

WOMEN AND ALCOHOL ...

*What EVERYONE
should know*



FOR MORE INFORMATION CONTACT:

The Clinic

(519) 663-5446

Health Connection

(519) 663-5317 ext. 2280



At the Middlesex-London Health Unit, all women visiting the Birth Control Clinic will be asked questions about their alcohol use.

Take a few minutes to ask yourself these questions:

1. How much alcohol do you drink in a day? How much in a week?
2. Do you ever have 4 or more drinks on one occasion?
3. Do you ever think about cutting down your alcohol use or quitting altogether?

WOMEN AND ALCOHOL

Research shows that women who drink alcohol face more health and social problems than men.

The consumption of alcohol can lead to an increased risk of:

- Cancer, injury and addiction.
- Sexual and reproductive health problems.
- Unplanned pregnancy and sexually transmitted infections.

For more information, go to:

- CheckYourDrinking www.checkyourdrinking.net
Survey to answer questions about your drinking
- Connex Ontario 1-800-565-8603 www.dart.on.ca
For help with substance misuse

ALCOHOL & PREGNANCY

Because there is no 100% safe level of alcohol use during pregnancy, it's recommended that women who are pregnant or trying to get pregnant avoid drinking alcohol.

- Daily drinking and binge drinking are the most risky during pregnancy.
- Plan to stop drinking before you become pregnant.
- If you are pregnant, stop drinking as soon as possible. It's never too late to stop.
- Fetal Alcohol Spectrum Disorder can be prevented.

For more information, go to:

- Motherisk Alcohol and Substance Use in Pregnancy
Helpline 1-877-327-4636 www.motherisk.org
- Best Start www.alcoholfreepregnancy.ca