standard drinks, most individuals will have an increased risk of injuries or other problems.
4. More injuries, violence, and deaths result from men's drinking compared to women.
5. Above low levels of alcohol consumption, the health risks increase more steeply for women than for men.
6. It is safest not to drink while pregnant and during the pre-conception period.
7. For women who are breastfeeding, it is safest not to use alcohol.

TIPS TO REDUCE ALCOHOL CONSUMPTION

- Stick to the limits you've set for yourself
- Choose drinks with a lower percent of alcohol
- Drink slowly, small sips
- Drink water or other non-alcoholic drinks in between alcohol drinks
- Try alcohol free drink recipes

NEED HELP TO STOP DRINKING ALCOHOL?

There are several resources available to help someone reduce the amount of alcohol one consumes or even stop all together. Its ok to not drink alcohol

- Manitoba Addiction: <http://mbaddictionhelp.ca/> or call 1-855-662-6605
- Alcoholics Anonymous: <http://www.aamanitoba.org> or call 204-942-0126

LEARN MORE

At the MB ACS Network website at: <https://mbacsnetwork.ca/education> or scan the QR Code:

