

# Drinking and Alcohol Abuse

## 1. How much is too much to drink?

<p>Any drinking for youth under 21 years old.</p> 	<p>Binge drinking <b>5+</b>  within 2-3 hours</p>	<p>Heavy drinking <b>15+</b>  within one week</p>
<p>Any drinking for pregnant women.</p> 	<p>Binge drinking <b>4+</b>  within 2-3 hours</p>	<p>Heavy drinking <b>8+</b>  within one week</p>

## 2. What is alcohol abuse?

Alcohol abuse is a pattern of drinking that results in problems with your health, personal relationships, or ability to work. Common issues of alcohol abuse include:

- Problems with relationships, school, or work
- Drinking and driving
- Legal problems
- Alcoholism

## 3. What are the possible outcomes of drinking too much?

There are many possible negative outcomes, including:

- Cancer
- Unprotected sex
- Loss of work
- Birth defects
- Liver disease
- Alcohol dependence
- Heart disease
- Death

## 4. How can I tell if I have a problem with drinking too much?

Answer the four questions below:

1. Have you ever felt you should cut down on your drinking?
2. Have people criticized your drinking?
3. Have you ever felt bad about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

If you answered yes to two or more of these questions, you may benefit from alcohol treatment. Call your doctor or the County at **(888) 742-7900** for help or additional information.

### Where can you get help for drinking or alcohol abuse?

For alcohol treatment in LA County, call: **(888) 742-7900**

For treatment outside of LA County, visit:  
<http://findtreatment.samhsa.gov>

For additional support, visit Alcoholics Anonymous:  
<http://www.aa.org>

### For more information:

Los Angeles County  
Department of Public Health  
<http://publichealth.lacounty.gov/>

Centers for Disease Control and Prevention (CDC)  
<http://www.cdc.gov/alcohol>

Substance Abuse and Mental Health Services Administration (SAMHSA) [www.samhsa.gov](http://www.samhsa.gov)