

TAKE A FEW MINUTES TO ASK YOURSELF THESE QUESTIONS:

1. How does alcohol fit into your life?
2. Have you ever had any problems related to your use of alcohol?
3. Has anyone ever been concerned about your drinking or suggested cutting down?
4. How much alcohol do you drink in a day?
How much in a week?

Speak with your healthcare provider about your answers/concerns.

FOR MORE INFORMATION CONTACT:

Middlesex-London Health Unit Website

www.healthunit.com/alcohol

Sexual Health Clinic

(519) 663-5446

Health Connection

(519) 663-5317 ext. 2280



WOMEN AND ALCOHOL ...

What EVERYONE should know



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:

Rethink Your Drinking www.rethinkyourdrinking.ca
Learn about standard drinks, guidelines, health effects, resources and support.

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:

FASD ONE www.fasdontario.ca

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