



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

WHAT IS ALCOHOL?

Ethyl Alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. Alcohol is produced by the fermentation of yeast, sugars, and starches.

HEALTH CONSEQUENCES

Too much alcohol use has immediate effects that increase the risk of many harmful health conditions. Some health risks include:

Short-term Health Risks

Injuries	Anger and Violence	Reproductive Health	Alcohol poisoning
Motor vehicle crashes	Homicide	Risky sexual behaviors	
Falls	Suicide	Unintended pregnancy	
Drownings	Sexual Assault	Sexually transmitted diseases, including HIV	
Burns	Intimate partner violence	Miscarriage and stillbirth	

Long-term Health Risks

Chronic Diseases	Cancers	Mental Health	Social Problems
High blood pressure	Breast	Depression	Lost productivity
Heart disease	Mouth and throat	Anxiety	Family problems
Stroke	Liver		Unemployment
Liver disease	Colon		

WHAT IS CONSIDERED A "DRINK"?

			
Beer 12 fl oz 5% alcohol	Liquor 8 fl oz 7% alcohol	Wine 5 fl oz 12% alcohol	Hard liquor 1.5 fl oz 40% alcohol (Whiskey, gin, rum, vodka, etc.)

EXCESSIVE ALCOHOL CONSUMPTION INCLUDES:

- Binge Drinking: 4 or more drinks for women and 5 or more drinks for men within 2 hours.
- Heavy Drinking: 8 or more drinks for women and 15 or more drinks for men within one week.

IF YOU CHOOSE TO DRINK, DO SO IN MODERATION:

- DON'T DRINK AT ALL if you are under the age of 21, or if you are or may be pregnant.
- For women, up to 1 drink a day.
- For men, up to 2 drinks a day.
- Be sure to eat something before drinking.

People with certain health conditions are advised not to drink at all, this includes beverages with alcohol.

DO YOU HAVE A DRINKING PROBLEM? FIND HELP HERE:

- Asian American Recovery Services, Inc.
2166 Hayes St. Suite 206, San Francisco, CA 94117
(415) 541-9404
- Alcoholics Anonymous
San Francisco County 24hr Hotline: (415) 674-1821
San Mateo County 24hr Hotline: (650) 577-1385
Santa Clara County 24hr Hotline: (408) 374-8511

Sources:

- Centers for Disease Control and Prevention
- National Institute on Alcohol Abuse and Alcoholism
- Asian American Recovery Services, Inc.
- Alcoholics Anonymous

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.



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什麼是酒精?

乙醇(酒精)是存在於啤酒、紅酒和含酒精飲料中的一種能讓人醉的成份。酒精由酵母、糖和澱粉發酵而成。

健康問題

飲酒過量對健康造成直接影響，會增加許多危害健康的風險。這些健康風險包括：

短期的健康風險

意外受傷	憤怒和暴力	生育健康	酒精中毒
車禍	殺人	危險的性行為	
跌倒	自殺	意外懷孕	
溺水	性暴力	性病，包括 艾滋病	
燒傷	對親密的伴侶使用暴力	流產和死胎	

長期的健康風險

慢性疾病	癌症	心理健康	社會問題
高血壓	乳癌	抑鬱症	失去工作力
心臟病	口腔癌和 咽喉癌	焦慮症	家庭問題
腦中風	肝癌		失業
肝病	大腸癌		

資料來源：

- Centers for Disease Control and Prevention
- National Institute on Alcohol Abuse and Alcoholism
- Asian American Recovery Services, Inc.
- Alcoholics Anonymous

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怎樣計算“一份”酒精?

			
啤酒 12 液體 安士 酒精含量 5%	含酒精的 飲品 8 液體安士 酒精含量 7%	紅酒 5 液體安 士 酒精含量 12%	烈酒 1.5 液體安士 酒精含量 40% (威士忌、杜 松子酒、朗姆 酒、伏特加 等)

飲酒過量包括：

- 酗酒：在兩小時之內，女人飲 4 份或更多的酒精，而男人飲 5 份或更多的酒精
- 過量飲酒：在一個星期之內，女人飲 8 份或更多的酒精，而男人飲 15 份或更多的酒精

如果你選擇要飲酒，請適量：

- 如果你未滿 21 歲、準備懷孕或已經懷孕，不要飲用任何含酒精的飲料。
- 女士每天不要喝超過 1 份酒精飲料。
- 男士每天不要喝超過 2 份酒精飲料。
- 喝酒之前一定要先吃點東西。

建議有某些健康問題的人完全避免飲酒，包括含酒精的飲料。

你有酗酒的問題嗎？你可以在以下地方尋求幫助：

- Asian American Recovery Services, Inc.
2166 Hayes St. Suite 206, San Francisco, CA 94117
電話：(415) 541-9404
- 戒酒無名會
三藩市 24 小時熱線：(415) 674-1821
聖馬刁 24 小時熱線：(650) 577-1385
聖克拉拉 24 小時熱線：(408) 374-8511