What’s a Standard Drink?

1 standard drink =

1 can of ordinary beer
(e.g. 12 oz.)

or

A single shot of spirits (whiskey, gin, vodka, etc.)
(e.g. 1.5 oz.)

or

A glass of wine or a small glass of sherry
(e.g. 6 oz.)

or

A small glass of liqueur or aperitif
(e.g. 4 oz.)

How much is Too Much? The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.
Effects of High-Risk Drinking

- Aggressive, irrational behaviour.
  - Arguments, Violence, Depression, Nervousness.
- Alcohol dependence.
  - Memory loss.
- Premature aging, Drinker’s nose.
- Cancer of throat and mouth.
- Frequent colds, Reduced resistance to infection.
  - Increased risk of pneumonia.
- Weakness of heart muscle.
  - Heart failure, Anemia.
  - Impaired blood clotting.
  - Breast cancer.
- Liver damage.
  - Vitamin deficiency, Bleeding.
  - Severe inflammation of the stomach, Vomiting.
  - Diarrhea, Malnutrition.
- Inflammation of the pancreas.
- Ulcer.
  - Impaired sexual performance.
  - In men:
  - Risk of giving birth to deformed, retarded babies or low birth weight babies.
  - In women:
- Trembling hands, Tingling fingers.
  - Numbness, Painful nerves.
- Numb, tingling toes.
  - Painful nerves.

High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunken driving.