

ALCOHOL



- “Too much alcohol” means something different when you’re 75 than it did when you were 20. Older people begin to show the effects of alcohol at lower amounts because your metabolism to detoxify the alcohol is different.
- It is recommended that you reduce your alcohol intake to less than one drink a day.
- However, for many older people one drink per day may be too much, especially if you are a woman.
- As we get older alcohol reacts in a more dangerous manner with many common medications.
- As well, alcohol should be avoided if you have diabetes or heart failure.

Reasons to drink less alcohol:

- It causes high blood pressure which increases your risk of stroke.
- It increases your risk of developing irregular heart beats, arrhythmias, which increases your risk of stroke and heart disease.
- It kills brain cells.
- It makes you unsteady on your feet and increases your risk for falls.
- It contributes to memory problems.
- It affects your body’s ability to fight infections.
- It may cause urinary incontinence.
- It kills cells in your liver which can lead to scarring or cirrhosis.
- It can lead to impotence.
- It increases your risk of developing pneumonia.
- It may disrupt your sleep. If you drink a nightcap you may wake up several hours later and have difficulty getting back to sleep.

Did You Know?

One drink = 1 can of beer or ale (12 oz)
= 1 shot hard liquor (1 ½ oz)
= 1 glass wine (5 oz)
= 1 small glass sherry, liqueur, or aperitif (4 oz)