



Florida BRITE Project

Should I Stop Drinking or Just Cut Down?

You should stop drinking if:

- You have tried to cut down before but have not been successful,
or
- You suffer from morning shakes during a heavy drinking period,
or
- You have high blood pressure, you are pregnant, you have liver disease,
or
- You are taking medicine that reacts with alcohol.

You should try to drink at low-risk levels if:

- During the last year you have been drinking at low-risk levels most of the time,
and
- You do not suffer from early morning shakes,
and
- You would like to drink at low-risk levels.

Note that you should choose low-risk drinking only if all three apply to you.



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What's a Low-Risk Limit? (For older adults)

- No more than seven drinks per week.
- Not more than 3 drinks on any given day.

But remember. There are times when even one or two drinks can be too much.

For example:

- When driving or operating machinery.
- When pregnant or breast-feeding.
- When taking certain medications.
- If you have certain medical conditions.
- If you cannot control your drinking.

Ask your health care provider for more information.