



MYTHS & FACTS

ON ALCOHOL CONSUMPTION



MYTHS:

- ✘ Drinking is always safe in moderation.
- ✘ Wine & beer will not get you as drunk as spirits.
- ✘ You can sober up quickly with a cup of coffee.
- ✘ Throwing up sobers you up.
- ✘ Alcohol is not a drug.
- ✘ Drinking isn't a problem as long as you can hold your liquor.
- ✘ It's okay to get drunk once a week.

FACTS:

- ✔ Alcohol is carried through every organ in your body.
- ✔ Tolerance is a warning sign, not a stamp of approval to drink more.
- ✔ Alcohol over time can lead to:
 - High blood pressure
 - heart disease
 - Stroke
 - Liver Disease
 - Digestive problems
 - Breast cancer
 - Oesophagus cancer
 - Throat cancer
 - Mouth cancer