

Alcohol Program Guide

Drinking alcohol in any amount is a health risk that increases with each drink you have. The risk peaks with heavy drinking, including binge drinking, which carries serious health risks. Alcohol, sometimes referred to by the chemical name ethanol, [a] is the active ingredient in alcoholic drinks such as beer, wine, and distilled spirits (hard liquor).

[11][12][13][14] Alcohol is a central nervous ... Both acute and chronic heavy use of alcohol can interfere with multiple aspects of the immune response, the result of which can impair the body's defense against infection, impede recovery from tissue injury, ... Jan 3, 2024 · Many people drink alcohol. Drinking too much can take a serious toll on your health. It's important to know how alcohol affects you and how much is too much. Sep 3, 2025 · Includes Alcohol pharmacology, health hazards, usage statistics, pregnancy warnings and treatment options. Feb 15, 2024 · Alcohol's effects go far beyond hangovers. Prolonged drinking affects your liver, brain, immune system and more. Learn why. Dec 24, 2025 · We know that drinking too much can harm your health. The Dietary Guidelines for Americans recommends that if adults (age 21 and older) choose to drink alcohol, drinking less is better ... Jun 28, 2024 · This WHO fact sheet on alcohol provides key facts, who is at risk, ways to reduce the burden, and WHO's response. Jun 26, 2025 · The American Heart Association's recommendations on alcohol use If you currently don't drink alcohol, don't start. If you choose to drink alcohol, limit your intake: ≤ two alcoholic drinks per day ... Alcohol poisoning—high blood alcohol levels that affect body functions like breathing and heart rate. Overdose—from alcohol use with other drugs, like opioids. Sexually transmitted infections or unplanned ...

Alcohol Use Disorder - Causes, Symptoms, Treatment & Help

Alcohol Use and Your Health | Alcohol Use | CDC

Alcohol - World Health Organization (WHO)

Alcohol use: Weighing risks and benefits - Mayo Clinic

[Alcohol's Effects on Health - National Institute on Alcohol Abuse and ...](#)

What Does Alcohol Do to Your Body? - Cleveland Clinic Health Essentials

Alcohol - MedlinePlus

[Alcohol Use and Cardiovascular Disease | American Heart Association](#)

Alcohol (drug) - Wikipedia

Alcohol (Ethanol) Effects, Hazards & Warnings - Drugs.com

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