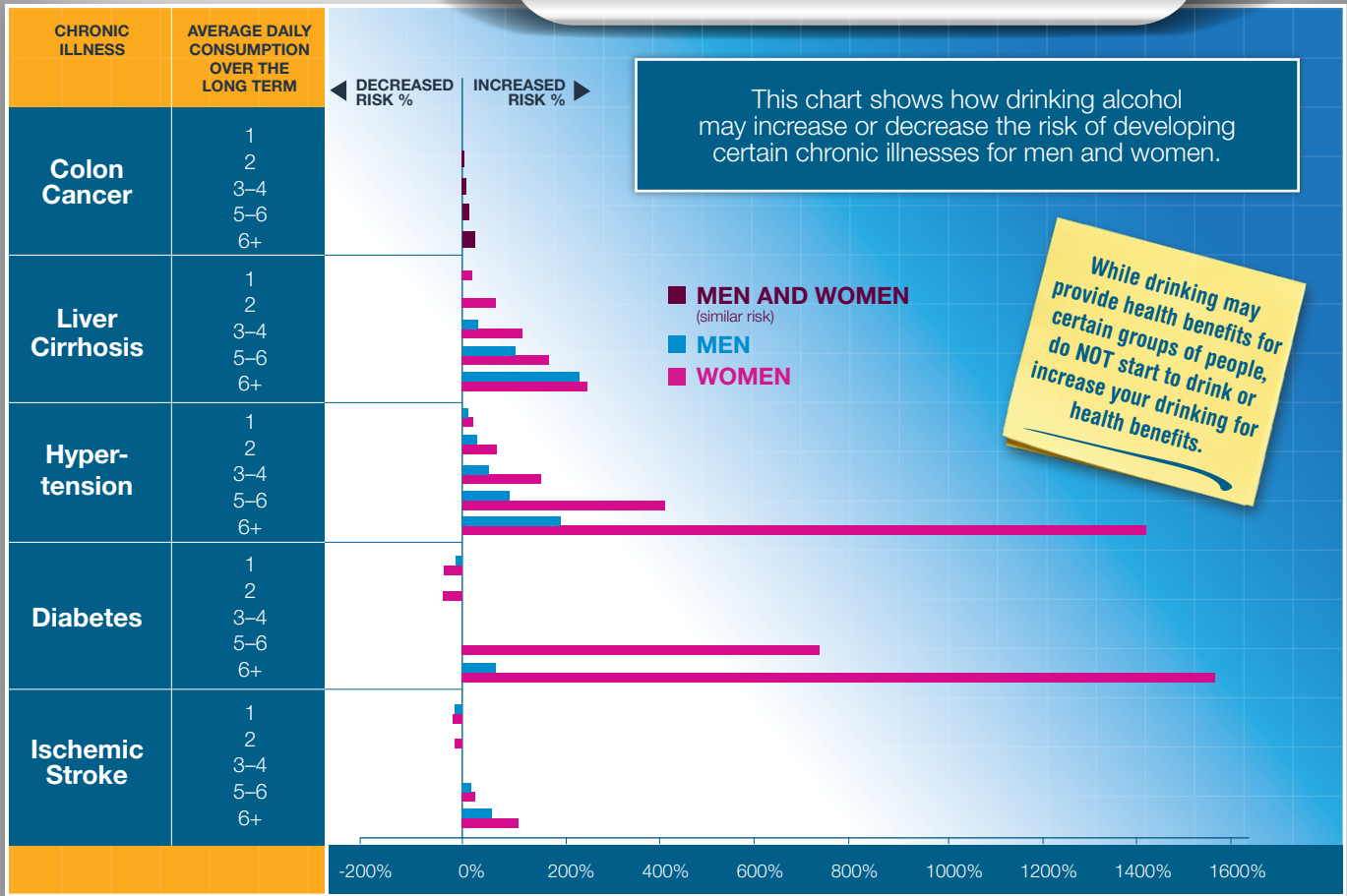


CHRONIC ILLNESS AND ALCOHOL

The relationship between alcohol and chronic illness is complex.

Following Canada's Low-Risk Alcohol Drinking Guidelines can help support healthy lifestyles.



The risks of drinking depend on



Canada's Low-Risk Alcohol Drinking Guidelines

Reduce your long term health risks by drinking no more than:

3 DRINKS/DAY
15/WEEK
for men

2 DRINKS/DAY
10/WEEK
for women

For these guidelines, "a drink" means:



If taking medication, check the warnings on the packaging and talk to your doctor or pharmacist to see if it is safe to drink while being treated. Alcohol can make medicine less effective or too strong, causing bad reactions.